

## For a Cold Summer Dessert.

The demand for cold, light desserts in the summer months is one that a housekeeper is sometimes at her wit's end to meet. Yet there are many cold dishes which fulfill all the requirements of the season, and are at the same time easily prepared. The following are selected from among the best:

**STRAWBERRY CREAM.**—Soak half a box of gelatine in half a cupful of cold water for two hours. Hull one quart of strawberries, and add a cupful of sugar to them. Mash the strawberries and sugar and let them stand for two hours; then rub them through a fine sieve into a large bowl, which place in a pan of iced water. Whip one quart of cream to a froth. Pour half a cupful of boiling water on the soaked gelatine; strain this upon the strained strawberries. Stir until the mixture begins to thicken; immediately begin to stir in the whipped cream, a little at a time, using two quarts in all. When the cream becomes so thick that it can hardly be poured, turn it into molds and set in cold place to harden. Serve with whipped cream for a garnish.

**A SIMPLE RICE PUDDING.**—For a small pudding use one pint of milk, half a pint of water, two tablespoonfuls of sugar, one teaspoonful of corn starch, half a teaspoonful of salt and one-quarter of a cupful of rice. Wash the rice in three waters, rubbing it well between the hands in the first water. Put the rice in a saucepan with a quart of cold water, and place it on a cool part of the range for half an hour. At the end of that time pour off the water and add half a pint of cold water. Place in the double boiler and cook half an hour; then add half the milk. Mix the corn starch with a quarter of a cupful of the remaining milk, and stir into the pudding. Cook for half an hour longer. Take the pudding from the fire and add the salt, sugar, a slight grating of nutmeg and the remainder of the milk. Pour the mixture into a pudding dish and bake in a moderate oven for twenty minutes. Serve cold. Any other flavor may be substituted for the nutmeg.

**TO MAKE A SNOW PUDDING.**—A generous quarter of a box of gelatine should be soaked in one-third of a cupful of cold water for two hours. At the end of that time add half a pint of boiling water, half a pint of sugar, the juice of one lemon and, if convenient, the juice of an orange. Stir until the gelatine and sugar are dissolved. Should the gelatine not dissolve perfectly, place the bowl in a pan of boiling water for ten minutes. Strain this mixture into a large bowl and set in a cold place. When perfectly cold set the bowl in a pan and surround it with iced water. Add the unbeaten whites of two eggs. Watch the mixture, and when it begins to congeal, beat with a whisk, or a Dover egg-beater, until it is white and so thick that it will hardly flow when poured. Rinse a mold, or large bowl, in cold water and pour the pudding into it. Set by the ice for a few hours. At serving time dip the mold into warm water; then wipe it and turn the pudding on a flat dish. Pour a soft custard around it, or serve the sauce in a pretty pitcher.

**A DELICIOUS SOFT CUSTARD.**—Beat together the yolks of two eggs and two whole eggs. Add to this three tablespoonfuls of sugar, half a salt-spoonful of salt and three gills of milk. Pour the mixture into a double boiler (having the water in the under kettle boiling hot) and place on the fire. Stir all the time until the custard begins to thicken, which will be in about five minutes. Take from the hot water at once, and, placing the basin in a pan of cold water, stir until the custard is cool. Flavor with half a teaspoonful of vanilla extract.

**BLANC-MANGE WITH VANILLA.**—Make this the same as the chocolate, except that the chocolate is to be omitted, and a teaspoonful of vanilla extract, and two tablespoonfuls of sugar used. Or, half the vanilla may be poured into a mold and the chocolate mixture be added to the other half; in which case use only two tablespoonfuls of sugar in dissolving the chocolate.

**A GOOD LEMON JELLY.**—Soak one package of gelatine in half a pint of cold water for two hours or more. Pour on this one quart of boiling water, and add a pint of sugar. Set the bowl in a pan of boiling water and stir until the sugar and gelatine are dissolved; then add half a pint of lemon juice, and strain through a coarse napkin. Turn into molds and set away to harden.

**RASPBERRY EXOTIQUE PUDDING.**—For a small mold of this pudding there will be required:—one pint of water, four tablespoonfuls of tapioca *exotique*, one tablespoonful of lemon juice, one-third of a teaspoonful of salt, and a pint and a half of raspberries.

Put the water in a saucepan and on the

fire. When it begins to boil sprinkle in the tapioca *exotique*, stirring all the while. Cook for ten minutes stirring continually; then add the sugar, salt and lemon juice. Rinse a mold in cold water. Put a few spoonfuls of tapioca into it; then a layer of raspberries, and again tapioca. Go on in this way until all the materials are used. Set the mold in a cool place for several hours. At serving time turn the pudding out on a flat dish, and serve with sugar and cream or soft custard. Tapioca *exotique* is a very fine French preparation of pure tapioca. It cooks clear very quickly.

**JELLY OF ORANGES.**—Make this jelly the same as lemon, except that a pint and a half of boiling water is to be used, besides one pint of orange juice instead of lemon. When the oranges are not sour, add the juice of one lemon.

