

## THE HOUSEHOLD.

## UNPARDONABLE HABITS OF HASTE.

How many homes, all over the land, are thrown into a state of confusion and commotion on account of a habit of inertia. It is so easy to lie abed on cold mornings; so much effort is required to arise at a reasonable hour! Morning after morning, therefore, the same unseemly haste is tolerated, both in the making of the hurried morning toilets and in the dispatching of the hastily prepared breakfast. Every member of the family is more or less injuriously affected by this improper, almost vulgar haste. The table is less carefully set; the dishes, knives, forks, etc., are rather strewn over the table than set in place. The food, when hurriedly prepared, is very apt to be scorched or burned; the oatmeal comes to the table with either a raw or burnt taste; ditto the buckwheat cakes. There is positively no time for politeness or table etiquette. Best manners should be everyday manners. It takes time to say "if you please" and "thank you"—each one consequently is allowed to help himself, according to the length of his arms. Who can vouch for the digestion of food eaten under such conditions? The business man swallows his breakfast, snatches his hat and rushes to his office. Will his head be as clear, his strength as unshaken, as if he had risen an hour, or even half an hour earlier, and had thus secured leisure in which to eat his breakfast?

The daughters are perhaps ready to sit down to breakfast as their father leaves the table. They have only time to drink a cup of coffee, and half satisfy their hunger, for they must hurry off to school or be tardy. How many times have they gone to school with scarcely any breakfast at all, even though the school building is too far away to admit of their coming home to dinner. There was no time to put up a lunch. They are thus practically without food until late in the afternoon, when they return home tired and famished. The luncheon or dinner hour is past, and they go to the pantry, and again with unseemly haste appease their appetites with various cold articles.

Mamma and the younger children finish their breakfast alone, mamma having arisen countless times in search of this or that article, thereby assisting the tardy ones to haste away to their several places of duty; the younger children, meanwhile, are training themselves to be independent, following the example of their elders. "Oh, Tommy, what a mouthful!" "Mary, how fast you are eating." "How shamefully you use your fingers instead of your fork or spoon." "Have you forgotten that mamma has told you to use your napkin?" But it is in vain to tell children to be neat, polite and thoughtful of their deportment when the very air daily vibrates with examples in the wrong direction. This unseemly haste at breakfast is a far stronger lesson than calm admonitions to the contrary given at noon. It is the example ever and always that leaves an impression. Viewed from the æsthetic standpoint alone, the simple vulgarity of this unconscionable haste in the family is deplorable; and the home makers, the indirect nation makers, should resolve to rise above it. It needs only resolution and determination. Think it over, brave mothers, and try the experiment of a reform. You will marvel at the difference in the amount of work which can be satisfactorily accomplished in an hour stolen from the morning compared with that which can be done in an hour stolen from the night. The morning hour seems like the best lubricating oil; by means of it the machinery of daily life is set in harmonious operation, while, if we have it not, the machine creaks and jars, and may eventually snap asunder long ere its legitimate term of usefulness is completed.—*Western Paper.*

## A CLEAN KITCHEN TABLE.

One of the most disagreeable sights to a neat and tidy housekeeper is a greasy kitchen table. To avoid this, have several sheets of tin soldered together, placing them on the top of your table, and turn down all round three-fourths of an inch, tacking it down. This will make a smooth edge to your table. Try it, and save labor, time, soap and vexation of spirit.

## HOW TO REST A TIRED BACK.

BY KATE CAMPBELL HURD, M. D.

I give you here simple exercises, which require no apparatus.

1. (1) Stand perfectly balanced, heels together, shoulders back—not high—head up, chin as double as possible.

(2) Hands on hips, fingers forward. Take a long breath as slowly as possible, and as slowly exhale, with mouth shut. Repeat ten times.

2. (1) Same position. Heels together, toes turned out, hips firm.

(2) Bend head and back slowly backward, keeping eyes on the ceiling, and arching back well and taking deep inspiration.

(3) Bend forward, still looking at the ceiling, shoulders well back. Repeat ten times.

3. Rotate the head slowly. Bend the head to right and left. Do it all very slowly and forcibly.

4. Arms upward—stretch, keeping them close to the ears. Forward, downward bend, until the finger tips touch the floor; upward, backward bend, always keeping your head between your arms. Repeat five times.

5. Position! Fingers touching shoulders of same side—shoulders well back. Now forcibly extend your arms upward three times, outward three times, forward three times, out and downward. This is like one of the old dumb-bell exercises, but you do not need dumb-bells if you will do the movements with life.

6. Lie flat on your back on the floor and take long, deep inspirations, first making sure that the windows are open and that you are breathing pure air. And, of course, you are not exercising in your corsets. Now, with feet well extended, with hips firm, try to get up without using your arms.

