

THE HOUSEHOLD.

SOME SIMPLE AND SWEET DISHES.

CAKES, PUDDINGS, CREAMS, ETC.

There are many easily-made sweet dishes which will supply sugar to the system and go far toward satisfying the appetite for candy, which, if eaten surreptitiously and between meals, tends to destroy the teeth and to upset the stomach. These dishes also help to give that pleasing variety which tends to aid the digestion of the philosopher as well as the child.

One which commends itself to all is made by putting a quart of sweet milk into an earthen pudding-dish. To this add a small teacupful of rice, which has been well looked over and washed, a small salt-spoonful of salt, two large tablespoonfuls of sugar, and vanilla to the taste. Set into a moderate oven for two hours, remove the scum which rises, and the result will be a dish of rich jelly or pudding which is simply delicious. This may be eaten with sauce or without. Happy is the woman who is able to add to all such dishes the luxury of whipped cream; it is the sauce par excellence.

Another easily-made pudding is made by heating one quart of milk to the boiling-point. Mix four tablespoonfuls of corn-starch with a little cold milk (not taken from the quart), add a large pinch of salt, stir into the milk, and let it cook, stirring it constantly until it is thick. Then set it on the back part of the stove, and add to it two or three tablespoonfuls of grated chocolate; stir this well, and flavor delicately with vanilla. No positive and invariable rule can be given for flavoring because the extracts vary so greatly in strength. Wet some pretty-shaped cups with cold water, pour the mixture into them, and let them get cold. In summer set them for a little while on ice. Just before serving, turn them carefully out upon shallow saucers. Sweetened cream, or sugar and milk alone, may be mixed in a pretty pitcher and be passed to each one.

These children's favorites may be varied in many ways: First, by leaving out the chocolate and putting in the bottom of the cup a spoonful of jam, half a peach or pear, or two or three plums with the pits removed. In the season of fresh fruits any kind may be used; or currant jelly may be beaten into the pudding, or the juice of canned fruit, which every economist saves, may be used to color and flavor the pudding.

Another dish which is delighted in by all children who have tasted it, and which recommends itself to heads of hungry households when eggs are thirty cents per dozen, is somewhat deceptively called "ice-cream." Any one who has the care of boys and girls knows what a charm that name possesses and what an important part it plays in their festivities.

To make this toothsome substitute, take three pints of rich milk, add four tablespoonfuls of corn-starch to it, and cook as if it were a corn-starch pudding; sweeten and flavor to your taste. Then add (after it is cooked and cold) a pint of cream; beat this into it, and if then it is not quite the constituency of custard, which it ought to be, add a little more cream or milk. Then freeze it, stirring it just as you do ordinary cream.

Bread puddings may be varied by the addition of coconut. A cupful of freshly-grated coconut, or of the best desiccated, is a sufficient allowance for a quart pudding.

Mothers sometimes take high ground on the cake question; and this is well. Still a piece of light (and not too rich) cake may sometimes be eaten without harm resulting. It is a fact, easily verified, that children who are supplied with an abundance of fruit are not great lovers of cake and cookies.

A plain cake is made palatable in this way: Bake in two layers: spread frosting between the layers (a thin coating of it); on the top of the cake put little pieces of orange (the sweeter the better), and over these your frosting. A good rule to follow in making the cake is one cupful of sugar, a small half cupful of butter, two-thirds of a cupful of sweet milk, one egg, two cupfuls of flour, and two scant tablespoonfuls of baking-powder; or, in the place of one egg, use the yolks of two beaten very

light, and use the whites for the frosting.

A delicious cake is arranged thus: make the cake after any good rule for layer cake, of which every woman is supposed to have a favorite. Then take half a pint of sweet cream, four dessertspoonfuls of granulated sugar, and about one teaspoonful of vanilla; beat all together in a bowl with an egg-beater until it is as thick as custard. The cake must be perfectly cold, or the cream will melt and "run." You can test the cream to see if it is beaten enough by taking a little on a spoon and holding it up; if the cream does not drop off at once, it is the proper thickness. Of course a cake like this must be eaten while it is fresh, and, as a matter of fact, it always is.—*Emma W. Babcock, in Good Housekeeping.*

FOR OVER-WORKED MOTHERS.

