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## HOUSEHOLD.

### Our Debt to Mothers.

The person to whom you owe more than you can ever pay or ever imagine is your mother. She endured more for you, served you more patiently, loved you more fondly, thought of you more constantly, and hoped for you more bravely, than any other person you have known on earth, or ever will know, save your wife or your husband, if, indeed, they can always be excepted. If your mother be spared to you, then are you bound to make her a first charge on your life as you desire a peaceful conscience and as you shall answer before the judgment-seat of God. She must be encompassed with every observance of comfort and honor and gentleness and love, with sacrifices, also, if so be it will please her, of tastes and occupations and time, and even friendships, and after you have done all that you can think of and anyone can suggest, you will still remain a hopeless bankrupt for the love wherewith she loved you.

If she has passed from this life, and is now with God, then keep the commandments which she laid upon you in your youth, though now you be a gray-headed man, and follow in her steps, even as she followed Christ. Honor all women, and serve them in purity and chivalry for her sake.—Jan Maclaren, in the 'Christian Endeavor World.'

### Tact in the Sick Room.

Sympathy must not be overworked, nor fail to lend itself to that denial which is often a real kindness. The temptation to humor a sick friend or relative in every whim is often irresistible. But true tact, however, may generally find a way by which the patient seems to have every indulgence he desires, yet in truth have nothing but that which the one in charge desires to give him. While the will of the watcher must always be dominant, it should never be so obtrusively; the patient should be ruled so gently that he does not know he is being ruled. At times, of course, the patient will ask for something in such a way that he cannot be led from the subject or be made to think that after all he does not want that particular thing. Then a direct 'no' must be given him; and a quiet, persistent refusal to meet unreasonable and harmful demands will not weaken, but rather make stronger the tie between the invalid and the watcher. Strength and sweetness combined will work wonders in holding such a situation.—Mary R. Baldwin, in 'Woman's Home Companion.'

### Shocks of Grief.

While we often read of serious results arising from sudden shocks of grief, especially among nervous people and delicate women, the impression prevails that such cases are generally exaggerated and hardly worthy of credence. It is true, nevertheless, that a blow inflicted upon the nervous system by sudden grief may be followed by the most serious consequences. The physical trouble is not a figment of the imagination, but a fact deserving of

the most careful consideration. On account of the depression nature works slowly in these cases to effect a readjustment of the organs, and she must be afforded every advantage. Exclusion from outside interests which will jar upon the super-sensitive system, rest and sleep, plenty of fresh air, cheerful surroundings, light occupation which taxes neither the mind nor the body—all these are necessary to the re-establishment of health in a person who has suffered from nervous shock.—'Leslie's Weekly.'

### Selected Recipes

**English Plum Pudding.**—Take half a pound of each of the following: raisins, currants, suet (chopped fine), bread crumbs, flour, sugar; two ounces of lemon peel, one apple (chopped fine), one teaspoonful of egg powder. Mix with water and boil eight hours.

**Ladyfingers.**—Beat the whites of three eggs until stiff and dry, add gradually one-third of a cup of sugar. Then add the yolks of the eggs beaten until thick and lemon-colored. Cut and fold in one-third cup of flour. Shape into fingers, four inches long and one inch wide, sprinkle with sugar and bake in a moderate oven eight minutes.

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