7. Lie face down on the floor, with your hips firm, and see how far you can raise your head and trunk.

8. March up and down the room, extending your arms upward at every fourth step, keeping regular martial time.

9. After a week or two you will be ready for more violent exercises. Lie down, face down, hand on the floor just under your shoulders. Raise your body on your toes and arms, keeping your knees and back perfectly straight. Lower your back to the floor very slowly. Repeat three times.

10. If you have a doorway apparatus, fasten your vaulting bar at the height of your waist line. Stand with your right side to the bar—a stair rail will answer for a bar—extend your arm upward and bend your body to the right against the bar for support. Do the same to the left. Finally, finish your exercise with "breathing." Rub your back with strong, cold brine, and at times alternate with very hot water. Take a glass of warm milk or hot water, go to bed, and ten chances to one you will sleep the entire night without a dream, while your freshly awakened blood will hurry to rebuild broken-down tissues and remove the waste matter of the day. No matter what the cause of your backache; be it from running up and down stairs, steady, prolonged housework, carrying your baby, tending store or whatever—the same exercises are good for you; you will fortify yourself to bear the daily strains however severe.—*Jenness Miller Monthly.*

## DRESS AND HEALTH.

Sad it is, but true it is, that the dear women of America, with few exceptions, are a race of invalids. Not bed-ridden, but delicate, feeble, nervous; wearied out by slight exertion, many times, alas, in a chronic state of tiredness; who never know the blessed sensation of rest. As wife, as mother, as citizen, what power in the way of help, influence and accomplishment, supposing her equal in other respects, has a sick woman beside healthy women?

Not until we learn that body and mind, or body and soul are not separate entities, independent of each other, but that they are wedded so closely that one cannot possibly be impaired without corresponding loss to the other, will this matter of health claim just attention. A woman whose lungs are choked by corsets, whose liver is congested, whose stomach is taken possession of by dyspepsia, whose head throbs with pain, or whose nerves have run away

with her will and self-possession and peace of mind, cannot comprehend or appreciate the meaning of truth, justice, and liberty, or impress it upon others with anything like the clearness and force that she could if her body could be an efficient aid, instead of a deplorable clog. You cannot expect a battered, unstrung harp to give forth the harmonies of heaven. Health and freedom of mind and soul must go hand in hand with health and freedom of body, if the coming age is to realize the possibilities of a true and worthy womanhood and manhood.

Aside from other evils which affect their lives, think for one moment how the majority of our women are dressed, from their poor abused heads to their poor abused feet, and cease with me to wonder at their sickly condition. Their poisoned lungs can only flutter and gasp, they cannot draw full, deep inspirations of God's pure air. Their delicate vital organs, compressed and oppressed by wicked corsets are weakened and displaced. Their limbs, yes, and their whole bodies, are fettered and burdened with long, heavy skirts.

I remember once of hearing a gentleman say that he had occasion the evening before to carry the clothes which his wife had worn during the day, from one chair to another, and was utterly astonished at their great weight. "Why," said he, "if I had to carry such a load as that in my office for one day, it would be the hardest day's work I ever did. How can the women endure it?"

Some women have announced in the most practical way that they do not intend to endure the impositions of fashion any longer, and an association of sensible women in Nottingham, England, have adopted for their walking suits skirts several inches above the ankles. According to the *Bazar* English women "are persuading fashionable tailors to make short skirts for their outdoor costumes, natty and trim, and finished with a facing of soft leather, easily cleansed when splashed. It is to be hoped that the day of short skirts for outdoor wear will soon dawn for all healthy women."—*Laws of Life.*

## CARE OF THE HAIR.

A dermatologist of high standing says that the proper way to shampoo the head is to use some pure soap, such as castile of the best quality, or glycerine soap, made into a "good lather on the head," with plenty of warm water, and rubbed into the scalp with the fingers, or with a rather stiff brush that has long bristles. When the scalp is very sensitive, borax and water, or the yolks of three eggs beaten in a pint of lime-water, are recommended instead of soap and water. After rubbing the head thoroughly in every direction and washing out the hair with plenty of warm water, or with douches of warm water alternating with cold, and drying the hair and scalp with a bath towel, a small quantity of vaseline or sweet-almond oil should be rubbed into the scalp. The oil thus applied is used to take the place of the oil that has been removed by washing, and to prevent the hair from becoming brittle.

## THE VALUE OF SOFAS.

The need of some place to drop down for a moment and forget things is a crying one in most homes. There ought to be enough sofas around to accommodate all the family. Five minutes rest will prevent many a family row, and how can you get it if you have to pull the shams off the bed and roll up the coverlet? A shabby old lounge where you can get at it is worth its weight in gold; and you won't want to die half so many times if you make use of it. The loosening of the tension for ever so few minutes may save your reason some day. Don't go out and try to walk off your worries; don't tell them to your friend, either. Just throw yourself down on the sofa for a little while; shut your eyes and pretend you have not a care. The worries will be lighter before you realize it, your brain will be clearer and your heart stronger to meet those that press closest. Roll the pillow up in a ball or bury your face in it and let a few tears come. If it comforts you as it has done me I will be glad I told you.

