

## Mothers' Corner.

"Many perpetual youth keep dry their eyes from tears."—TENNYSON.

## The Moral Value of Neatness.

One of the serious mistakes made by mothers in training their children is in supposing that careful habits can be cultivated in careless surroundings. A ragged or worn carpet, so little valued by the mother that grease or ink spots can be left on it without causing comment, may become a moral calamity. Tying the child up in a bib, and giving it the liberty to spill its food when eating, is responsible for bad table habits in the men and women whom we meet. A child who is made to eat its food carefully, in a room where the furnishings are respected, where a penalty will follow carelessness, naturally acquires careful manners. Many a mother spends more time repairing damages—the results of careless habits, due largely to the furnishings in the dining room—than she would need to spend in setting a table carefully and keeping the room in order, so that its order and neatness commanded the respect of the children. The ounce of prevention is worth seven pounds of cure in the training of children, and it is a pity that the ounce of prevention is not administered to the infinitesimal doses necessary in childhood, rather than in the radical doses necessary to overcome neglect in matters that are never minor—for manner and habits mark the man. A man may be a moral man and eat with his knife; but he would be a more valuable man in the community if he recognized the uses for which the knife was designed and applied it only to those uses.

## Sleep for School Children

We all know how much greater is the need of sleep for children than for grown persons, and how necessary for their good is to be able fully to satisfy this need; but how great it is generally at any particular age of the child is very hard to define exactly. The amount varies under different climatic conditions. In Sweden we consider a sleep of eleven or twelve hours necessary for the younger school children, and of at least eight or nine for the older ones. Yet the investigations have shown that this requirement lacks much of being met in all the classes through the whole school. Boys in the higher classes get little more than seven hours in bed; and, as that is the average, it is easy to perceive that many of them must content themselves with still less sleep. It is also evident from investigations that the sleeping time is diminished with the increase of the working hours from class to class, so that the pupils of the same age enjoy less, according as they are higher in their classes. It thus appears constantly that in schools of relatively longer hours of work the sleeping time of the pupils is correspondingly shorter. In short, the prolongation of the working hours takes place at the cost of the time for sleep.

## Rough Handling of Children.

The causes of joint diseases in childhood are frequently obscure, but this much is certain, that the rough handling which children receive at the hands of ignorant parents or careless nurses has much to do with the matter. Stand on any street corner and notice how children are handled. Here comes a lady with a three year old girl she is walking twice as fast as she should, and the child is over-exerting itself to keep pace; every time the child lags she gives it a sudden and unexpected lurch, which is enough to throw its shoulder out, to say nothing of bruising the delicate structures of the joints. A gutter is reached. Instead of giving the little toddler time to get over in its own way, or properly lifting it, the mother raises it from the ground by one hand, its whole weight depending from one upper extremity, and with a spring which twists the child's body as far around as the joints will permit, it is landed, after a course of four or five feet through the air, on the other side.

Here is a girl twelve years old with a baby of one year in her arms. The baby sits on the girl's arm without support to its back. This would be a hard enough position to maintain were the girl standing still, but she is walking rapidly and the little one has to gather the entire strength of its muscular system to adapt itself to the changing basis of support, to say nothing of adjusting its little body to sudden leaps and darts on the part of its wayward nurse. Sometimes during a sudden advance you will see a part of the babe a foot in advance of its head and trunk, which have to be brought up by a sudden action of the muscles of the trunk and neck.

Probably not one child in a hundred is properly handled.

## Confidence Between Mother And Daughter.

There is no other relation more beautiful than that which may exist between mother and daughter. The mother can completely control the tastes of the child, if she proves worthy of her trust and confidence; and there is no one to whom a child would rather confide her secrets than to such a mother. By no means should the confidence be all on one side. The mother too, should have her secrets which she can intrust to the youthful ears.

Make your daughter feel that she is necessary to the comfort, and happiness of the family and tell her how greatly she is missed when absent. Ask her advice, sometimes, and follow it as far as possible; it will make her very happy to know that, at last, she is getting old enough to be a real help to mother. She will begin to cultivate her tastes, taking you as a model, so that she may the more readily

offer suggestions in the future. Unconsciously, she will adopt your ideal as her own, and when that point is reached, there is no knowing to what extent she will ever after trust to your advice.

I know a family where the daughter is now a young woman of excellent judgment. She has always been the confidante and "chum" of her mother, who is her dearest and most intimate friend. In the same family the boys also feel that nearness and love towards mother.

