

## THE HOUSEHOLD.

## ERRORS IN GIRLS' DRESS.

There is one point of special interest connected with the early training of girls, and that is the subject of dress. They are scarcely in their teens before we change their short dresses, with shoulder straps and buttons, to long skirts supported on the hips, and corsets, so that they are unable to take the necessary amount of exercise for their full and complete physical development. They are even told that it is unladylike to romp and play as they do in their earlier years—now they must be ladies and not girls. This is a very serious error. As long as a girl is a girl, and so long as she is a living being, she needs to be so dressed that she can exercise with ease and freedom on all occasions. This fault of early changing the girl's dress for the woman's alters the shape of every one, limits development—atrophy and cramping the abdominal and spinal muscles as well as displacing them. A woman needs more than a man a perfect play of all the muscles of the chest and back, including the diaphragm and abdominal muscles, and this is impossible in the ordinary woman's costume no matter how it may be made. It is very true that uncivilized and ignorant people for many centuries have compressed the female waist. The Greeks did not do it, and hence we look to them for physical perfection of women. Now we have in all civilized countries specimens of female perfection, perhaps, equal or nearly so, to these classical Greeks; but the number is comparatively small. Every female should possess a perfect form, and not one in 10,000, as now. Another error is the use of the veil and glove. Both protect from the rays of the sun and give to the face and hands a color very similar to that of a potato vine growing in the cellar. The blood needs the effect of the sunlight, acting directly on the skin, and the more it can be exposed to the air and sun the more perfect will the complexion be. We have at present a very imperfect standard of a beautiful complexion. A pale, white, and anemic one is supposed to be more beautiful than a ruddy one. Could any mistake be greater? If you have a feeble girl give her a good deal of out-door life. Give her a horse, a boat, bow and arrow—any kind of an instrument that can be used with safety in the open air. Many a feeble girl has been developed into a robust one by learning to row; and going out upon the lake and river for hours at a time to indulge in such pleasures as her mind may conceive. The horse is almost as good as a boat.—*Herald of Health.*

## ON PUNISHMENT.

What does Solomon mean when he says, "He that spareth the rod hateth his son; but he that loveth his son chasteneth him betimes?" Prov. 13:24.

Why! he means that children must be taught to obey, even though severe discipline should be necessary in order to do it. Solomon recognizes the fact that the heart of a child is prone from the first to go astray, and that to be happy he must be made to submit to wise laws made for his good. He evidently believed in the use of the rod, but though he was a man, and men as a rule believe more in force than in gentler methods, it is easy to see that he believed quite as much in moral suasion, for how often he says, "Hearken, my son!" and "Hear thou, my son!"

If you can succeed in establishing in your child a habit of prompt obedience, he will escape many of the temptations of youth and much of the infelicity of life. If this can be done without corporal punishment, it is well; if not, it must be inflicted. Though the rod has its place in family government, it should never hold a prominent one. It should be the very last resource, when all other have failed; and we venture to say that if parents will do their duty it will be a very rare case when such severe discipline is necessary. We believe that the training of children must begin from the very first. When a baby is old enough to show his displeasure by throwing himself back and screaming, sometimes until he is black in the face, that is the time to give him his first lesson. A smart slap on his hand will bring him at once to his senses. He will be surprised, but he will soon recognize that there is a will to which he must defer. After he fully understands

it, a word will be all that he needs. Most mothers think that they must wait till the baby is old enough before they begin to govern him. They do not, will not give him credit for the good sense he has, and they put off the time when he shall be made to mind, until they become slaves to his caprices. People show much better judgment in the training of young animals than many do in bringing up their children. Every one will tell you, if you want to teach a dog or horse or bird, that you must begin at once when they are very young. Solomon certainly understood this when he said, "He that loveth his son chasteneth him betimes." He comprehended how much the child would be saved even in learning to submit, if he were taught before his passions were developed, instead of waiting till they grow so strong that there must be a continual battle between him and his parents for supremacy (for the parents cannot be governed by the child, without utterly destroying all peace and happiness in the family). There is nothing truer than that "whatsoever ye sow, that shall ye also reap," and parents who fly into a rage and use the rod continually, should stop and think whether the disobedience of their children may not be traced back to their own errors and blunders; whether they themselves are not largely to blame; whether, after all, to hang a rod always in sight of their children is the best way of retaining their love and respect.

Those to whom God has entrusted children are responsible to a very great degree for their present and future happiness.

