

THE HOUSEHOLD.

THE LAND OF PROHIBITION.

BY MRS. HARRISON LEE.

No broken windows or hanging doors,
No greasy walls or dirty floors,
But pretty homes and gardens gay,
Scent of sweet flowers miles away
In the Land of Prohibition.

No 'raggit weans,' no weavy wives,
No women in fear for their wretched lives,
But merry maids and bonny boys,
And streets alive with glad some noise
In the Land of Prohibition.

No aching hearts and dragging feet,
No unemployed in any street,
But bounding step and cheery song,
Work for the willing, brave and strong
In the Land of Prohibition.

No frowning jails or prisons drear,
No criminals in training here,
But far and wide our banner waves
O'er men who never shall be slaves—
In the Land of Prohibition.

No public debt to make men down,
No breaking banks to crush them down,
No empty coffers in the state,
For debts are small and income great
In the Land of Prohibition.

Dear, far-off country of my birth,
The grandest spot upon the earth,
Oh, may I live to see the day
When all the woe shall pass away,
And glorious, beautiful and free
Thou shalt arise victoriously—
The Land of Prohibition.

—Union Signal.

DUTY TO ONE'S SELF.

In a certain household located in northern New England, a house set among rugged hills and dimpling valleys, there lives a woman whom the angels write upon the roll of their saints. Her life is one of unremitting toil, hard, unrequited and unrecognized. The people around her, relatives by marriage, are incapable of appreciating the rare heroism of her life, the sweet beauty of her constant, uncomplaining devotion to her daily duty.

I do not think she has an ideal. She is too simple and straightforward and much too busy to think about how her conduct impresses others. She spends day after day, year after year, in caring for childhood and tending querulous old age, and through a weary and monotonous life, filled with drudgery, she keeps the sunny sweetness which distinguished her as a girl. It never occurs to her, either, that she is to be pitied or admired, or that she is doing anything extraordinary.

But her very self-abnegation is making her young daughters thoughtless of their mother's rights and claims. They are surprised when she occasionally expresses a wish for a change of scene or a new gown, or hints at being included in some projected party of pleasure. Her husband accepts her unremitting service as his due, and seldom puts himself out to show how much he thinks of it and of her. Indeed, it has become to him like the blessed common-places of the sky and earth and air, and he takes it in the same way, as a matter of course, and will never acknowledge what it is to him till one of these days it is gone. Even then it will not be evident to him that his wife died of devotion to him and his, a martyr to too great disregard of self, too unstinted outpouring for her family.

Dear sisters, there are some of you who need this reminder. God asks of you an account of one soul of His fashioning intrusted by Him to your care. For the talents He entrusted to you He will exact a full report at the end of the day. You have no excuse for squandering yourself, you precious wife, you beloved mother, you faithful daughter or sister. I know a woman growing thin and gray—a woman who toils strenuously in an exhausting profession, earning her salary in the literal wearing out of her strength—and twice in the last five years she bestowed every penny of her savings on a strong but indolent relative, a man who has never had force enough to take care of himself, but who does not scruple to take advantage of her weak unselfishness. Is she praise-worthy? Is she not rather responsible to a large degree for his pettiness and his disgraceful lack of manly chivalry?

Depend upon it, that each of us owes a

plain duty to herself. This duty includes a proper care for our physical well-being, a taking whatever belongs to us, in consideration from others, in time and in leisure, and a recollection that we are God's children and as such entitled to our share of what God meant us to have. Too much of the altruistic spirit and attitude may rebound unfavorably, and harm rather than help the very persons it hoped to elevate and broaden.—Mrs. M. E. Sangster, in *Congregationalist*.

SPRING MEDICINES.

The custom, which is so prevalent at this time of year, of administering to one's self remedies which are particularly directed toward purifying the blood, has, besides its popularity, an excuse in rational hygiene.

It is to be expected, in other words, that the human system, like every intricate piece of mechanism, will in time become clogged with the results and accumulations of its own work. The friction of its several parts, and the wear and tear of constant usage, are productive of debris of various sorts, just as is the case with machinery of any kind; and men are excusable for believing that at least once a year they may with propriety seek to eliminate the refuse matter which has accumulated.

And so the sarsaparillas of various makes, especially where they are prescribed by the family physician, may be said to be worthy of their popularity and the confidence which is reposed in them.

It is doubtful, however, if the necessity for the use of 'spring medicines' is especially urgent with those who have continually, throughout the year, maintained a proper regard for the requirements of the body.

