

THE HOUSEHOLD.

NO WONDER.

"I cannot see why," said Farmer Burke, "Women should grumble about their work; Now my wife would in the morning rouse; And build the fire and milk the cows, And feed the horses—cloyen head— By the time that I crawled out of bed; She was always at work in house or barn; She knit our stockings and spun the yarn; She didn't visit, nor write, nor read! She planted none of those posy seed. Had children? Oh, yes, some eight in all. But they mostly died when they were small, The only one living now is Jane, Who always has an ache or pain; She's good for naught but to swallow pills, And run up druggists' and doctors' bills. She doesn't help like my wife, you bet." "Why doesn't your wife," we asked, "help yet?" "Oh, no," he said, with saddened brow, "She's in the insane asylum now." —*Clara E. Auld, in Farmers' Review.*

ABUSE OF COCAINE.

Almost everything that is of use to man is capable of abuse. This is especially true of stimulants and sedatives. These drugs, in their elementary state, are generally violent poisons. Even tea and coffee are not exceptions to the rule. The abuse of such things consists in using them too much, or for improper purposes. Nature meant them for medicines, and used intelligently and carefully as such, they are among her best gifts to the afflicted.

Cocaine, obtained from the elementary principle of coca leaves, is exceedingly valuable in minor surgical operations as a substitute for ether and chloroform; but already it is becoming fearfully abused. According to the London *Lancet*, approving a paper on the subject in the *Journal of Mental Science*, its special dangers are three: It is treacherous; it produces an early break-down, both morally and intellectually; it is intensely poisonous, and speedily causes destructive tissue changes.

In chronic cocaine poisoning, general wasting appears early, and develops with extreme rapidity. Convulsions also are not uncommon. In animals it is found to produce degeneration in the cells of the medulla and spinal cord, and also in the nerve cells of the heart, ganglia and in the liver cells.

"The great danger of cocaine lies in the fact that it is the most agreeable and alluring of all narcotics. It causes no mental confusion, only a little more talkativeness than usual. There is no headache or nausea, and the pleasant effects are produced with a comparatively small dose; but symptoms of poisoning are rapidly developed and within three months of the commencement of the habit there may be marked indications of degeneration, loss of memory, hallucinations and suspicions.

The author of the paper in the *Journal of Mental Science* says that much harm has resulted from a recent tendency to use cocaine to break off the opium habit, and from a mistaken notion that this drug can be employed safely and advantageously for that purpose. The writer adds that cocaine is more insidious than morphine, fastens readily upon its victim, and holds him at least as tight a grasp. —*Youth's Companion.*

CHILDREN'S CLOTHES.

In the dressing of small children mothers take much pride and spend many thoughts. It probably was always so, from the days when the little child's clothing consisted of a single garment. It is a long step from one garment to the picturesque costumes worn by the tots of the present day. The mothers of to-day think they have reached the acme of sensible and pretty clothes for children. Have they?

During these last few years small boys have worn what was called a "faunteroy suit." It was fanciful, indeed. The boy's waist was girt about with a sash, of which the ends flopped at his side. He wore long ringlets, which he abhorred, and a wide embroidered collar and cuffs, at which his boyish soul revolted.

To-day the "sailor suit" takes precedence. Of this the blouse seems to fulfil its purpose of covering the body completely while allowing it freedom of action. But

the trousers! Tight across the hips, and wide and flapping about the heels! The little creature clad in them is the picture of discomfort. It is impossible for a boy to run, jump, or play actively in such trousers as those. The boy's mother has made him an object of beauty, but she has taken from him his liberty, and life is a hollow mockery without that.

There is his small sister. She wears a frock which comes within an inch of the ground, and restricts her movements as much as the sailor trousers do her brother's. It is quite common to see these little mites painfully holding up their long skirts that they may not trip over them. Little girls have been trained to lift their trailing outer-garment from a car step or a muddy gutter. Surely the quaint effect of long skirts is painfully expensive when this is the price.