We believe in a firm, kind ruling—a government of love—and children who require constant whipping are a sad comment upon the judgment and discretion of their parents.—*Christian Intelligencer.*

## THE FAMILY TABLE.

It is impossible to estimate properly the immense influence which is exerted upon the household by the atmosphere of the family table. If it is true that one does not come out of a room the same person who went in, the mind ever after retaining the impress of what affected it there, what great results must be achieved from the meeting three times a day in the dining-room, from the conversation indulged in, and the sentiments habitually expressed there. A neat, well-ordered table is in itself a lesson to the children. I have noticed that a sensitive child almost invariably has better manners when dressed in his best, and have seen with surprise the effect produced upon a certain small boy of my acquaintance by handsomely dressed ladies who are polite to him. To the inviting table, where there should always be something attractive, no matter how simple the meal may be, most children will come prepared to behave properly. At this table the mother will not take her seat with disordered hair and soiled collar, remarking, with the air of a martyr, that it is the first time she has sat down to-day. The head of the house, if the dinner is not exactly to his mind, will not resent it as a personal affront. It really is worth while, and when philosophically considered is a matter of great importance, to lay aside as far as possible all thoughts of the hard work done before and to be done after a meal, and to allow no vexatious questions to be discussed at this time. The habit of brooding over our work and exhausting ourselves by going it all over in our minds is one to be studiously avoided. There is nothing which takes from one's energy more than this, and it is a frequent cause of insanity. Everybody knows that food digests better when eaten in agreeable company. It was something more than a pleasantry which made a friend remark that he could not have his wife and child pass the summer vacation away from him, as it gave him dyspepsia. The poor child who comes to grief at the table and is sent away from it with his dinner half eaten, and who suffers the whole afternoon with an undigested lump of food in his stomach, is to be pitied, and it is a wise plan to explain to children that in this way they will be punished for bad conduct at the table. It follows, then, that pleasant surprises in the way of preparing favorite dishes, that good taste and much painstaking in arranging all the appointments of the table and dining-room rise above a mere ministering to animal existence, and affects the fine issues of life. Good behavior and cheerfulness ought to accompany each meal as naturally and unvaryingly as bread and butter. The happy laughter which dis-

tributes nervous force, and calls the blood from the brain, allowing the stomach to get its share, should be heard more frequently at our tables. No one should feel at liberty to say one word which is not at least kind and thoughtful any more than he would withhold a sufficient quantity of food. These facts need more consideration than they have usually received.—*Evening Post.*

**LIGHT UNLEAVENED CAKES.**—Mix Graham flour, either with milk or water, so soft that it will pour from the bowl. Rub smooth, with a greased swab, round patty tins and pour in the batter about an inch in thickness, and bake quickly. They are so light and sweet we like them better than gems. The same is excellent baked on pie-pans. The batter should not be more than a half inch in thickness. Another way is to make rolls from cold Graham pudding. Work into it either Graham or white flour till stiff enough to mould and roll, cut in strips, diamonds or any fancy shape, lay on baking tins and put in a hot oven. They require a little more heat in baking than the first. With good sweet butter or cream, or even milk, they seem to us better than any short cake.—*Herald of Health.*

**PRETTY WINDOW GARDENS** may be made by taking the tin boxes in which mackerel is put up; paint them green or scarlet, and put in such plants as grow well together. When watering them do not use more water than will be absorbed during the day. A few experiments will soon enable one to judge correctly in regard to the amount, and it is surprising to see how the plants will thrive in utter defiance of all the wise things that are said about drainage. The tin or zinc cases in which thread is packed will also when painted and placed in a stand make very good window gardens. Water in which the grid-iron and frying-pan have been washed is an excellent fertilizer.

**BROTHER JONATHAN.**—Fill a two quart tin basin two-thirds its depth with pared, quartered and cored apples; add a gill of water; lay over them a piece of bread dough which has been left from the morning's baking; it should be three-quarters of an inch thick, and should cover the apples, touching the basin all around and leaving an inch between it and the top of the basin. Put it on the top of the range, cover closely with a tin pie-plate and a flat-iron, to keep it in place. When it begins to boil, push it back a little, where it will cook slowly. It requires three-quarters of an hour. Serve it, upside-down on a platter. To be eaten with sugar and cream, or a nice sauce.

**MIXTURE FOR TAKING GREASE OUT OF CARPETS.**—Aqua ammonia 2 ounces, soft water 1 quart, saltpetre 1 teaspoonful, shaving-soap 1 ounce finely scraped. Mix well, shake and let it stand a few hours or days before using, to dissolve the soap. When used pour on enough to cover any grease or oil that has been spilled, sponging and rubbing well and applying again if necessary; then wash off with clear cold water. It is a good mixture to have in the house for many things; is sure death to bed-bugs if put in the crevices which they inhabit; will remove paint from a board if oil was used in the paint, and will not injure the finest fabrics.