It is well to give a daughter something which she may call her own, and that will bring in spending money, as well as give it to the son. She should be made to feel that she is not dependent, but that her share in the work entitles her to a share in the profits.

A family I have in mind raises a great number of chickens every year. One year the mother tends to them and has the proceeds. Next year the daughter has them and so on, each person doing whatever he pleases with the earnings. But let me say here, it always goes for a "family present,"—something that will gladden each member of the household.

I know instances where the daughter would be far better off had the mother no influence whatever over her. Shame, that such a state of affairs should exist? The mother seems as greatly pleased over the daughter's success in catching new fortnightly beaux, as other mothers feel when their daughters receive prizes for efficient work in school. She proudly exhibits the packet of loveletters the daughter has received in one week—not from one, but from half a dozen young fellows!

How careful we should be as to the company our daughters keep! Look out upon the streets of any town, from about sundown till nine o'clock, often later, and what do you see? Young girls, dressed in their best, walking two and two, or in groups, up one street and down another, or standing chatting with some youth upon a street corner. These are all somebody's daughters. Are they yours? Perhaps some mother will ask, "What harm, so long as there are other girls with her?" Ah, yes! But who are the other girls, and for what purpose do they walk there, anyway? Usually for a chance conversation with some young man, or for looks of admiration from those who cannot find an excuse to talk.

Do you suppose these daughters are the confidential companions of their mothers, or that they repeat to them even half of the conversation which passes between them and their girl friends, or between them and their favorite young men?

For some reason there is a sad lack in child training nowadays; we need more of the Spartan discipline. Where does the trouble lie? Mostly, I believe in the mother's failure to secure the loving confidence of her child.

The mother, like the American people generally is in too much of a hurry. At the time when the future looks so large and mysterious, when there are a thousand questions arising in the daughter's mind which she wishes some one could answer, and she hardly knows that she is stepping from childhood into a new sphere, who is better fitted to settle all the doubts, answer the questions, and point out the beauties of a pure and perfect womanhood, than mother?

If you have not previously secured your daughter's confidence, however, be sure that it will not be given you then; for her timidity and bashfulness will be greater at that time than ever before. If she does not go to you, she gathers a little information from one young friend, a little more from another, and very likely none of it correct, and much of it harmful; but it helps to form that character which, at that age grows more stable and life-lasting.

Half the girls we meet to-day, between the ages of thirteen and seventeen, are going out in company without either mother or father accompanying them. Either they go alone, or with a young girl or a young man as easily influenced as themselves. These young people have an idea that their parents are growing old and are of a different generation from themselves, and therefore they neither understand nor sympathize with them; so they seek suggestions from those whom they think will coincide with their views, and with the times generally. To get married early, is often their chief aim: "for what" they say, "is more disagreeable than an old maid!"

This reminds me of the last verse of a poem I read long ago and which, I think, forms the foundation of too many girl-marriages.

"And now I'm in haste for my wedding,  
I'm in earnest and can't be denied.  
'Twill be such a beautiful romance,  
To be called 'the little girl bride.'"

But soon the "little girl bride" grows into a heartsore, discontented mother who vainly questions, "why didn't mother teach me to wait until I was old enough to understand what marriage means?"

What nobler calling than that of wife and mother! But how sad when the mother is but a child herself and wholly unfit for the care of God's rare blossoms.

Dear mother, where is your girl to-night? Is she bound up in your love and influence, and is that influence born of God? If not then do not blame her if, some day, she brings shame upon your family name.

THE daughter of Nordhoff, the writer, took a fancy to the book-binders' trade. When in England she sought admission to a shop, but the trade union was in the way. At first she found similar discouragement in the United States, though not enough to turn her aside, and she has become a good worker.

WHEN a year old a child should have bread and milk, hominy, oatmeal porridge and a soft-boiled egg three times a week, cracked wheat, or any of the cereals; bread and butter, oatmeal bread and a little treacle, or molasses, if it likes it. When the double teeth are though it should have beefsteak, mutton chops, or chicken nicely minced. The juice from raw roast beef, or mutton, on bread, is good for it. Baked or stewed apples, boiled custard, bread pudding, rice and stewed prunes, rice pudding, figs, etc., may be gradually added, as well as potato, and any well prepared soup.

## Culinary.

"Man is a carnivorous production and must have meals."—BYRON.

## The Deadly Mince Pie.

The woman's dead and laid away,  
She made pies for Thanksgiving day,  
She bought,  
And weighed,  
And stoned,  
And chopped,  
And washed,  
And stewed,  
And never stopped  
To eat or sleep for thirteen moons,  
And now she sleeps among the tombs.

