

**THE HOUSEHOLD.**

**"MAKING" CHILDREN HAPPY.**

"I try so hard to make my children happy!" I heard a mother sigh one day, in despair at her efforts.

"Stop trying," exclaimed a practical friend at her elbow, "and do as my neighbor does."

"And how is that?" she asked, dolefully.

"Why, she simply lets her children grow and develop naturally, only directing their growth properly. Her children never hear their mother talk of dress, only that it should be neat and tidy. They are taught to do right for righteousness' sake, and not for any prize or bribe. Now if you will allow me to criticise your method, I would say that in some particulars you are all wrong. You have already begun to talk to your daughter of what you intend to make and 'fix' for her to wear another season. After you have arranged her toilet for the afternoon, you say, 'Ah, that looks sweet,' or 'that looks lovely,' or 'it looks like a fright,' until the child has come at nine years of age, to be far more concerned about her dress than any other earthly thing, and to hold all other small women in contempt who are not as finely attired as herself. Then when you were going shopping this morning, you promised to buy something for her if she would be a good girl, etc. That, I observe, happens every time you leave your children; some sort of a bribe is offered for their good behavior, as if good behavior did not pay for itself. When you came home you began to rattle off what you had bought for them. The loveliest this, and the sweetest that, and the little brains were excited over the purchases, so that you had an hour's trouble to get the children asleep. Before you came home they were wondering what you would bring them, and their chief desire seemed to be in regard to the goodies, instead of having their mother again. Now my neighbor's children are uncommonly happy ones, just as strong-willed as yours, and would be just as difficult and 'nervous' if their training had not been so different. She has always thrown them so far as practicable upon their own resources, taught them to wait upon themselves, no matter how many servants she had, and to construct their own playthings. Not five dollars have been spent in toys for the whole five children. When she returns home from an absence there is never any query as to what she will bring them; they await but one thing, their mother's kiss. Whatever has been bought for them is bestowed when the needed time comes. Nothing exciting is allowed to them at night, and they got to bed and to sleep in a wholesome mental state that insures restful slumber. They are taught to love nature, and to feel that there is nothing arrayed so finely as the lily of the field, the bees, and the butterflies, that there is nothing so mean as a lie, nor anything so miserable as disobedience, that it is a disgrace to be sick, and that good health, good teeth, and good temper, come from plain food, plenty of sleep, and 'being good.' Of course, this happy state of things has been brought about by line upon line, and precept upon precept, and firmness. The result is that her method develops the best impulses and traits of character in her children. With your course you develop traits that tend to selfishness, to self-consciousness, to artificial tastes and wants, to exactions and expectations which, in the long run, are 'belittling,' to use a homely expression."

Of course, my lady was not overpleased with the practical preaching, but she was frank enough to confess that her own course had been a failure. And there are thousands of women like her, trying with equal sincerity to do something continually to make their children contented and happy, and who never seem to comprehend that children, like flowers, in order to thrive require a certain amount of "letting alone." Supreme faith in the mother, few toys, no finery plain food, no drugs, and early to bed are the best things for "making" the children happy.—*Christian Union.*

**EATING AT NIGHT.**

Popularly, it is thought injurious, but unless dinner or supper have been late, or the stomach disordered, it is harmless and beneficial, if one is hungry. Invalids and

the delicate should always eat before bedtime. This seems heretical, but it is not. Animals after eating instinctively sleep. Human beings become drowsy after a full meal. Why? Blood is solicited toward the stomach to supply the juices needed in digestion. Hence the brain receives less blood than during fasting, becomes pale, and the power grows dormant. Sleep therefore ensues. This is physiological. The sinking sensation in sleepfulness is a call for food. Wakefulness often is merely a symptom of hunger. Gratify the desire and you fall asleep. The feeble will feel stronger at dawn if they eat on going to bed. Fourteen hours lie between supper and breakfast. By that time the fuel of the body has become expended. Consequently, the morning toilet fatigues many. Let such eat at bed time, and take a glass of warm milk or beef tea before rising. Increased vigor will result. "But the stomach must rest." True. Yet when hungry we must eat. Does the infant's stomach rest as long as the adult's? The latter eats less often merely because his food requires more time for digestion. Seldom can one remain awake until 10:30 or 11 without hunger. Satisfy it and sleep will be the sounder.

During the night give wakeful children food; sleep will follow. The sick should invariably eat during the night. This is imperative. At night the delicate and children may take slowly, warm milk, beef tea, or oatmeal gruel. Vigorous adults may also eat bread and milk, cold beef, mutton, chicken and bread, raw oysters, all, of course, in moderation. Do not eat if not hungry. Eat if you are.—*A Boston Physician.*

**MEAT DIET FOR INVALIDS.**

BY JULIET CORSON.

