

## Household Matters.

(CONDUCTED BY MRS. JENNER FUST).

The small boys have much cause to rejoice at the rare harvest of apples they have got this year for the trouble of gathering, which supply has come from unfenced and abandoned old orchards, and the supply has been almost unlimited, in some parts.

It does one's heart good to see the merry little people go by crunching away, at the same time showing a good supply in the bulging blouse, used freely for the occasion. We all know what a great help towards health fruit is, but it not every year that such an abundant crop comes, so that all can be satisfied. Plenty of fruit and vegetables are a source of help towards the good health of everybody, and if this matter was studied a little more in the bringing up a family, the Doctor would seldom be called in.

Substitute fruit for cakes and many other rich things children are freely given. Many people, who spend money freely in buying all sorts of rich confections, would think twice before spending the same sum on good wholesome fruit, yet the former only serves as a bait to help the lagging appetite, while the latter will guide the whole system into its healthy state.

Fruit can be eaten without cooking, as also can many vegetables, which is sometimes a source of thought to some people, as cooking makes work, and where time is limited, even this has to be thought of in some cases.

Children grow up with the nonsensical idea that they can't, or rather won't eat certain things which are good for them, and conduce so much to their well being; but it needs only a little firmness on the part of those who bring them up to knock all this nonsense out of their heads at a very early age.

Give children that which is for their health and general well doing and insist

upon its being taken, within reason, and they will be so much the better for it.

There are people who try hard to carry out the theory of judicious feeding by careful study of serving every day that which conduces the most good to the whole family. In the cold winter-time, beans or pease are served once or twice a week, as every body knows, or ought to know, how helpful and muscle building these often neglected pulse are.

Pea-soup, if well made, contains so many health giving things that the wonder is that more sensible people do not serve it oftener in their families, far better and more easily digested as it is than a piece of frizzled up beef-steak: well made soup contains, besides the pease, onions, carrots, parsley, celery, and a small piece of mildly salted pork. Those who object to the skins of the pease can get rid of them by careful skimming every time the skins comes to the top, which they will do when they begin to burst, the pease being boiled alone till this is over; then, the flavouring should be put in and plenty of time given to cook well, a peep now and then with careful stirring so that the soup shall not burn is all that is needed, except a little water if it thickens too much. (1)

Strange and simple as it seems, there are cooks who will make even this nothing but an unpalatable mess. Talking of fads, I saw a child, only a few days ago, who would never touch this soup, thoroughly converted to a love for it by noticing a friend eating it with the addition of a little potato, since which time she has never refused it; but children are not the only faddists; I saw spinach almost refused, certainly looked upon as doubtful, by a grown-up, because there were poached eggs served on the top, but after a trial, it was pronounced to be very good indeed.

### FLANNEL BLOUSES.

During the early autumn flannel blouses become invaluable, and no lady's outfit

(1) Beans and pease are the best cure for constipation.  
En.