

**CELERY CREAM SOUP**—Take the white part of two large heads of celery, either grate it or chop it very fine, set it to boil in a quart of milk, in which put a cup of rice; allow the rice and celery to slowly stew until they can be rubbed through a coarse sieve, adding more milk if they get too thick, then add to them an equal quantity of strong veal or chicken broth, white pepper and salt to taste.

Few seem to have any opinions of their own, or think for themselves. Like dead fish, they go with the stream and tide; what others think right, they think right; and what others call wrong, they call wrong.

#### WHERE DID POTATOES COME FROM?

Nobody knows precisely where the potato came from originally. It has been found, apparently indigenous, in many parts of the world. Mr. Darwin, for instance, found it wild in the Chonos Archipelago. Sir W. J. Hooker says that it is common at Valparaiso, where it grows abundantly on the sandy hills near the sea. In Peru and other parts of South America it appears to be at home, and it is a noteworthy fact that Mr. Darwin should have noticed it both in the humid forests of the Chonos Archipelago and among the central Chilean mountains, where sometimes rain does not fall for six months at a stretch. It was to the colonists whom Sir Walter Raleigh sent out in Elizabeth's reign that we are indebted for our potatoes. Herriot, who went out with these colonists, and who wrote an account of his travels, makes what may, perhaps, be regarded as the earliest mention of this vegetable. Under the heading of "Roots," he mentions what he calls the "openawk." "These roots," he says, "are round, some large as a walnut, others much larger. They grow on damp soils, many hanging together as if fixed on ropes. They are good food, either boiled or roasted." At the beginning of the seventeenth century this root was planted as a curious exotic in the gardens of the nobility, but it was long ere it came into general use. Many held them to be poisonous, and it would seem not altogether unreasonably so either. The potato is closely related to the deadly-nightshade and the mandrake, and from its stems and leaves may be extracted a very powerful narcotic. In England prejudiced against it was for a long time very strong, especially among the poor.

**HOME-MADE CRACKED WHEAT**.—Cracked wheat, which has in the last few years become a staple article of food, may be made at home at a much less cost than when ready prepared from the grocer. Use the best wheat, which, at \$1.50 per bushel, would cost two and a half cents per pound. Spread the wheat upon a white cloth and pick out of it all the oats, straw, and the like. Set it in some open dish in the stove to dry, but not to scorch: when very dry run it through a coffee mill, set so as to crack every kernel. This will be a kind of wheat-hominy, mixed with some fine meal. To cook it let the water be boiling, then stir in the wheat, and keep it stirred till it has done settling; then a very gentle fire will keep it boiling with an occasional stirring. A big fire will burn it. It is better to boil an hour or more. This may be eaten warm, with any kind of dressing, or when cold, like corn mush, be sliced and warmed for use. If stirred when in a cooling taste it becomes sticky, like paste. It may be taken up into dishes, and cut into slices or otherwise when cold.

**DECEMBER**.—Surely before this you have taken the precaution to have every outhouse cleansed for winter service. Accumulations of fall filth should never be tolerated. It is true frost comes and helps to neutralize indifference and purity, but spring also comes in due time and undoes the work of frost. Lime is not a very expensive article, and should be freely used in many places as a wash where darkness and dirt exist. As to the cellar, we presume you have one, properly constructed. If so, then every fall of the year, before putting away any of the fruits of the earth, see to it that your cellar is well whitewashed. Everything will be the better for it. We have always recommended cleanliness from top to bottom in every house and home. Health and wealth are the sure fruits of purity, whether for the body or the soul.