

THE HOUSEHOLD.

WORRYING DANGEROUS.

A woman naturally considers it an honor to be called a good housekeeper; but isn't the honor often obtained at too great a sacrifice? It requires an enormous amount of brain work, as well as manual labor, to keep a house in good order, and, if the housekeeper has not an abundance of money, therefore has to be her own cook, nursery maid and seamstress, the care and labor are overwhelmingly multiplied. It has been stated that our insane asylums contain a large proportion of housekeepers, particularly from farmers' homes, and what else can be expected when we consider the number of women who have nothing to divert their minds from household drudgery that never is done though they labor diligently early and late? It is often the fretting about what one sees undone that causes more injury than the weariness from completed work.

Housekeepers are too sensitive about the opinions of their friends and neighbors. They cannot rest after doing the really necessary work, but must dust and polish all the visible articles in the rooms for fear that some caller or visitor may appear unexpectedly, and detect a flaw in their housekeeping. Of course it is delightful to have everything always perfectly tidy, but one's health and happiness are of greater importance, and a source of more permanent delight than immaculate housekeeping. Women should become independent of "what will they say," and study how to do less and have home just as wholesome and pleasant for the family and guests.

They can discard from their tables all kinds of food requiring much time and labor to prepare and still have an abundant and varied supply to satisfy the appetite and to furnish the desired nutriment. It is not necessary for the health or comfort of the family that the cook stove should shine like a mirror, neither that all articles of clothing should be thoroughly ironed—indeed, an intelligent woman can devise many ways of omitting or slighting various kinds of housework without neglecting any of the essentials; even by a little judicious neglect, find more time to devote to them. In sewing, also, we can economize. In the first place buy good material, for it is as much work to make up poor cloth as it is to cut and make good cloth, and the latter lasts much longer. Then make all garments as plainly as consistent with general usage, and they will not require as much mending. To neglect the mending is to waste both time and money.

By economizing in labor housekeepers can find time to take an interest in something outside of their work and families, that will form a diversion for their minds, and prevent them from becoming inmates of that asylum which is said to receive so many. If there are little children in the family, and the mother cannot well leave them, try to have the diversion include them.—*Household.*

A WORD FOR THE GIRLS.

CLARA EASTMAN.

I want to lip just a word of warning in your ears, dear girls, you who are interested in the study of hygiene and heredity. Girls are so apt to be reckless of their health thinking that only they themselves will suffer if any one does. It is not long since I heard a physician say to a young lady, "You owe it to your future husband and family to rest and recuperate."

My mind flew back to a household into which I wish every ambitious girl, prodigal of her strength, could look.

The mother told me how she hungered and thirsted for an education almost beyond her means; how she earned the money herself by teaching, studying meantime and keeping up with her class.

Then when the prescribed course was finished she strove to excel as a teacher. Nervous headaches came frequently and finally she said she dared to teach no longer.

She then, broken down as she was, married a man not over strong. In a little more than a year a frail, wee baby came, so frail that it scarcely had strength to live, a bundle of nerves. For two years they have watched over her by day and by night, she is and must be their one thought.

Their faces are never free from the troubled expression which they wear. The

mother, strange to say, has grown stronger, but the child must always endure inherited weakness. This is not a solitary case; on all sides as I mingle with our school girls I see them sowing seeds for posterity to reap.

It is the old, old story over and over again these eighteen hundred years, the innocent suffering for the guilty.

In our anxiety for the spiritual and intellectual, we of this day stand in imminent peril of forgetting the animal or physical, and so make a wreck of our lives—and not ours alone. Remember, girls, there is nothing that will compensate for loss of health, that priceless possession. I have seen a refined, highly educated girl, educated at the expense of health, look with envy at a washwoman, willing to exchange places for her health.

When you are tempted to late hours, late suppers, to injure your digestive organs with sweetmeats, strong coffee or indigestible food, when ambition lures you on to toil with mind or body beyond your strength; let the discouraged mien of men who look in vain for a helpmeet in their sickly wives, the wail of helpless infancy robbed of its birthright, the dim funereal air of such homes deprived of their sunlight, let these things, which we see too often now as the results of just such a course, plead with you to choose the right path and "let thine eyes look right on."—*Union Signal.*

HOW FARMERS' FAMILIES MAY USE LEISURE HOURS.