## MAKING DAINTY SANDWICHES.

BY ANNA ALEXANDER CAMERON.

There are three essentials in making sandwiches. Very nice light bread, home-cured ham, and a very sharp knife. The bread should be cut into paper slices, and the ham into the thinnest shavings. After the crust is cut from the end of the loaf spread the slices with nice fresh butter upon cutting. Have the ham already shaved and as you cut each slice of bread divide it in half, sprinkle one half well with ham on the buttered side, and place on it evenly the other half of the slice, buttered side down; press lightly together and lay on a plate. Continue until you have made all that you want. If the ham, bread, butter and knife are what they should be, you had better make a great many.

The slices of bread may be squared after cutting off the crusts and then divided from corner to corner, making triangles, or the whole slice sprinkled with ham may be rolled up, and tied with narrow ribbons of different shades. This makes a pretty variety in serving sandwiches at an afternoon tea.—*Ladies' Home Journal.*

## WORK AND WASTE.

George Eliot used to say that the terrible waste which she saw all about her in the world was throughout her life a heavy burden. When will humanity learn that it is waste and not work that results in exhaustion and physical bankruptcy, that it is not so much what is done as how it is done. On this point Dr. Geo. F. Laidlaw says in *Werner's Voice Magazine*:

"Work, in itself, does not use a great amount of that (vital) power. We can follow the plough for hours, when our muscles are hardened to it, or solve intricate, geometrical problems without much fatigue; whereas, one hour's strong emotion will leave us exhausted. It is not the work which we do that wears, but the energy or the enthusiasm, or the feeling with which we do that work. Emotion is an activity which is deeply rooted in our life-centres. Terror can strike dead, or rob a man of his reason. Anger can reverse the whole digestive process. Suffering or care will pinch the features and consume the bodily strength more quickly than bodily privations with a cheerful mind. These emotions are mighty forces, and draw strongly upon our store of vital power."

## SOME GOOD RECIPES.

The following excellent recipes are from the pages of *Table Talk*:

**PRUNE PUDDING.**—Soak one pound of prunes over night. In the morning remove the stones, put the prunes in a porcelain-lined kettle with sufficient water to prevent burning, cover the kettle and cook slowly on the back part of the stove until the prunes are perfectly tender; this will take about an hour; then add a cup of sugar and stand aside to cool; when cold press through a colander, or if you have a "Keystone" beater a few revolutions will reduce them to a smooth pulp. Beat the whites of three eggs to a stiff froth, add them to the prunes. Have a quarter of a box of gelatin soaked for half an hour in half a cup of cold water, stand this over the fire until the gelatin is dissolved, stir into the prunes with the whites of the eggs; turn into a mold and stand away to harden. When ready to serve, turn on to a pretty dish and pour around it a custard made from a pint of milk, two tablespoonfuls of sugar and the yolks of three eggs. This custard may be very delicately flavored with bitter almond, be very careful only to add a few drops or you will destroy the flavor of the prunes.

**CHOCOLATE WAFERS.**—This recipe requires care to bring about the proper results: Beat one-quarter of a cup of butter to a cream, add gradually one cup of granulated sugar; beat until white and light, then add two tablespoonfuls of cocoa, teaspoonful of vanilla and one cup of flour. This batter must be exceedingly stiff. If you use pastry flour this will be quite sufficient; if you use bread flour you may have to use a little less. Grease the bottom of a good-sized baking pan; spread the mixture at the bottom of the pan as thin as paper. Bake in a moderately quick oven, and while hot cut into squares and roll on the pan. Now, this is the part that practice only can make perfect. They must be handled instantly or they will crack in rolling. If you wish to use them in small squares you will find it much easier. Simply cut them on the pan, and with a limber knife loosen and put aside to cool.

**LIGHT ROLLS.**—Scald half pint of milk, putting into it while hot two ounces of butter; when the milk is lukewarm add one yeast cake, dissolved in two tablespoonfuls of water; add half teaspoonful of salt and tablespoonful of sugar. Now add sufficient flour, about one cupful, to make a thin batter; stand aside in a warm place for one hour, then stir in the flour until you have a dough. Knead thoroughly, and put back into the bowl, and stand aside again until very light. Now take a sufficient quantity to make a small roll, form gently in your hand, place in greased French-roll pan, and so continue until all are made. Cover the pan and stand in a warm place twenty minutes. When light, brush the tops with milk, and bake in a quick oven about ten minutes. They must be a very moderate color.