

THE HOUSEHOLD.

SENSIBLE ECONOMIES.

To have an under table-cloth of colored cotton flannel on your dining-table. It will not only make the linen one look better, but dull very much of the noise caused by moving dishes, and will repay its original cost in one year, in the added wear of the linen ones, principally on the edges of the table, where they otherwise wear out first.

To use clean white tablecloths every day, even though it necessitates rigid economy in washing and ironing in some other department of the house. Nothing more surely shows good breeding than fine table manners, and you can never teach your children these while habitually eating off an oil-cloth spread or a slovenly linen one.

To use Turkish towels for the kitchen as well as for bath towels; they wear well, wash easily and require no ironing.

To make "tacks" or comfortable for everyday use, of domestic gingham instead of calico. It only costs a trifle more, will wash better and wear as long again.

To use honeycomb or crochot bedspreads for all common use. They can now be obtained of fair quality as low as 75 cents, and an excellent one for \$1.25. They are not heavy to wash, and look better when not ironed, but pulled out straight to dry.

To cut over the half-worn merino drawers and vests of adults for the children, as the latter are more expensive in proportion than the former.

To buy all standard cotton goods, and all such as come under the head of notions, and are either annually or semi-annually needed in every family, at wholesale of a jobbing-house. The little saved on each article amounts to a snug little sum during the year.

To purchase all dry goods of large dealers. Shopping by mail is now so easy that the dweller in the most remote country town is under no necessity of paying the exorbitant prices her local dealer invariably charges for all, except, perhaps, a few standard cotton goods.

To buy many kitchen supplies also at wholesale. If you cannot buy hard soap by the box then buy it by the dozen cakes, and either stand it up on a high shelf, first removing the papers, or else put it in a flour-sack, and hang it near the kitchen range. Age or dryness has more to do with the durability of this article than the brand has. To use a tin soap shaker, and so utilize every small piece without waste.

To make kitchen holders and dish-cloths by the dozen during the lull which comes semi-annually in other sewing, but do not sit and bind and quilt them beautifully as our grandmothers used to; their edges run together or sewed coarsely over and over, then quilted three or four times across on the sewing-machine, is a far more sensible way.

After beating an egg thoroughly in a bowl, add a coffee cupful of cold water, and use enough of this to wet your coffee when making. Keep on ice or in a cold place, and so waste no more egg by drying. Buy agate ware rather than tin for kitchen cooking utensils. The latter is made so cheap now that it is scarcely worth the buying. To get cedar wash tubs instead of the cheap pine ones; the former will outwear three of the latter.

For farmers to put in ice enough to last their families through the summer, then buy a refrigerator, and so not only save the overworked wife the almost endless running up and down stairs which she is now compelled to do, but have your food brought on to your table just as cool and appetizing as is the town residents'. One year's trial will suffice to convince the most skeptical.

If you have heavy articles of furniture without casters on, buy a few sets; they cost only 25 cents, and you can put them on yourself—if John is not that sort of a husband. Lifting them around for one weekly sweeping is harder than putting on a dozen sets.

If you are compelled to dress yourself and your family on a small allowance, to buy the best materials you can. It costs no more for lining or making an all-wool dress which will wear well two seasons and then make over for a child, than it does a cotton and wool one, which will be faded

and dowdy-looking before one season is over.

If the housewife does either the making or re-making of her own and her children's clothes, to subscribe for one of the journals especially devoted to that purpose. There are three now which illustrate and carefully describe practical styles, and are far from being the reprints of elaborate Paris fashions they were a few years ago.

For the hard-worked farmers' wives and daughters to read—or, with folded hands, quietly rest—and let the muslin underwear go without any trimming, rather than shorten your lives by giving every spare moment to knitting or crocheting lace.

It is impossible to do everything in the most thorough manner. She is the wisest woman who best judges what can be slighted.—*The Cultivator*.

HOW TO BATHE.

Perfect healthfulness is impossible without perfect cleanliness. Frequent bathing is necessary to free the mouths of the innumerable little sweat glands from obstructions, and permit the elimination of impurities from the body. Another important effect of the bath is its influence on the circulation of the blood. A bath, properly taken, invariably accelerates the circulation.

One should never bathe immediately after eating a hearty meal, but should wait two hours at least; nor should he bathe when greatly fatigued. The best time is just before retiring at night.

The entire body should be bathed two or three times a week in winter, and from three to seven times a week in summer.

It should be remembered that a quick, hot bath, especially when followed by a cool sponging and brisk rubbing, is strengthening, while to remain long in a warm bath is weakening. A hot bath is one in which the temperature is from 85 degree to 105 degree; a warm bath is from 70 degree to 80 degrees, and a cold bath, below 60 degrees.