**FOR COFFEE JELLY.**—Coffee jelly is made the same as lemon, save that one pint of strong coffee, and only a pint and a half of boiling water are used instead of lemon juice. Serve with whipped cream.

## How to be Happy in Summer.

Seek cool, shady nooks.  
Read the latest books.  
Bathe early and often.  
Throw fancy work away.  
Wear lightest, lowest shoes.  
Ride at morn and walk at eve.  
Believe that waiters are human.  
Let hats be light and bonnets airy.  
Think the best possible of all men.  
Eschew kid gloves and linen collars.  
Hurry never, thus being at leisure over.  
Dress in cambrics, lawns and ginghams.  
Be lavish with laundresses, fruit men and fads.

Court the sea breezes, but avoid the hot sands.

Let melons precede, and berries follow the breakfast.

Store up the sweet and give small place to the bitter.

Remember that seeming idleness is sometimes gain.

Listen to the break of the waves instead of the fog-horn.

Retire when in the mood, and arise when most inclined.

Send flowers to the living; kind thoughts serve the dead as well.

Order freshest fish and corn-cake; never mind the heavy fritters.

Take your loftiest ideas to the beach, and your lowliest thoughts to the mountains.

Remember that nine-tenths of the people are at the seashore for rest, and do not sing to them.

If you feel like doing a good deed, treat a dozen street children to ice-cream. That is mission work.

Do not tell your hostess how sweet the butter and cream were at your last summer's boarding place.

Remember that children are only small editions of older people, and they have feelings quite as acute.

Look pleasantly at the tired stranger who glances wistfully at the part of your car seat occupied by your wraps, even if you do not offer her the seat.

## The Habit of Borrowing.

It is the easiest thing in the world to begin borrowing a newspaper, then a pattern, then a recipe, then a book; some day a gown is borrowed to look at; another day one is borrowed to try on to see if it would be becoming; then a little note goes asking that a fan be lent; and the fan once borrowed it becomes the easiest thing in the world to get either a bodice, a bonnet, or an embroidered petticoat. Now, when you began, if anybody had told you that you were a moral thief, you would have been most indignant; and yet that is just what you are. It would be much more honest to borrow your neighbor's money and never to return it, than to keep up a constant borrowing of your neighbor's belongings, getting out of them the wear that is not yours and the pleasure that is by rights your neighbor's.

What the mistress does, the maid does. In the kitchen they do not hesitate to borrow a patent coffee-pot, and never return it; a pudding dish, a little flavoring extract, some baking powder, or some oil. If they were asked if they returned all this, they would answer: "Certainly not, why we would be just as glad to lend to them." And the result is that your servants, imitating your example, become systematic plunderers of your neighbors. My friend, do not get into

the habit of borrowing. It is one of the most vicious you can possibly acquire. It makes you lose all respect for the rights of other people, and it can certainly give you none for yourself. The persistent borrower is a more or less well-spoken thief. The borrower does not hide her light under a bushel, for in time her friends and acquaintances grow to know of her weakness and avoid her. So stop at the look, and do not permit yourself to drift into what it is charity to call, a very bad habit.

## Good Health.

Good health does not always come to our door. It is not carried about and delivered upon order, by the grocer, the baker and the ice-man. We are oftentimes compelled to seek it away from home, in outdoor rambles, in field, in forest, or by the ever changing sea. In these midsummer days, Nature in her loveliest attire offers us the rarest enticements to partake of her bounty.

"There is a pleasure in the pathless woods,  
There is a rapture on the lonely shore;  
There is a society where none intrudes,  
By the deep sea, and music in its roar."

It is not alone the body, but the mind also needs to be diverted and turned into new channels of thought and action. This is not only true of invalids, but those whose in daily attendance upon business pursuits of their own choosing, require intervals of relaxation, wherein to recuperate their impaired vitality. The necessity of this is so generally conceded that the summer vacation is looked forward to almost as a matter of course, in all trades and employments; and we affirm out of our own experience, that it is no less a necessity than a pastime. The homely couplet, "All work and no play makes Jack a dull boy," is a truism which should not be lost sight of.

Few people appreciate properly the hygienic powers of sunlight. It is true of people, as it is true of plants, that they cannot thrive without abundance of sunlight, as well as abundance of fresh air. The necessity for sunlight is so well recognized that in all therapeutical lectures to nurses of the sick, they are ordered to admit the sunshine freely to the sick room in all cases, except where the strong light is specially prohibited by the physician.

Not long ago sun baths were freely recommended for certain diseases, and this treatment has since proved exceedingly valuable, so much so, indeed, that complete systems of treatment and cure, with sunshine as a basis, are much in vogue in private practice and sanitary institutions.