BY HON. J. F. C. HYDE.

Among some of the plans that may be adopted to promote the best interests of the family, are those of agricultural and horticultural societies, neighbors' clubs, village improvement associations, or any organization where the farmers of a district or town may be frequently brought together to compare notes and to discuss interesting and important questions. In order, perhaps, to make the meetings of such a club of more general interest for young and old of both sexes, have a variety of entertainments, talks or lectures by some stranger who will come for nothing, or at small cost, or by residents qualified to talk, debates on questions of general interest, readings, declamations perhaps by the young men, music, both vocal and instrumental, spelling matches, and other things of a similar nature, so that many may take part and all may feel an interest.

When all this cannot be done, a part may be attempted. The young men will do well to form debating societies to meet once a week to discuss various questions, so as to acquire the habit of thinking and giving expression to their thoughts before an audience. After the young men have acquired sufficient confidence in themselves, the young ladies can be invited to attend and to contribute occasionally to the entertainment by readings and music.

While it is quite the fashion with some to make fun of the debating society, there is, perhaps, no one way open to the farmer's son by which he can gain so much as through this channel. The young men are to take the places of the fathers who are now in active life. They are to hold the offices and carry on the affairs of the town, county, state and nation, as well as all the charitable and religious enterprises of the day. They will need to acquire the habit of thinking on their feet, and of giving shape and utterance to their thoughts. We have heard many a man express the deepest regret that he could not speak in public. Not every one can make an orator, but nearly every one may by practice acquire the habit of speaking intelligently to an audience. Young men should bear in mind that this power can only be acquired by careful preparation and diligent practice.

Leisure time may be profitably employed in the reading of good books. Unfortunately it often happens that in sparsely settled farming districts libraries are few and small. Where this is the case, let several families unite and purchase second-hand books at low prices, and let them be passed from one family to another through the neighborhood.

There are books and books. We do not recommend much fiction nor any trash, but good books, those relating to agricultural and kindred topics, to those who wish to post up in that line; histories, political economy, travels, and books of like nature, with perhaps some of the better novels.

When families live too remote from neighbors, or for any reason cannot or prefer not to unite with others, it is an excellent plan to secure good and interesting books and let some one of the family read aloud while others sew, knit, or only listen. In this way several may have the benefit of a good book at the same time, and the practice of reading aloud will also be a benefit to the reader. The contents of books so read may be profitable subjects of conversation in the family.

In addition to all the ways suggested to employ leisure time, we would mention that of letter writing, which seems to be almost a lost art; we mean such letters as friends used to write to friends forty or more years ago. Also that of writing occasionally for the local or some other newspaper when one has anything worth saying. And last, but not least, we would name that of visiting friends and receiving visits from them in return. There is now in many places nothing like the sociability among neighbors that there used to be a generation ago. We hope it may not be so in all sections of the country.

If families or neighborhoods will adopt a part or all of the suggestions we have made, the fathers and brothers will have no desire to be off to the grocery or the saloon, and the boys and girls will not, we hope, have the feeling (that they justly do have sometimes) that life on the farm is dull and stupid, and so not the place for them.—*Zion's Herald.*

FOR MOTHERS.

The importance of the mother's praying aloud with the little ones is constantly proved to us. The children in our homes are so observant. Tiny Willie, too small to be allowed at the table, sees his mother bow her head in silent grace and says "See mamma go to sleep before she eats every-day;" after the explanation nothing more is said. Little Howard, four years old, comes into his mother's room while she is on her knees in quiet devotion; to his eager question, he receives only "hush, hush," and waits till she is through; he is then told not to interrupt mamma when she is praying. The next night little Howard robed for bed is told "to kneel and say his prayers;" quickly he drops on his knees, buries his face in his hands, but utters not a word; "Go on Howard," he does not speak; "Go on," repeats the astonished mother; "Do not interrupt me mamma," is all she hears; directly when through, according to his idea, he arises and explains, "You never say anything when you pray;" so he follows her example for two or three nights, till his mother convinces him by precept he must pray aloud. We think example is more forcible.

No doubt deep and lasting impressions are often made on children by having the mother take them into a room apart, and quietly kneeling with them, in simple, tender words commend them to the dear Redeemer. Mothers who are reluctant to do this would be persuaded to try if they realized that the eternal welfare of a darling child might turn upon their faithfulness in the early dawn.—*Chris. Intelligencer.*

KITCHEN WRINKLES.