There are many people to whom a cold bath is injurious. It should not be indulged in unless, when it is followed by drying and rubbing, the skin glows, and a grateful feeling of warmth is felt throughout the body.

It is desirable to exercise a little before bathing, either by taking a short brisk walk, or by using dumb-bells or Indian clubs for a few minutes. The temperature of the bath-room should be at least 72 degree. The regular bath of the average person should be taken in water at a temperature of from 75 degrees to 90 degrees. The soap used should be such as does not irritate the skin. There is none better than genuine white Castile.

One should remain in the bath from ten to twelve minutes, using soap and sponge freely. It is well to open the cold water faucet two or three minutes before stepping out, or to take a cool spray or shower-bath instead.

Immediately on leaving the bath it is well to envelope one's self in a loose gown made of Turkish towelling or thick flannel. This will prevent rapid evaporation and the chilling of the body, and absorb much of the moisture on the skin. The body should then be rubbed with a warm towel till perfectly dry and warm. The use of the flesh-brush after a bath is strengthening and healthful.—*Companion*.

PARLOR GAMES.

FIVE POINTS.

Each player makes at random upon his paper five dots with the point of a lead pencil, then passing the paper on, requires his right hand neighbor to draw the figure of a man, the position of whose head, hands and feet shall be denoted by the five dots. It sounds difficult, but really requires only a little ingenuity, even when the dots occupy the most impossible positions, to produce a caricature that answers every purpose.

ADVICE.

Everybody being provided with paper and pencil, each player writes a piece of advice upon a slip of paper, which is folded and put into a hat. When all the papers are collected they are shuffled and drawn by the players. Each person must, before opening his paper, declare whether he considers the advice it contains as worthy of being followed or entirely unnecessary.

He then reads the advice aloud. For instance A, who announces his advice as most excellent, discovers it to be: "You would be greatly improved by endeavoring to overcome your unbearable conceit." B, who says his advice is entirely uncalculated, finds it to read: "Do not be so recklessly generous, or you will some day come to want."

WHAT IS MY THOUGHT LIKE?

One of the players asking the question: "What is my thought like?" is answered at random by all the others in turn. These answers he writes down in the order received, and when everybody has responded he tells his thought. Then each player must give the reason why it resembles the object he has previously mentioned. For instance, A thinks of something and asks: "What is my thought like?" It is declared to be like "the sky," "the grass," "a tea-kettle," "an elephant," etc. When he confesses that he has been thinking of a certain lady in the room, and asks why she is like the array of objects mentioned, he is told: "She is like the sky because she is far above you." "She is like the grass because cows are her natural enemies." "She is like a tea-kettle because she sings." "She is like an elephant because she takes her trunk with her when she travels," etc.

THROWING LIGHT.

Two of the company having agreed upon a word with more than one meaning, exchange remarks calculated to throw light upon it, while the other players do their best to guess the word. When any person fancies he has succeeded, instead of announcing the word he makes a remark calculated to indicate to the two leaders that he has discovered the secret. If they are in doubt as to his knowing the correct word, they question him in a whisper, and if he is right, he joins in the conversation with them, but if he is wrong, he has a handkerchief thrown over his head, which remains until he really divines the secret. Example: A and B have agreed upon the word "hair" or "hare." A. "It always startles me to see one." B. "Well, for my part it would startle me much more not to see one." A. "Are you fond of them for dinner?" B. "Horrors, no! The presence of one quite takes away my appetite," etc., etc.

FLY FEATHER.

All the company sit in as small a circle as possible without crowding each other, and with a sheet stretched in their midst, held tightly under each chin. Somebody takes a small downy feather—any pillow will furnish one—and lets it float in the air, giving it a puff with his breath. The person toward whom it descends must likewise blow it up and away, for if it falls upon him, or he allows it to fall upon the sheet, he pays a forfeit.—*Parlor Games for the Wise and the Otherwise*.

RAINY DAY AMUSEMENTS.

A wise mother writes of Rainy Day Amusements in *Good Housekeeping*: "There is a clay gully—foundry the children call it—in the hills not far from our home, and out of its blue depths our little folks obtain material that affords them keen amusement through shut-in, rainy, summer days.

"Let's go up to the clay foundry and get some great big splats of clay," is the word when the sky threatens a shut-in from out-door play. A splat of clay, I have learned, is a great wad of blue mud dough, all that each pair of little hands can possibly hold, to knead and roll and pull and spat till it is as soft and pliable as putty, ready for working into lilliputian furniture and dishes.

"A wide plank bench in the shed, or their little tables in their playhouse under the lilac trees, make convenient dough boards on which they knead and spat their clay, making dishes, cradles, bullets, sofas, soldiers and images of strange animals whose kind have become extinct if they ever lived.