Among those who have the care of engines, or other machinery, it is considered a breach of duty to permit the accumulation of the most minute particles of rust or dirt of any sort. On the contrary, the greatest pride is taken in the shining appearance of the bearings and all the different exposed surfaces of the machine. How much more, then, ought we to be constantly solicitous that the human organism shall not be hindered by the accumulation of useless debris!

It is possible to do this safely and surely by attending day by day to the secretions of the body. The waste-matter of the body, as we all know, is got rid of by four great channels—the lungs, the intestines, the kidneys, and the skin.

By carefully watching the work of this branch of the human mechanism, insisting that each part shall faithfully perform its own peculiar work, we shall insure better results from the general system, besides lessening to a marked degree the necessity for any periodical or spasmodic attempts at purifying the blood.—*Youth's Companion*.

WHISK BROOM DISHCLOTHS.

'Nothing,' says a woman whose housewifely skill and experience are coupled with an authoritative knowledge of sanitation, 'makes a better dishcloth than no cloth at all, but a whisk broom. The practice of using any old rag, an old stocking cut open, which is a traditional country cloth, or any similar thing in sinks, is well known to be foolish. Bits wear off and become added clogs to the drain pipes. If cloths must be used, those of coarse mesh, loosely knitted from a tightly-woven cord, are the best of the kind. A broom, however, is very much better. Select a short one, and a trial will show its superiority. To scrape the bottom of sauce-pans and pots there is nothing so good. The wire cloth is not so cleanly; bits of food will get in its interstices and will not easily get out, but nothing clings long to a whisk. Hold it under the faucet for a moment after using, and it is quickly and thoroughly cleansed. Hanging over the sink in my kitchen are always two of these brooms; one kept for plates and pottery dishes, the other for metal ware. Silver and glass are not washed there, to begin with, and in any washing need no dishcloth.

And, while on this subject, cheesecloth makes the most satisfactory of glass towel ing. Get the coarse sort that costs only five and six cents a yard, cut it in yard lengths, hem all round, and, once tried, they will never be missing from your pantry outfit.—*New York Sun*.

CAUSES OF DIPHTHERIA.

Weather which is at once cold and wet favors the occurrence of diphtheria as of other throat disorders. In England diphtheria is most prevalent on the eastern coast of the island and in the mountains of Wales. The eastern coast is most subject to cold storms. 'Sore throats' are very common in both these districts.

While in this country the geographical distribution of diphtheria has perhaps not been studied so closely as in Great Britain, there is no doubt that like conditions effect like results.

In the hill country of Wales many of the houses are built on, or rather into, the hillsides, and so are constantly damp. Sore throats are the rule with the inhabitants of such dwellings; when diphtheria breaks out among them it spreads rapidly.

Diphtheria seems to attack with the most readiness throats that are already ailing. Indeed, some excellent authorities are of the opinion that it never develops upon healthy tonsils. The great importance of avoiding sore throats is evident.

In many of the larger English towns, where millions of pounds have been expended in improving the water supply and drainage, with a consequent great reduction in typhoid fever, diphtheria has steadily increased.

School-rooms, especially those in which children are crowded, are regarded by some high authorities as one of the principal means of spreading the infection of diphtheria. Cases are cited in which schools have been closed to prevent the spread of the disease, only to have it break out again on their being reopened.

There seems to be no doubt that children with acute attacks of sore throat should be excused from attending school, no matter what the nature of the attack may be.

Teachers, especially during the prevalence of diphtheria, are to be commended if, in the exercise of their authority, they excuse from school a pupil so affected, since the dreaded disease may be masked under an apparently trivial sore throat.

Cows, cats, and possibly other domestic animals, have been shown to suffer from diphtheria, though cases of infection from such sources are doubtless rare.—*The Companion*.

A SCRAP BOOK FOR THE CHILDREN.

To interest and entertain the little ones that come into your homes as guests and give peace and comfort to visitor and visited prepare a 'scrap book' of bright colored cambrics; turn down the edges like a hem and fasten securely. In this paste bright colored pictures or picture cards, of which there are now so many. Fasten the leaves together by a heavy cord laid through the middle of the book, brought over and tied upon the back. This can be used to hang the book up by when not in use. Bound in this manner leaves can be removed at any time when soiled, or new ones added at pleasure. Such a book is a never failing source of delight to the little ones of the home as well as to those of your friends.—*The Voice*.