The clothes which are a burden or a responsibility to a child are neither healthful nor comfortable, although they may be "fanciful" and "picturesque" and "artistic." But is there any real beauty in clothes which do not accomplish the purpose for which clothes were provided? —*Harper's Bazar.*

COVERS.

"I have often wondered," said one lady to another, "why you never use any of the pretty crocheted, knitted or embroidered tidies and covers that are so fashionable. With your taste for the beautiful, I should think you would have any number of them."

"So I would, my dear," was the reply, "if I never expected a man to sit in my chairs, but, as there are several of those more or less important individuals in the family, I have given up everything in the way of cotton or knitted covers. There is nothing in the world more exasperating to a man who is particular about his personal appearance, than to sit down in a chair on which is a cotton tidy. When he rises, the back and sleeves of his coat are likely to be a mass of tiny shreds of white, and it is next to impossible to get them off. One of the members of my family has entirely given up calling at a certain house where the cotton tidy is in general use. He declares that he has neither time nor strength to struggle with the lint problem after every one of his visits there. So, instead of cotton covers, I use squares of India silk or dark sateen and similar materials. One can scarcely blame a man for being unwilling to spoil his dress-suit by grinding cotton fluff into it. And another thing to which I wish to call your attention is those semi-abominations in the way of sofa-pillows, that are so common in the market. Most of them are filled with a mixture of down, feathers and cotton lint. To make them inexpensive they are put into ticks of the thinnest sort and covered with some sleazy material which is altogether unsuitable for such purposes. The result is that the fine particles constantly work through the cloth, and everything in that vicinity is covered with lint. For my own part, I never lean against them when I have dark dresses on. I nearly spoiled two or three waists by using them before I learned what was the matter.

"For my lounging-chair I have down pillows made with the best quality of feather-ticking. The tick is first thoroughly soaped on the wrong side; then the feathers are put in it. In this way I feel comfortably sure that I will not have my clothes destroyed by particles of white lint. For my afternoon nap I have a "comforter" made of English sateen, the wrong side of which is thoroughly soaped before making up.

"In old times, all of the feather ticks were waxed or soaped before using. If this is done, there is scarcely a possibility of any lint or feathers working through. The seams should all be closed by the finest sort of overhanding, and ventilation should be provided for by the old-time device of a fine quill in two of the corners of the pillow; corners diagonally across are better. In this way sufficient air is admitted to keep the feathers light and wholesome. It is said that properly ventilated pillows never grow stale-smelling if they are beaten thoroughly every day. With all of our new devices, we seem to have made no improvement on the old-time wax and quill-provided pillow-tick." —*N. Y. Ledger.*

ABOUT DISH-WASHING.

Dish-washing, that dreaded, despised dishwashing isn't such despairing work after all. Truth to say, it is a homely task, but that there is beauty in homeliness is a statement bearing the stamp of truth. There can be a system about dish-washing which, if carried out, brings order from chaos and really makes the work agreeable.

Each kind by itself is a good motto for making ready; the glasses here, the silver there, the tea cups and saucers in friendly relation, plates by themselves, and so on through the whole category. Then with plenty of hot water and clean linen (not odds and ends of everything), you are ready for the battle which isn't a battle at all.

If you are to do the work alone, have three pans—one for washing, one for rinsing and one for draining. In the draining pan place a dry, clean towel for the purpose of absorbing the moisture. Glasses and silver should be dried immediately after washing, but the other dishes may be left until all the washing is done. Then wiping will be a mere nothing, especially if the rinsing water has been very hot.

But dish-washing three times a day loses its charm, you say, and grows monotonous. Yes, but the whole world is monotonous. Every day the earth turns round; every spring vegetation starts; to support life the heart is a tireless engine. All these things are necessary, and so is dish-washing. —*The Voice.*

CARPET RUGS.