I would suggest, first, that every over-worked mother look closely into the ways of her household to see if there are not some places where her duties might be rendered more simple and easy. Let us take the cooking first. Is it right or best that two-thirds of a mother's time and thought should be spent over the cook stove, or in thinking or planning about what her family shall eat? Perhaps a little time and rest can be gained here to be devoted to higher purposes. I advise no abrupt changes. It is right and best that all be well fed on plenty of good nourishing food. I know a family where the little mother has worked wonders in her quiet way. It is a large family, too, of eight romping boys and girls from seventeen or eighteen down to the wee toddler who is the joy of the household. With a careless, selfish husband, who though he loved his family dearly, allowed his business to take his best energies from it, she had little help toward her work of home building, and the constant care of little children. The never-ceasing round of duties discouraged her often, yet in one respect she conquered. By patience, by getting her children to help her, she succeeded; and now she is often found reading or taking the little bits of "rest hours" with her wee ones. Some of her plans, although meeting her needs, were not the best, and I will mention her method of cooking only. First, she discarded pie, cake, and all dishes taking great labor, or time and expense to produce, and furnished them only as luxuries. Each child from the baby up had its birthday celebrated by the mother making a birthday cake; and there was an extra dish prepared each Saturday for the Sabbath dinner. On other days the programme was for breakfast: Graham or oatmeal pudding, with, perhaps baked potatoes, bread, butter and fruit. Dinner's main dish was meat with some vegetable, while the supper was a mere lunch of oatmeal with cream and sugar, bread, butter, and some easily prepared sauce. Of course, there were variations. Her children are seldom sick, and now that the older ones understand and approve of her wisdom, her hardest battle is over. Her plan has these advantages: It does not make an all-absorbing question of the matter of eating; while at the same time it furnishes abundant quantities of healthful, appetizing food. There is less danger of children over-eating when less variety is before them. Children are more easily governed and directed in right ways, when free from the effects of rich or stimulating food; when not irritable from disturbed digestion. It gives the mother more leisure to turn elsewhere, besides freeing her mind from much care. I was in her closet which she had filled up for a store room, one day, and she showed me a row or two of three and four gallon jars, and then said: "I store all my dried corn, beans, tomatoes, dried fruit and entables of that kind here, and when I see what I have I make out a programme for the week, having such a vegetable on the same day of each week, together with such fruits and side dishes. This makes a constant variety and saves much thought for I soon get it learned by heart and do not have to think." Some could not follow this plan fully, for many have not provisions furnished them ahead; but perhaps they can get some hints from it.

Another aid toward helping us to bear our burdens cheerfully and to master them is the giving up of the idea that this great, grand world of ours will stop unless we succeed in getting every mite of work done

after a stereotyped fashion. Better let the boys and girls sleep between sheets sweet and clean from being folded right in from the sunshine, and to let them rub their rosy cheeks upon neatly folded towels which have not been ironed, than to have them remember mother only as a tired, fretful, over-worked woman, old before her time, who never found leisure to talk, walk or ride with them; and who could take no interest in their books or companions because she was acquainted with neither. Where there is a large family, or even one with four children in it, the mother, though too poor to hire help, ought not to be many years without it. Let each member learn to carry some portion of the common burden, and it is surprising how it becomes lightened. Here is a plan copied from the life of a friend who has a family of four to do for and sometimes six, besides herself,—who keeps several cows—tends a poultry yard and a kitchen garden in summer, and her work runs smoothly at most times. She prepares breakfast herself, and, while doing so, one child of ten cleans and fills the lamps, does the chamber work, opens beds, windows, and puts the sitting-room in order. Another is taught to skim and strain the milk, feed the chickens and do such chores. After breakfast, they join in washing the breakfast dishes and sweeping kitchen and pantry, while the mother goes to the main business of the day. Let each little one, from the cradle up, be taught that the truest happiness is gained by living for others. Let it go from one task to another, with the feeling that it grows in nobility as it learns to successfully perform them, and with the sure knowledge gained from loving lips, that it is a comfort and blessing to you. As they grow older, teach them still greater mysteries of housework, and you will find they will not care to shirk and throw back upon your shoulders work they can feel pride and pleasure in performing.

Time can be gained by economizing in sewing; drop some of the ruffles and tucks from the little everyday garments, and put the strength saved into tender loving smiles and cheerful words. Teach each child, as soon as possible, to help keep in repair its own wardrobe.—*Household.*

DARNING AND PATCHING.

To darn well, select the number of thread or silk best suited to the material, and use the finest needle that will carry it. The edges of splits and tears must first be caught lightly together with long basting stitches that can easily be cut and drawn out when the darning is done. This prevents one edge stretching more than the other. Run the needle from the darning in very small stitches in and out its whole length before drawing through; then towards the darning in the same way, and so on, backwards and forwards till the length of the tear is covered. Tears are apt to be three-cornered. Begin such in the centre to make the point fit even, and darn toward each end. All darning of this character is done in the same way, but the finer the material the finer must be the needle and cotton.