Meat for the use of invalids should be chosen for three qualities—digestibility, nutriment, and suitability to the case in hand: the last consideration is the most important.

Beef is the meat most used in health; it is the most stimulating and nutritious of all flesh when the system is able to digest it, and its flavor does not offend the most fastidious palate: it is always in season. But in some physical conditions the use of mutton is preferable, because it is less stimulating, less highly flavored, and more digestible. In such cases it is really more nutritious than beef, because its nutritive elements can be assimilated; for instance, mutton is a better meat than beef for dyspeptics. The broth made from mutton is no more digestible than that of beef, and is less nutritious. If all fat is removed from it in cooking, its flavor is more delicate. Lamb should not be used by dyspeptics; although tender, it is less nutritious, because immature, and less digestible, because its soft, semi-glutinous tissue renders complete mastication difficult. If lamb is used during illness it should be broiled, because by that process its loose texture is made comparatively dense, and the entire substance of the flesh is thoroughly cooked. The flavor of lamb is of course more delicate than that of mutton. As the indigestibility of veal is due to this looseness of fibre, it also should be thoroughly cooked.

There is no reason why underdone meat should be considered more nutritious than that which is moderately and properly cooked, with all its juices preserved. The chemical elements of underdone meat are not sufficiently acted upon by heat to be either readily digested or assimilated. Unless a physician orders raw or partly cooked meat for some special dietetic reason, it is far better to give an invalid well-done meat or that which is only medium rare.

**HOME MADE BREAD.**

JULIET CORSON.

The best home-made bread is composed of flour, water, salt, and yeast; the addition of milk, butter, or sugar is dictated solely by the taste of the bread-maker, and not by any sanitary consideration. Other variations from the simple process of bread-making will be briefly treated in the next article. Bakers claim that the best bread is made with liquid bakers' or brewers' yeast and by the lengthened process of "raising" it over night. I am inclined to think that the bread made most quickly is the best, if it is light because none of its nutritious elements are lost by fermentation, and I shall return to this question later.

To make two loaves of ordinary home-made bread put three pounds of flour into a bread-pan, and make a hollow in the middle of the flour; mix together one gill of good yeast, a tea-spoonful of salt, and a pint of warm water (temperature 98° Fahr.), and pour them into the flour, using the hand to mix and beat all these ingredients together until a smooth, soft dough is formed which does not stick to the hands in working it; if the flour is good, more than the first pint of water may be required to form the dough; if, on the other hand, the flour lacks gluten and abounds in starch, it may be necessary to add a little more of it. When the dough can be worked easily, knead it for five minutes, then gather it in a lump, lift it and flour the pan under it, dust a little flour over the top, and cover the bread-pan with a thick towel folded several times. Place the pan where the temperature is not over 98° Fahr., and let the bread stand over night. When the dough is swollen to about twice its first size and is full of little holes like a sponge, knead it again for fifteen minutes, flouring the hands enough to prevent the dough sticking to them, and divide it into two loaves, putting each one into a buttered baking-pan; set the pans near the fire, cover them with a folded towel, and let the loaves swell to twice their first size; then prick them two or three times with a fork, and put them into a moderate oven to bake. When the loaves are delicately browned brush them over the top with a very little melted butter, and return them to the oven for five minutes; decide if they are cooked by thrusting a trussing needle or thin metal skewer into them, and if it is dry when withdrawn take them from the oven, and cool them before using.—*Harper's Bazar.*

**PLAIN OMELET.** See that you have a hot fire, and a clean smooth iron spider. Put the pan on the fire to become heated; break the eggs into a basin, sprinkle over them pepper and salt, and give them twelve vigorous beats with a spoon. Now put butter the size of an egg (for five eggs) in the heated pan; turn it around so that it will moisten all the bottom of the pan. When it is well melted, and begins to boil, pour in the eggs. Holding the handle of the omelet pan in the left hand, carefully and lightly with a spoon draw up the whitened egg from the bottom, so that all the eggs may be equally cooked, or whitened to a soft, creamy substance. Now, still with the left hand, shake the pan forward and backward, which will disengage the eggs from the bottom; then shaking again the omelet a little one side, turn with a spoon half of one side over the other; and allow it to remain a moment to harden a little at the bottom, gently shaking it all the time, toss it over on a warm platter held in the right hand. A little practice makes one quite dexterous in placing the omelet in the centre of the platter, and turning it over as it is tossed from the omelet pan. However, if one can not manage the tossing operation, which is the correct thing, the omelet can be lifted to the platter with a pancake-turner. It should be creamy and light in the centre, and more firm on the outside.