The Orientals, who have gardens on the tops of their houses, appreciate the value of sunlight as a tonic and health giver. The cases of persons who suffer from actual sunstroke are much fewer than of those who suffer unto death from vitiated air and want of sunshine. The mass of cases reported as sunstroke in the cities are the result of prostration from heat, and occur in close rooms within doors as frequently as outdoors. In most of these cases the deteriorated condition of the system of the individual, caused by the confinement in rooms insufficiently aired and lighted, is at the bottom of the trouble.

It is especially necessary that children should have an abundance of freedom to romp outdoors in the sunshine, so that they will acquire an abundance of red blood, and with it strength and life. Pale, sallow complexions show a watery condition of the blood that can only be remedied by an abundance of outdoor exercise. In winter, it is always best to give a little child its exercise in the middle of the day; but as the season changes the time for exercise changes. In summer, the best time is usually early in the morning before 10 o'clock, and after 3 in the afternoon. In the morning, a rubber sheet should, if the ground is damp, be spread in a suitable place over the grass and a blanket spread over this, and the little one taken out of his carriage and allowed to frolic about in the mild morning sun. The baby will gain marvelously from such exercise, and it will be all the better off if it is kept under the trees to take its midday nap, instead of being taken into the house.

Croquet and Lawn Tennis have cheated the family doctor of many a professional visit, and will continue to do so, it is to be hoped, indefinitely. All the organs of the body require to be continually exercised. They cannot exist without it. In a child, before it is restricted by the tyranny of fashion, every movement is grace itself. It should be so always, but the satanic invention of high heeled shoes, the straight jacket of a corset, together with old maidish notions of propriety, are at the foundation of many physical ills.

## Died in Harness.

It was only a dead horse in a crowded city street. He had died in harness, and he lay there as he had fallen, with the bit in his mouth, and the sweat of the burden and heat of the day yet moist on his flanks.

A hundred people paused to look at him, and passed on. It was a common sight; such things happen every day. Yet what a lesson that simple phrase which so many uttered over the dead body of the poor beast conveyed—died in harness!

He died at his post—died doing his duty—died in striving, with all the humble ability God had given him, to answer the end for which he was created.

And looking around among the people with whom we are brought in contact how many do we see who are doing their best, as this horse did, to stand fast to the performance of the duty for which they were designed from the beginning!

How many of us falter on the way! How many fret and chafe under the burden! How many cast off the harness, and simply wear themselves out in trying to eat their bread by some other method than by the sweat of their brow!

All honor to the man or woman who courageously meets, destiny, whatever it may be, and conquers it! All the way along our life's pathway lie annoyances and discouragements and vexations. Nothing is ever quite so nice as we expected it would be. We never get so high up in the world as we intended to when we were young.

None of us, perhaps, will live in the memory of mankind half a century after the grave has covered us. We shall be tried and tempted, and our best laid plans will fail, and our most cherished hopes will die in darkness.

But this life is only a primary school, where we learn the rudiments of that knowledge which by-and-by, in a more perfect life, shall be broadened and deepened, until we shall look back and wonder how it was that we ever fretted over things so trivial.

And so, good brother, as you travel along, keep up your courage. Don't sit down to repine over what cannot be helped. If your crops fail, hope for better luck next year. If your mining stock proves worthless on your hands, profit by the experience and let speculating schemes alone.

Whatever you find to do, do it. Wear the harness, and wear it conscientiously. Never give anything up because you are too old.

When a man retires from business he might as well speak for his coffin. Inertia for a man who has led a busy life, is death. People die of over-eating, of over-drinking, of high-pressure methods of existence, but very few die of honest labour.

The human mind needs to be occupied with something. The hands need something honest to do, or unworthy deeds will employ them.

And no nobler epitaph can be written on any man's tombstone than this—  
"He died in harness."

## The Queen's Income.

The Queen's income from all sources cannot be ascertained accurately. Her Majesty's civil list, however, amounts to £385,000. She also receives the revenue of the Duchy of Lancaster, which during recent years has averaged from £40,000 to £50,000 per annum. The details of Her Majesty's "civil list" are somewhat interesting. The privy purse gives £60,000 towards it; the household salaries and household "expenses" contribute no less than £131,260 and £172,500 respectively, while the Royal County "alma" furnishes £13,200; the balance of £8,040 is under the general heading of miscellaneous. The new Domesday Book discloses the fact that the Queen's private estates extend over 37,372 acres, the annual rental of which is about £20,733. Some years ago Her Majesty, acting under the advice of Lord Sydney, purchased Claremont for the sum of £78,000, estimated at the time of being a little over half its market value. It is now said to be worth £150,000. The Queen also possesses property at Coburg, and the villa Hohenlohe at Baden. As to personal property, a quarter of a million was left to her Majesty by Sir James Camden Neild, whose will was proved in 1852. But this will is only one of the many by which the Queen constantly becomes a legatee of magnificent sums left to her by her loyal subjects. As a rule, however, such legacies are returned to the relatives of the deceased.

"You cry, pet, because I'm leaving you to become Lady Oldacres?" "No, I don't. It's because all the titles will be bought before I grow up."