In darning much worn material, baste under the split a piece of the same goods and darn the two together. In all cases it strengthens to darn upon another piece, but does not make so smooth a darn. A ragged tear must have always a piece put under it. Ravellings of the same are best for darning flannels or dress goods, and if the mend is dampened and pressed with a hot iron it is almost unnoticeable. Tears in cloth darned upon the wrong side, the stitches run upon the surface, not going through, scarcely show upon the right side. In lined articles the darning must, of course, be done upon the right side.

All tears must be darned before washing. If the edges are once stiffened by wetting and drying they can never be mended neatly.

To darn a hole in a stocking begin with as long a strand of cotton as can be easily managed, and a long, slim needle. Pass the needle back and forth across one way, letting each long stitch lie close to the one next it, and running the needle a little beyond the edge of the hole for greater strength, being careful not to draw the cotton tight enough to pucker. When the hole is covered, cross the other way, taking on the needle every other stitch of those in

the first crossing. When finished you have a neat, strong basket-work; neither a wide checker work that can be seen through, nor a thick, uneven surface that hurts the foot. After mending the holes the thin places in stockings should be run thickly, backwards and forwards with needle and cotton to prevent breaking. In darning toes and heels it is helpful to darn upon a china egg, but in other parts of the stocking a flatter darn is made by using only the hand. To darn woollen stockings wool must be used. For cotton stockings a French darning cotton, that comes in small, soft bolls, is superior to that bought upon cards. It runs through several numbers, is fine and smooth, and keeps its color well.

Holes in garments or house-linen must be patched. To patch, baste a square of the same material under the hole, cut the edges of the hole even, turn under, and hem in small stitches neatly down to the patch. Then turn the edges of the patch and hem down upon the garment. This finishes both sides neatly. If the garment patched is figured or striped, the figures and stripes must be made to match in putting in the patch. Cloth is too heavy usually to turn the edges in patching. The edges of the patch must be run in small stitches upon the wrong side and the edges of the hole darned down closely on the right side.—*Good Housekeeping.*

OVERWORRY.

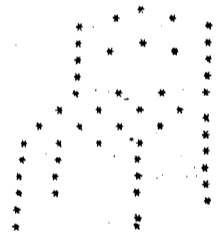
We are inclined to think that in nine out of ten cases of sickness or insanity or death which we lay to overwork ought to be laid to over worry. Our theory is borne out by the report that comes from the great insane hospital at Westboro', where out of one hundred and eighty cases only nineteen are laid at the door of overwork. If overwork has slain its thousands, overworry has slain its tens of thousands.—*Golden Rule.*

PUZZLES.—No. 20.

CHARADE.

First up your hair, good solver now,  
Second ringlets back from your brow,  
Third this puzzle with all your might;  
Fourth, sir, would n'er give up the light  
Then struggle with, with firm resolve  
That you this mystic whole will solve.

CHAIR PUZZLE.



Seat of chair—word square: 1. morit; 2. tropical plant; 3. slender sticks; 4. a warm, close habitation.

- Left side of back, a piece of furniture.
- Tight side, a sign.
- Top, to negotiate.
- Middle of back, a color.
- Left front leg, a male relative.
- Left back leg, parts of the head.
- Right front leg, to prosper.
- Tight back leg, a noted philosopher.

PLANTS.

- Plant two pins, and what will come up?
- Plant sawdust, and what will come up?
- Plant a sceptre, and what will come up?

ACROSTIC.

Find in the initials of the flowers referred to in the following quotations the name of the principal flower the old English people used for decorations in their May-day festivities.

1. "Thou may'st be met on each open moor."
2. In poet's fable—the flower that sprang from the blood of Adonis.
3. "—Shed its fragrance as it clung,  
And waved in wild luxuriance o'er the stone,  
Chafed by the storms of ages."
4. "But what's the wit, prithee, of yonder—?"  
"You may read there the wit of a young courtier,  
Pride and show of colors, a fair promising,  
Dear when 'tis bought, and quickly comes to nothing."
5. "Dancing, and waving, and ringing in glee,  
Over the moorland, and over the lea."
6. The emblem of domestic prosperity.
7. A flower that, among some nations, was anciently suspended from the ceiling where secret meetings were held.
8. In poetic fable—a flower named for a youth:  
"That was a fair boy, certain, but a fool  
To love himself."

ANSWERS TO PUZZLES—NUMBER 19.

- AN ENDLESS CHAIN.—Ally, lyre, rest, stop, opal.
- CONUNDRUMS.—Because—"two heads are better than one, if one is a sheep's head."
- WOOD LADDER.—Personification, Trigonometrical. Emir, slug, noon, slim, chit, Turi, olla.
- BURIED WORDS.—6, night—knight; 7, stare—stair; 8, borne—bourn, 9, your—ewer; 10, berth—birth; 11, forth—fourth.