I make rugs of my old ingrain carpets. Of course the carpet must be perfectly clean. Cut it on a perfect bias into strips one inch wide. Then, on a sewing machine, stitch twice through the centre of the strip, leaving a space one-quarter of an inch between the rows of stitching. The ends can be joined while stitching the strips. Now, with the fingers fray out the edges nearly or quite to the stitching. Roll into balls and they are ready for the weaver. Have the same kind of warp or chain as for rag carpet, and woven just as rags they make nice durable rugs, but they are more "fluffy" and have a longer "pile" if just half as much warp is used and put in the reed in clusters of eight or ten threads; then a space the same width without threads, and so on until the warp fills the reed as wide as you want the rug. If more than one rug is woven, have the weaver leave a space between them without filling long enough so the warp can be cut and tied, to prevent raveling out of the rugs when cut from the loom.

WASHING FLANNELS.

I presume you have all heard of using ammonia in washing flannels, but have you tried it?

If not, add one tablespoonful to two pails of water in which a piece of white soap has been dissolved to make strong suds. Yellow soap generally contains resin, which stiffens the flannel.

The water should be nearly as hot as can be borne by the hands.

Put in the flannels and let stand for half an hour, occasionally stirring them; then rub the most soiled parts with the hands and rinse in water of the same temperature as the first, (i.e. as hot as can be borne by the hand) in which a little soap has been dissolved, also adding about half the quantity of ammonia as to the first.

Flannels treated this way will always be soft, and "Papa's shirt will not soon fit Baby" nor be in danger of disappearing altogether as sometimes seems probable. —*Far and Near.*

RECIPES FOR INVALIDS.

CREAM OF STRING-BEANS.—Throw a quart of green string-beans in boiling water, in which there is half a tablespoonful of soda or as much carbonate of ammonia as would lie on the point of a knife, to preserve the color; drain the beans, and pass them through a sieve (not colander, but sieve). There will be about a pint of pulp. Make a roux by placing in a saucepan butter the size of a pigeon's egg, and, when it bubbles, throw in two large, heaping tablespoonfuls of flour (two generous ounces); let it cook without taking color; then pour in a quart of clear stock, and the pint of string-bean pulp. Stir it well with the egg whisk, letting it cook a few minutes without boiling. It would be liable to curdle if boiled. Just before serving pour in nearly a cup-

ful of good, thick cream; season with salt and cayenne pepper. Whip it well with the egg whisk over the fire, and serve immediately. At Delmonico's they serve, sprinkled over the soup in the tureen, imitation navy-beans, made by dropping drops of fritter batter in hot lard. They are crisp and savory, but a fritter of any kind should never be mentioned in an invalid's book.

CHICKEN BROTH.—Cut up half a chicken (one and a half pounds) in rather small pieces, and break the bones. Do not wash it if you would save the whole juice. Put it in the cleanest of saucepans with three pints of clear cold water and a tablespoonful of rice. Bring it slowly to a boil and let it simmer for two hours, closely covered. Half an hour before it is done throw in a little sprig of parsley. When done, pass the broth through a sieve into a hot bowl, pressing the rice through with a spoon. Let it stand a moment, and then skim off the fat. Salt it with care, also add a few specks of red pepper. I hardly dare mention the red pepper, as the broth is good enough without it, and, if any is used, a cook is sure to put in too much. Or, instead of rice, granulated barley or wheat may be used for a thickening. The broth may be served with some dainty crackers, or wafers, on a separate dish, to be broken into the broth when served; or, for a change, the rice may be boiled separately and a tablespoonful of the whole grains added after the broth is in the bowl.

CARAMEL CUSTARD.—Make the caramel by putting two tablespoonfuls of brown sugar and a teaspoonful of water over the fire and stirring it until it gets quite a dark brown—not black; then add a dessert spoonful of water. It will make a thick syrup. Pour this into the bottom of two cups or little fancy moulds, and turn it around until it covers the bottom and sides. For the custard, beat well three eggs, (yolks and whites,) with a teaspoonful of white sugar and the very thin yellow cuts of a lemon; then stir in a cupful of milk or thin cream which has been brought to the scalding-point (not boiling) over the fire. Fill the cups or moulds (previously lined with the caramel) with the custard; place them in a basin of hot water, the water reaching nearly to the top of the moulds, and bake them in the oven until the custard is set, or feels firm to the finger—no longer. They will set in twelve or fifteen minutes. The custards may be served either hot or cold—although they are generally served cold—turned from the mould when just ready to be served.