**POTATOES IN CASES.**—The following is a nice way of serving baked potatoes. Bake potatoes of equal size, and when done, and still hot, cut off a small piece from each potato; scoop out carefully the inside, leaving the skin unbroken; mash the potato well, seasoning it with plenty of butter, pepper, and salt; return it with a spoon to the potato skin, allowing it to protrude about an inch above the skin. When enough skins are filled, use a fork or knife to make rough the potato which projects above the skin; put all into the oven a minute to color the tops. They will have the appearance of baked potatoes burst open.

**SNOW POTATOES.**—These are mashed potatoes pressed through a colander into a dish in which they are to be served. The potatoes then resemble rice or vermicelli, and very light and nice. They make a pretty dish, and must be served very hot.

**CUP CUSTARD.**—One egg beaten to a froth, three-quarters of a cup of milk, two tea-spoonfuls of sugar, a pinch of salt, and a little grated nutmeg; beat thoroughly together; pour into a coffee-cup; bake until it's brown, and then take it out.

**PUZZLES.**

**DOUBLE ACROSTIC.**

1. I'm called by all substantial fare;
2. I have no substance anywhere;
3. A tropical fruit of color bright;
4. A textile fabric, pure and white;
5. A splendid town of Eastern site.

The primals give a lovely dame,  
Another will the finals name.  
A poisonous plant, they both will tell,  
Oft used for tincture and for spell.

**ANAGRAMS.—OLD FRIENDS WITH NEW NAMES.**

1. T. Roche.
2. E. Larned.
3. U. S. Speer.
4. I. L. Cashel.
5. E. Schuler.
6. S. S. Yules.
7. C. E. Murray.
8. A. T. Sultan.
9. U. P. Shore.
10. A. R. Case.
11. N. C. Hoar.
12. E. A. Gammon.
13. L. A. Pool.
14. D. G. Meaney.
15. T. A. Crosse.

**CHARADE.**

I dwell in a house as hard as stone,  
I am soft and rich and fat;  
You will find if you try to make me your own,  
I am rather hard to get at.  
My first is to spoil, to injure, to hurt  
Read backwards, it means to pack the dirt.

My second is straight or ought to be,  
As in your garden you may see.

**DIAMOND PUZZLE.**

1. A consonant.
2. Antique.
3. To demand.
4. A noise.
5. A consonant.

**CHARADE.**

My first will warmth and comfort give,  
My second, quickly close your eyes,  
My whole will any one deceive,  
Even although he's old and wise.

**ANSWERS TO PUZZLES.**

**CHARADES.**—1. Dry-den. 2. Gold-smith.  
**ACCIDENTAL FINDINGS.**—Tow, male O.—  
Tomato. Ray, sta—Raisin, Bar, ley—Barley,  
Car, may, shun—Carnation.

**DIAMOND.**—  
D  
O R E  
D R E A M  
E A R  
M

**SQUARE WORD.**—  
E D O M  
D A M E  
O M I T  
M E T A

**SYNCOPIATIONS.**—Revel, reel. 2. Laird, lard.  
3. Bone, bone. 4. Legal, leal. 5. Caird, card.  
6. Salic, saic.—Synocopated letters: Virgil.  
Contributions have been received from O. E. Roberts, Alex. Crone, and Emma Vosburg.

**SALMON BROILED IN PAPER.**—Wash a slice of salmon, about an inch thick, in cold water, dry it on a clean cloth, lightly season it with salt and pepper, and wrap it in a sheet of buttered note-paper, the edges of which must be folded closely over each other several times in order to retain all the juices of the salmon; place the salmon thus prepared between the bars of a double wire gridiron, and broil it for ten minutes on each side over a moderate fire, taking care not to scorch the paper. Serve it on a hot dish in the paper to keep it hot until the last moment. By this method of cooking all the flavor and nutriment of the fish are preserved.

**AN OMELETTE** with cabbage in it makes an appetizing side-dish. Beat four eggs till they are very light, the whites and the yolks separately; to the yolks add a small cup of sweet milk, and pepper and salt to taste; then stir in a cup of cold boiled cabbage, chopped fine; have enough butter in a saucepan to cover the bottom; when hot, pour the omelette in, having stirred the whites of the eggs in first, before putting into the pan.

To MAKE an excellent soup, allow four pounds of beef to two and a half quarts of water, one small onion, one carrot, and a small head of celery. Let these boil for four or five hours. Three-quarters of an hour before dinner strain this soup, salt it, and add a heaping tea-cupful of macaroni, broken in bits; let this boil slowly. Add any other seasoning you like. For some tastes a pinch of curry-powder improves it.