

HOUSEHOLD.

ADVERTISEMENTS.

Preparation For the Nights.

(Sara H. Henton in 'Occident.')

Were you ever aroused in the middle of the night by some member of the family being ill? Of course you have, not many mothers have escaped it, and hence the necessity of having every needful remedy close at hand, but do you know some housekeepers never seem to learn from experience the bitterness of not having anything ready; how hard on the poor sufferer. A doctor may live miles away (if you live in the country he is very apt to). I have thought and written a good deal on this subject, because I have seen the sorrow of not being prepared, where we could get hold of nothing to relieve pain.

Every housekeeper should have a certain place for her medicines, and have them labelled carefully, and even then what sad mistakes occur often. One should keep mustard leaves, you can buy them already prepared, and it saves time when one is in a hurry. Next, witch hazel is excellent for most every ill, and one of the best gargles for ulcerated throat, or tonsillitis, is made of salt water and powdered borax, equal quantities. It is well to keep a bottle already prepared, and if a child awakens with that croupy hoarse cough so alarming, give it to him wonderfully quick, and if there is an ulcer in the throat and it can be reached, apply a piece of dry borax to it several times an hour, until it disappears. If you have never used this simple remedy, you will be astonished to see its power, and it is harmless, no danger if you get too much of it. It is also very cheap, and I would advise every mother and housekeeper to have it in her medicine chest.

Children's Food.

So many families use white bread exclusively and often baker's bread (both impoverished, as the bone making elements are taken from the wheat), when the little folks would thrive much better upon other and coarser breads, as graham, entire wheat, rye, corn and oatmeal and at less cost. A loaf of steamed brown bread is a capital change from cold bread, while another is milk toast, which may dispose of all odds and ends of bread, dark or light, and crackers; a quart of milk, tablespoonful of butter and one of flour is the only expense.

Potatoes and cabbage are the only vegetables used to any extent among the poor; while the former are healthful for little ones, the latter is not, but carrots, onions, and occasionally parsnips, are recommended highly, and at some seasons are very low priced. Carrots and onions are especially good for the digestive organs, making clear complexions.

When apples are cheap, nothing is more healthful than baked apples and milk, and children, as a rule, are very fond of this dish.

A woman once told me that 'fruit is only for the rich.' 'Well,' I answered, 'your boys can get plenty of blue and blackberries by going out a few miles into the country, and even if you cannot afford jars and sugar to can them for winter, you can spread them upon sheets of clean paper, and dry them in the good old Pilgrim style, and have an abundance of them for stewing; only a little sugar is needed for berries that have been dried, if they are soaked a long while.'

Dried apples are nutritious, and this year they sold at the stores for only seven cents per pound; a pound swells to many times its bulk.

Prunes are often sold as low as five cents per pound, while very good ones, with no waste, are now selling for eight cents.

Have you ever noticed that the mother who thinks she cannot afford to buy milk, uses tea or coffee at every meal, and often gives it to very young children? I had occasion to visit a little two-year-old last year who was quite ill with bowel and stomach trouble.

'What are you giving him?' I asked of the mother.

'Oh, he won't take anything, only his coffee,' she answered.

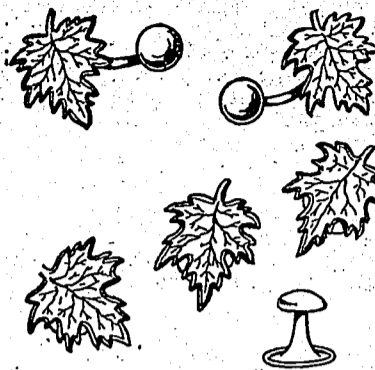
I must have looked the amazement I felt, for she added, hastily,

'Oh, that will not hurt him; he's used to coffee; has had it twice a day for months.'

Is it a wonder that women engaged in reform along these lines often grow disheart-

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ened? They have not only ignorance and lack of thrift to cope with, but extreme untidiness.

One discouraged worker has said, 'There should be a law that all women of all stations should be compelled to pass an examination in cooking and household management before they are married.'—Mrs. E. J. Wheeler in 'Christian at Work.'

Potatoes.

Those potatoes are the most digestible and nutritious which in boiling break down into a floury mass. This is due to the breaking up of the starch. Young potatoes that do not undergo this process of breaking are in the highest degree indigestible, and should not be eaten by those who are not good starch digesters. In the preparation of potatoes for the table the following points should be taken notice of: The albuminous matter surrounds the skin of the potato, and if the skin is removed one cannot help but remove this albuminous matter at the same time; it follows, therefore, potatoes should be boiled in their skins, which makes it possible to remove them without the albuminous layer underneath. Moreover, the skin acts as a membrane resisting the soaking out of the valuable salts. If potatoes are peeled they should not be allowed to soak in cold water or warm water before boiling, as this helps to dissolve out the soluble salts. Remember that the dissolving out of the salts is reduced to a minimum by taking or steaming the potatoes; both are preferable to boiling.—'Journal of Hygiene.'

Leftover Dishes.

(Emma Louise Hauck Rowe in 'Christian Work.')

Little scraps of meat, useless otherwise, can oftentimes be made very quickly and easily into very tasteful dishes for breakfast or luncheon.

For instance, small pieces of cold steak or chops, or ragged pieces of roast beef or lamb, unfit for use on the table as they are, can be cut into half-inch pieces, and made into a spicy, well seasoned stew, simply by the addition of boiling water, a generous supply of pepper and salt, and a thickening of flour and water mixed into a smooth paste, and allowed to boil in the stew for about ten or fifteen minutes to kill the taste of raw flour. Of course, a little gravy left over from dinner, or a spoonful or two of soup stock, would add to the flavor of the above, but still it is not indispensable.

Bits of cold lamb warmed up with stewed or sliced tomatoes make a very appetizing dish. Or served hot in tomato sauce made of a cup of strained tomato, one-half-cup boiling water, a thickening of flour and water salt and pepper to taste; the whole, including the pieces of lamb, to be boiled from ten to fifteen minutes.

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raw potatoes pared and cut into dice, added with the meat, and cooked until done (about ten minutes or so), will double the dish and make an agreeable change.

Scraps of ham and other kinds of meat, either separately or together, may be made into sort of croquettes. Chop fine, mix with a little egg and flour, shape into flat balls, if I may use that expression, and fry in hot drippings or butter.

Scrambled eggs can be improved, or at least varied, by the addition of a little finely chopped ham, tongue, lamb, beef or chicken, or stale, hard cheese finely grated into it. For each egg, beaten lightly, add one tablespoonful of finely chopped meat. Pour in hot buttered pan, and cook over a hot fire, stirring at the time until done.

All teachers of cookery will tell you that there is no reason why a single scrap of anything eatable should be wasted, and surely if this be true of all things in that line, meat, which is the most expensive article of food, should be doubly safe from being thrown away because it does not look or taste good cold.

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