**BOILED FISH.**—All fresh fish or fresh meats must be put into boiling water, salt fish or salt meats into cold water. Before putting in the fish throw in about two tablespoonfuls of salt for a large fish, a little heaped, and a wine-glass of vinegar. This secures the best flavor of fish, and the vinegar does not affect the taste at all. The water must be boiling when the fish is laid in, but after that it must only simmer. Never boil fish. It is done when it begins to crack or cleave apart from under the gills, if a whole fish; if only part of a fish it will, when done, spring off a little from the backbone. Don't let it cook a minute longer after that.

**WHAT IS GOOD FOR CHILDREN.**—No sour apples or raw turnips or carrots; no sweeties or tarts and all that kind of abomination; no tea, to draw the sides of their tender little stomachs together; no whiskey, to kill their digestion; no gundy, or taffy, or lick—the less sugar and sweet things the better; but plenty of plain, wholesome food, parritch and milk, bread and butter, potatoes and milk, and good broth. The stomach is the kitchen and great manufactory. It is almost always the first thing to go wrong in children, and generally as much from too much being put

in as from its food being of an injurious kind.

**TOMATOES AND RICE.**—Boil a breakfast cupful of rice, as if intended for curry, and when cooked strain it thoroughly dry and mix it well with the contents of a tin of tomatoes. The tinned tomatoes are very good for the purpose. Add a little onion chopped very fine, and a little butter; season with pepper and salt to taste. Put the rice and tomatoes in a pie dish, which must be well buttered and covered with bread crumbs, and strew a few little pieces of butter over the top, then bake in the oven until of a rich gold color. This is to be eaten hot; it is by no means an expensive luxury, and is very generally liked.

**BAKED OMELET.**—Put into a tin basin a heaping teaspoonful of corn starch, a boiled onion chopped fine, a good sized lump of butter and a quarter of a cup of sweet milk; boil all together until the corn starch thickens. Be careful not to burn or to let it get lumpy. Season with salt. Now break seven eggs, and beat the whites and yolks separately—the whites to a stiff froth—stir the yolks into the corn starch, adding a half a cup of milk, and when well mixed, add some chopped parsley, and the beaten whites. Pour into a well-greased dish, and bake from fifteen to twenty minutes in a hot oven.

**CHAPPED HANDS.**—Chapped hands may in part be prevented by carefully drying the hands after washing, and when they occur may be quickly cured by rubbing the hands over with lemon juice. When the chaps have been neglected and suffered to become large, this remedy causes considerable smarting for a few moments; if, however, as soon as the skin of the hands begins to get rough, a cut lemon is rubbed over them after washing, it does not cause pain but produces a pleasant softness of the hands.

**BUTTERSCOTCH.**—1lb. of the coarsest brown sugar, ¼lb. fresh butter, and half a teaspoonful of vinegar to make it crisp. Put the ingredients in a lined saucepan, and let it boil gently for twenty minutes or half-an-hour, stirring it the whole time or it will burn. Then, when it is finished—you can tell if it beso by taking a little of the butterscotch and putting it into cold water, and if it is done it will be crisp—pour the butterscotch into a buttered dish and let it remain until cool.

**ARROWROOT PUDDING.**—Take a quart of rich milk, and in that put three and one-half teacupfuls of arrowroot; to this add two grated bitter almonds; boil until smooth, stirring constantly; take off the fire and allow to cool; when cool add the yolks and whites of four eggs, which have been beaten up thoroughly; sweeten to taste—one-quarter of a pound of sugar is sufficient; grate lemon peel, and add a little of the juice; bake for an hour, and eat cold.

**JENNY'S APPLE PUDDING.—INGREDIENTS.**—Three eggs, four or five large apples, three ounces of bread finely grated, three ounces of currants carefully washed and dried, about three ounces of sugar, a pinch of salt, and a little nutmeg. Mix all well together, and if too stiff add a little milk. Put the mixture into a buttered basin and tie it over with a cloth. Boil for two hours, serve plainly, or with sweet sauce made with corn flour.

**GROUND GLASS.**—The frosted appearance of ground glass may be very nearly imitated by gently dabbing the glass over with a piece of glazier's putty, stuck on the ends of the fingers. When applied with a light and even touch the resemblance is considerable. Another method is to dab the glass over with thin white paint, or flour paste, by means of a brush; but this is inferior to the former.

**APPLE FRITTERS.**—Make a batter, not very stiff, with one quart of milk, three eggs and flour to bring it to a right consistence. Pare and core a dozen apples, and chop them to about the size of small peas, and mix them well with the batter. Fry them in lard as you would doughnuts. Sprinkle powdered sugar over them.

**CHEAP SOUP.**—The following is stated by "Une Française" to be the cheapest soup made by her countrymen. For ten pints cut four large onions into small pieces, brown them in two tablespoonfuls of melted beef or mutton suet, add five spoonfuls of flour, and pour upon the ingredients warm water.

**BEETS BAKED** until quite tender, and eaten hot, with butter and salt, are very nice—much sweeter and better than when boiled.