## Mince Meat.

Here is a recipe for mince meat which an old housekeeper recommends as rich and reliable. One pound lean beef, half pound beef suet, three pounds apples, one pound layer raisins, half pound Sultana raisins, one pound currants, half pound citron, one and a half pounds C sugar, one heaping teaspoonful each of cloves, allspice and nutmeg, one tablespoonful each of mace and cinnamon, one teaspoonful salt, one pint cooking sherry, half pint cooking brandy. Boil the beef, and when cold chop it fine; powder the suet, peel and chop the apples, seed and halve the layer raisins, and slice the citron; wash the currants and Sultana raisins in three or four waters and pick them over carefully.

After the mince meat is made it should ripen a few days before using. It will keep all winter in a cold place.

Cider mince meat may be made by the same recipe, substituting cider for the wine and brandy. In that case the mince meat must be cooked four or five hours in a stone crock set in a pot of boiling water, and then allowed to cool gradually.

A DELICIOUS nut pudding may be made after the following recipe and will prove a nice variation from the time-honored plum pudding. The ingredients are one cupful each of molasses, chopped suet and sweet milk, two and a half cupfuls of flour, one cupful of seeded raisins, one pound of English walnuts, and a quarter of a pound of figs chopped, a grated nutmeg and a teaspoonful of soda; mix and steam two hours and a half. Any good pudding sauce may be used with this. An especially fine wine sauce is made as follows: Cream together a cupful of powdered sugar and half a cupful of butter; whip one cupful of sweet cream, and beat it into the butter and sugar; put the whole into a double boiler over the fire, and beat it until it is smooth and foaming. Then add a wineglassful and a half of sherry, and send at once to the table—Winter pears that are hard and inferior, will sometimes bake nicely, if managed right; put them into an earthen baking dish, pour about a cupful of water into the dish, and sprinkle a little sugar over the pears. Cover them with another baking dish and bake slowly until the pears are thoroughly cooked and tender. During the course of the baking baste them a few times with the liquid.

BANANAS (TO COOK).—Place eight bananas peeled (not over ripe) in a silver or enamelled pan, and pour over them half a pint of good claret or Burgundy, with 3oz. of sifted sugar, and the juice of half a lemon. Stew very gently for twenty or twenty-five minutes. Serve cold, with whipped cream.

Six bananas, one well-beaten egg, four dessertspoonfuls of flour, and two dessertspoonfuls of sugar. Mash the fruit into a pulp with a fork, add the other ingredients, beat up well, drop half a dessertspoonful at a time into boiling fat, turn as soon as set, and keep turning until fried a nice brown. Can be eaten either hot or cold, but are rather rich hot.

Make a smooth, thin batter with flour and eggs, thoroughly well beaten up, and a pinch of salt; have ready some very hot butter in a pan. Peel six good-sized bananas (or more), cut them lengthwise in finger lengths, dip them into the batter, and thence immediately drop them into the hot butter. When brown on one side turn them, and when done equally brown serve them hot, thickly sprinkled with sifted sugar and cinnamon. Another way; Peel some fine bananas (they should, of course, never be over-ripe for cooking), cut them lengthwise, making three or four slices of each one; prick them here and there, and put them into a very clean frying pan with  $\frac{1}{2}$  lb. of sugar, 6oz. of butter, a pinch of cinnamon, or a little vanilla if preferred, some cloves, and a little water. Put the pan on a brisk fire, shaking frequently to prevent the bananas from burning. When the liquor is fairly thick, put the pan in a cool oven or under a salamander for a short time, then serve.—*Pudding*: Butter a pie dish, put in the bottom a layer of grated bread, then one of bananas, sliced thin, and another of powdered sugar. Over this put some butter and a sprinkling of vanilla or cinnamon, cloves and grated nutmeg. Repeat this "stacking" till the dish is full, then bake for one hour. This can be eaten with syrup or not.—*Compote*: Peel some bananas (not too ripe), remove any threads or fibres, but do not touch the fruit with a metal blade. Drop the fruit into boiling water, strain at once, and drop them into some hot syrup over the fire; draw the pan aside, and let the fruit cool in the syrup. About one hour and a quarter after, strain the bananas, reduce the syrup, flavour it with orange zest, pour it over the bananas, and serve when quite cold.—*Preserve*: Choose good fine fruit, nearly ripe; peel and boil very slightly and carefully, to keep the bananas whole. Put them into jars, with a little piece of vanilla or cinnamon in each; pour over them a thin syrup flavored according to taste; tie down when cold, and keep in a moderate temperature.