COFFEE JELLY.—Soak three quarters of a box of gelatine, (either Cox's or Cooper's, or ten sheets of the common gelatine,) in a pint of cold water until dissolved; then add a pint of boiling water, two cupfuls of sugar, and one pint of clear strong (so the chef said) coffee. But the coffee need not be so very strong. Mould it. Surround coffee jelly, when on the platter ready to be served, with whipped cream.

OLD-FASHIONED DAINTRIES.

LADY'S CAKE.—The whites of 16 eggs; three quarters of a pound of sifted flour; half a pound and two ounces of fresh butter; one pound of powdered sugar; three ounces of shelled bitter-almonds; two wine-glasses of rose-water. Blanch the almonds in scalding water. Pound them one at a time in a mortar, pouring in, as you do so, the rose-water—a few drops at a time—to moisten them, make them lighter, and keep them from sinking in a lump to the bottom of the cake. On no account use sweet almonds. When they have been pounded to a smooth paste, cover them and set them away in a cold place. It is better to prepare them the day before they are wanted. Cut up the butter in the sugar, and beat to a light cream. Take the whites of 16 eggs, and beat till they stand alone. Then stir them into the creamed butter and sugar alternately with the flour, a little at a time. Stir the whole mixture very hard, and then put into a well-buttered tin pan, and set immediately in a moderately hot oven. It will require more than two hours to bake. Be careful not to let it burn. When sure it is done, which can be ascertained by testing it with a twig from a corn broom, place it on an inverted sieve, cover lightly with a napkin, and let it cool gradually. When cold, ice it with white of egg and powdered loaf-sugar, flavored with ten drops of oil of lemon or one drop of oil of roses. Don't cut it until the next day. This cake is beautifully white, and, if the recipe is strictly followed, will be found delicious. If put in a cool place and guarded from the air, it will keep a week.

GOLD CAKE.—To use with the cake given above both for the sake of using the yolks of part of the eggs whose whites were put in the lady's cake, and for the sake of the contrast of color, the following recipe is excellent: Four cups of sugar; one cup of milk; one and a half cups of butter; yolks of twelve eggs; two lemons; six cups of flour; two teaspoonfuls of cream of tartar; one teaspoonful of saleratus (this was used on account of the absence of the whites of the eggs; three teaspoonfuls of baking-powder can be substituted if more convenient). Cream the butter and sugar together till very light; add the milk, the eggs—very thoroughly beaten—the lemons, and, lastly, the flour, twice sifted. One-half the quantity given in these recipes would probably be ample for modern requirements. Our grandmothers were generous providers.

PLUM PUDDING.—One pound of flour; one pound of sugar; one pound of raisins; one pound of currants; half a pound of citron; one pound of suet well chopped; one dozen eggs; one teaspoonful of cinnamon, of nutmeg, and of mace. Mix the suet thoroughly with the sifted flour, stir in the sugar, add the eggs, well beaten, then the fruit and spices, stirred thoroughly through the mixture. Boil four hours.

LAPLANDS.—One quart of cream; one quart of flour; twelve eggs; a little salt. Separate the yolks from the whites, and beat till very light. Stir the cream into the flour, then add the yolks, and, lastly, the whites. Then put them at once into a quick oven. Bake in small tins, which should be perfectly dry before being greased, after which a little flour should be sprinkled over the bottom of each. Fill the tins full of batter, and eat hot with nice butter.

This recipe is marked with faded ink in the old book from which I copied it. "Delicious," and below was added the quaint and suggestive bit of advice, "Try to restrain your appetites while eating." These Laplands, though originally intended to be served at tea, have sometimes been pronounced equally tempting eaten as a lunch dish with hot sauce.