- Soak salt fish in sour milk.
- Use beef suet in frying meats, etc.
- Put slices of lemon on boiled fish.
- Boil meat slowly, it is more tender.
- Put salt meat in cold water to cook.
- To scale fish dip them in hot water.
- Glaze roasts with stock boiled down.
- Soak onions one hour before cooking.
- Use lukewarm water in making bread.
- Meat put in sour milk will keep for days.
- Keep fresh meat in the cool air over night.
- Salt increases the heat in boiling potatoes.
- Suet added to a beef stew makes more gravy.
- Soak cracked wheat over night.
- Soak old potatoes in cold water before cooking.
- If meat bakes too fast cover with buttered paper.
- To warm up soup set the vessel in hot water and heat slowly.
- Thin muslin tied over jars keeps out insects and admits air.
- Unslacked lime near meat preserves it by keeping the air dry.

FAINT PRAISE.—The other day a certain charming woman was being discussed in a circle of her townswomen. One lady, who had been presented to the absent object of inquiry, remarked that she had seldom met anyone at once so striking, so elegant and so winning. "She carries the stamp of goodness in her face," said the enthusiast warmly. Instantly came the reply, a marked emphasis on the first word of the sentence: "Strangers always get that impression."—This sort of innendo, the implied suspicion, which is only implied, not expressed, is mean, malicious and unspeakably cruel, the more so that its unconscious victim is powerless to defend herself against its venomous darts. And equally to be deprecated is that faint praise which always rounds every utterance with a "But;" which never frankly accords merit to anybody unless accompanying it by a qualifying phrase which detracts from its value. Praise if you can, heartily, fully, generously. Blame if you must, keenly, discriminatingly, sweepingly. But with faint praise have nothing to do.—*Aunt Marjorie, in Christian Intelligencer.*

AN EASY WAY to spoil the evening meal is for each member to tell the sad tale of all that has gone wrong during the day. To mention the disappointments and vexations, to tell of the slights that were endured and the offences that were given, and to lament over the results of this infelicitous combinations of affairs, is enough to counteract the refreshing effect of all the good things with which the most generous and skilful housewife can load the table. Better put this complaining off until some other time. What is the best time for it is hard to say. Perhaps an indefinite postponement would be a happy thing for all concerned. Half the things that we groan over to-night will right themselves before to-morrow night if we let them alone.

THE BRAIN, served with poor, thin blood, cannot exert itself vigorously without detriment, and the absence of healthy appetite in a growing school child is a sign of cerebral exhaustion or irritation, or of a state of body in which that rapid and well-balanced destruction and construction of tissue which is essential to vigorous health has been seriously disturbed.—*Dr. J. Crichton-Browne.*

PUZZLES.

CHARADE.

Oh, how children love my first!
It makes them laugh as if they'd burst.
Summer, winter, spring and fall,
They find enough to please them all.

My second is a short nickname,—
For boys and girls 'tis used the same;
And thus, their playmates unrepresed,
Young Swedish kings perchance addressed.

My whole, a curious plant, they say
Is fed and nourished by decay;
In various forms and colors rare
We find it growing everywhere.

ACROSTICAL WORD-SQUARE.

O o o o o
O o o o o
O o o o o
O o o o o
O o o o o

- 1, A complimentary title. 2, An old proverb. 3, An ancestor of the Messiah. 4, Active. 5, An ancient people.
- The *primals* give a title to a lady. The *finals* give a kingdom of note in days of old. The *centrals* give a king of the Hebrews.

PI.

Nikd restah rae eht dangers,
Dnik gothsw ear het osotr,
Nkdi dosw era teh soomsbsl,
Idnk sedde aer hte irtufs.

CHARADE.

To find a boy, my *first* and *second* take;
My *third* is something he will often make.
Had he the charm which to my *whole* be-
longed,
His magic world with treasures would be
thronged.

ANSWERS TO PUZZLES IN LAST NUMBER

CHARADE—Palmerston.
DIAMOND.—
L
B I T
L I G H T
T H E
T

DECAPITATIONS—1, S—harp. 2, S—lash. 3, P—ray. 4, R—over. 5, H—cel. 6, F—lax. 7, F—let. 8, F—rank.