"Sometimes, when a cradle rocker, or a pitcher handle, or the pudgy arms of a clay baby are refractory and won't stick in place, mamma is summoned from her dough board to exercise her by no means forgotten skill and talent in gracefully moulding and securely mooring such needful appendages at just the right angle on the clay treasure

that is being patted and knuckled and pinched into shape. The shelves in their diminutive cupboards in their play-house are fairly spilling with such sun-dried clay images and crockery, and each dish, and doll, and chair counts for a good time.

"I have made each of the children a long-sleeved, dark print tire, which they are expected to wear when playing with clay dough, to protect their clothing from muddy smudges.

"With sprigs of cedar, twigs of swamp alders, burrs, pretty ferns and deeply veined leaves for stamping outfits, and plenty of acorns, burdock burrs, juniper buds, fir cones and the curious winged seeds of the river maple for decoration, to bead and trim the edges of plates and platters after their elaborate stamping from rim to rim, and a hatful of old tin spice boxes and acorn cups, the iron buckles of a superannuated harness, and the scalloped rims of a disabled cake cutter and a big splat of clay, rainy days can be made brimful of good times for little, shut-in children."

RECIPES.

ROASTED EGGS.—Prick a hole in each egg shell with a pin. Wrap the egg in wet paper and put it into hot ashes to cook. Fifteen minutes should cook them. Serve as boiled eggs.

OMELET.—Put three eggs in a bowl and give them twelve vigorous beats with a fork. Put a tablespoonful of butter in a frying-pan, shake over the fire until hot; put in the beaten egg shake over the fire until set; sprinkle with salt and pepper, roll and turn on a hot dish. Garnish with parsley.

RICE PAN CAKES.—Take one and a half cups of boiled rice, one and half pints of flour, a teaspoonful of sour milk, half a teaspoonful of sweet milk, one teaspoonful of soda, three eggs, a pinch of salt, and a tablespoonful of melted butter; mix well and bake on a hot, well-greased griddle. Serve hot with maple syrup.

ADVICE TO COOKS.—"Everything," says Miss C. Ryan, in her "Convalescent Cookery," should be scrupulously clean as well as faultlessly neat. Cover the tray with a white cloth always, no matter how cheap the material of which it may be. The sight of a black tray, perhaps one which has seen better days, will not improve a sick person's appetite—nor, it may be added, that of a hale or sound person, either. Never fill a huge tray with a cover-dish and one or two large plates and a great carving knife and fork. Anything which suggests weight to a patient fatigued. There are nurses who would not only bring up such a tray, but would deposit it on the bed."

PUZZLES—NO. 23.

BIBLE ENIGMA.

I'm in Bible and believe,  
I'm in render and receive,  
I'm in willing and decline,  
I'm in wicked and divine,  
I'm in stable and abode,  
I'm in ventured and retold,  
I'm in wander and abide,  
I'm in given and denied,  
I'm in narrow and in long,  
I'm in tender and in strong,  
I'm in hither and behind,  
I'm in easy and confined,  
I'm in silver and in gold,  
I'm in borrowed and in sold,  
I'm in sorrow and in mirth,  
In abundance and in dearth.

HANNAH E. GREENE.

SQUARE.

1. A month mentioned in the Bible. 2. A matron. 3. So be it. 4. Torn.

HARRY JAKEWAY.

PI NO. 1.

A lofshoi nso si a freig of shi caflth, dan sternslibe of the tath read mhi. N. S. MCE.

PI NO. 2.

Noc yb con yth tudise liaw heet  
Tel hty lochw nertshtg of ot chao  
Lte on ruetuf mrdsen lteen heto  
Ranel tuho slsr tawh sethe nea cheat.  
A. M. McRAE.

BIBLE ACROSTIC.

1. Priest, "a scribe of the law of the God of heaven."  
2. Mother of king Jehoiachin.  
3. Place from which gold was brought to king Solomon.  
4. Present capital of Egypt.  
5. Hanged on the gallows he had prepared for another.  
Initials give the name of the first man translated to heaven. Finals the first made high priest.  
HANNAH E. GREENE.

PUZZLERS HEARD FROM.

Answers to puzzles have been received from Hannah E. Greene, Neil S. McEachren, Lilly Hutchinson. All readers of the *Messenger* are invited to send answers and puzzles for this department.

ANSWERS TO PUZZLES.—NUMBER 23.

DROP-LETTER PUZZLE.—  
If little labor, little are our gains  
Man's fortunes are according to his pains.  
ENIGMA.—Killarney.  
Pr.—"All that you do, do with your might, things done by halves are never done right."

SQUARE.—  
M A R C I I  
A G I L E  
R I P E N  
C L E A N  
H E N N A