TO CLEAN GLASSWARE.

Glassware is generally fragile, and great care is required in washing it. This work should be done by itself apart from the other dishes. In following these rules set down below do not allow the glasses to drain too long.

All the glassware should first be gathered together, their contents emptied, and any which contained milk be left to soak in cold water for a few minutes, otherwise they would be apt to have a cloudy appearance.

They should be washed in a pan or wooden bowl containing moderately hot water, to which has been added a few drops of ammonia. The ammonia will not only soften the water, but will give the glass a fine polish.

The washing should be performed with an old table napkin or a soft cloth of any kind, and as each piece of glass is washed it should be rinsed in another pan containing clean water, after which it should be placed downwards upon the table, which has laid upon it some old towels, folded two or three times, and allowed to drain.

When all have been well washed and drained, wipe dry with a fine glass towel, kept especially for this purpose. If a more brilliant polish is desired, a chamois skin could be rubbed over them, and it is said that newspapers are excellent for the same purpose.

Soap should not be used if possible to do without, as it is a very difficult matter to remove the streaky appearance which it causes.—*Companion*.

THE OTHER SIDE.

I want to say a few words concerning the duties of a servant. If a mistress supplies her servant with good food and lodging and treats her kindly the latter is no less bound to discharge all her duties to the best of her ability. She ought to consider the interests of her mistress as her own for the time being, and to use everything as carefully and frugally as if it were to be paid for out of her own pocket. If the place be a comfortable one, a servant cannot consult her own interests better than in studying those of her mistress. The waste and extravagance of servants, not to mention their dishonesty, have caused many people to put themselves to any inconvenience rather than support a burden they feel so heavy. Were the article better the demand would be increased. Domestic servants would be really respected and their labor liberally remunerated.

I would also caution servants against nourishing a discontented spirit. If a place be not exactly to her taste, a servant should not be in haste to change. Wherever she may be placed she will be sure to meet with something that will annoy her. 'A rolling stone gathers no moss.' When a servant changes her place frequently, people are apt to conclude that she is fickle minded and incompetent.—*Prairie Farmer*.

QUIETNESS.

A sick room that needs cleaning can be made fresh and sweet without sweeping and without dust by wiping everything in it with a cloth wrung out of warm water in which there are a few drops of ammonia. The rugs and draperies, though there should not be any in the room, the doctors tell us, may be put upon the line for a thorough airing, and wiped in the same way. The feather duster, which should be banished because it does no real good anywhere except to stir up and redistribute the dust, is especially out of place in the sick room, where there may be, and doubtless are, germs of disease in the innocent looking dust. If a patient is in a nervous state, a screen may be placed in front of the bed while the freshening goes on. If the room can only be heated by a stove, the noise of putting in coal can be deadened by wrapping the coal in a paper before putting on the fire.

Prof. Simpson, of Edinburgh, at the session of the meeting of the British Medical Association, relating what he knew from observation and experience, said: Two patients came into a fever ward, and the physician said of one, 'Oh, he's sure to pull through,' and at the bedside of the other he shook his head. Why? Because the first had no taint of alcohol in his system, and in the second the fever was helped by the alcohol-saturated tissues.

SELECTED RECIPES.

CORN DODGER—Scald the meal; to one cup of meal, three-quarters of a cup of boiling water. Add salt and sugar, and a little less than three-quarters of a cup of cold milk. After browning on a griddle like pancakes, set them in a roasting pan and bake an hour in the oven.

AN ARGUMENT FOR VEGETARIANS.—Vegetarians find an argument in their favor in the deplorable result of excessive meat eating in the ill temper produced, which they say is chronic in England. In less meat-eating France urbanity is the rule, while in fish and rice-eating Japan harsh words are never heard.

LEMON SPONGE.—To make a lemon sponge to fill a quart mould, dissolve 2 oz. of isinglass in a pint and three-quarters of water. Strain, and add ½ lb. of sifted loaf sugar, the juice of 6 lemons, and the rind of one. Boil the whole for a few minutes, strain it again, and let it stand until quite cold, when it will begin to stiffen, then beat the whites of 2 eggs, add them, and whisk the whole till it is quite white. Put it into a mould, which must be first wetted with cold water, or rubbed over with salad oil; in the latter case the sponge must not be poured into the mould until it is quite cool, or the oil will float on the top. When turned out the oil must be wiped from the surface with a clean cloth.