

HOUSEHOLD.

A Word to Fathers.

Every child's conception of God as Father must vary with the character from which it is derived. A lady past middle life once said that she found happiness and comfort in thinking about God as the Saviour and as the Holy Spirit, but that the fatherhood of God had little attractiveness for her. Her earliest recollections were of a father who was stern and unloving, and her idea of God the Father was, consequently, of one strictly just to his children, but without love for them. She could not love this deity, although she feared him, and wished with all the yearning of a tender heart that he were God the mother, that she might love him. Even after long years of experience of his fatherly love she could not wholly free her mind from her childish misconception.

A minister was once talking to a little Scotch boy about the delights of heaven. Sandy had listened attentively for some time, and finally asked, 'Will my fayther be there?'

'Oh, yes!' the minister answered, anxious to take advantage of the home-like aspect of heaven. 'Your father is a good man, and he will certainly be there.' 'Weel, then,' responded Sandy, with the sigh of a relinquished hope, 'I'll na' gae.' If God is the Father, if heaven is the home, should there not be pains taken to make these types such that they will not repel the children, but will teach the truths our Father intended all should learn when he set the solitary in families.—Sunday School 'Times.'

Fish For the Table.

(By Mrs. J. W. Wheeler, in 'Christian Work'.)

It is a well known fact that we eat too much meat. I know of many families where one sees fish upon the table only in fried form (the most unwholesome way), and at most but once per week.

When a member of the family is attacked with some nervous trouble, he consults a physician, who orders a nerve tonic. This expense would be unnecessary if they took care to have a well rounded diet. Eat less meat and more fish; the former is stimulating, while fish acts in an entirely opposite direction somewhat as a sedative, while at the same time it supplies those elements which feed the brain, a fact that should not be overlooked, especially for growing children.

When establishing a reform along these lines, one should vary the fish diet, and not adhere to the time-honored custom of fried cod, and fried mackerel and baked blue fish. There are dozens of more appetizing dishes, and some of them have been sadly neglected by the housewife.

Fried fish may be served occasionally, but much that is fried may be broiled, and thus made far more healthful, and this should apply directly to highly flavored fish, which many have heretofore been unable to eat. Grease the broiler, and broil it instead, turning often to prevent burning; season with butter, pepper and salt, serve immediately, and I feel safe in saying that you will not be troubled with indigestion. Rock cod, scrod, mackerel and shad should be split for broiling. Halibut, salmon and swordfish are broiled in slices. The best cured fish for broiling is finnan haddie.

Smelts, which are usually fried in fat, are much better when boiled in salted water, when the bones may easily be removed; by using a frying basket they will keep their shape.

Butter fish, flounders, cunners, eels, and among the fresh water fish trout, bass, perch and pickerel, belong more properly to the frying fraternity. Eels should be parboiled before cooking. In frying trout the head and tail may be skewered together and fried in a circle. Large trout, bass, perch or pickerel are excellent when baked.

Halibut's neck is a choice boiling piece, being almost free from bone and quite gelatinous; a whole neck weighs from two and one-half to four pounds, but a half neck is usually sold for a small family. When boiling fish wrap it in a clean, thin cloth to preserve its shape.

A fine sauce to serve with either boiled or baked fish is made as follows: One table-

spoonful butter, one of flour and a teacupful of sweet milk; rub flour and butter together, add milk slowly, let come to a boil, and season with salt and pepper. Some use water or strained soup stock instead of the milk, while many add capers or chopped parsley as a garnish.

Rock cod or scrod, which is very low priced on the coast is excellent when split, dusted with flour, salt, pepper and bits of butter, and baked in the oven, adding a little sweet milk to prevent burning. Finnan haddie at ten cents per pound is also excellent cooked in this way.

When baking fish use a dressing when possible; this is easily done with cod, haddock, shad, etc., but only the upper cut of bluefish can be stuffed. Never remove the heads; instead take out the eyes, tongue, etc., and wash thoroughly; scar the back, lay in thin slices of pork, dredge with flour, season with salt and pepper, and baste often; a cup of water is usually sufficient for the pan.

A double bottom baking pan is the best; from this flat tin the fish may be removed without breakage. Parsley and sliced lemon are the favorite garnishings; lemon should always be served with highly seasoned fish, a few drops of the juice makes it more digestible.

A Household Auxiliary.

In the building of houses, especially in cities and towns, architectural effect is so much more thought of than all other considerations that conveniences and even necessities are not infrequently omitted. Trimness and style take precedence over everything else, and when the occupants take possession they find themselves seriously put about because of a lack of suitable storage space in the way of pantries, closets, cupboards and the like.

Housework is greatly simplified and women's work is made much easier if there is an abundance of room for the various utensils and other needs of the multifarious occupations that occupy their ever busy hands.

Houses of any size should have a pastry and milk room, a place for the ice box, and special cupboards and closets for the kitchen cooking things, the flour, lard and other cake, bread and pastry materials. An out-of-the-way corner for preserving conveniences should not be forgotten. It is, however, well to have in the attic two barrels—one for jelly glasses and one for fruit cans. Whenever these are emptied they should be washed, dried, and put into their respective barrels. The attic is better than the cellar, as in the latter the covers get damp, and either gather gray mold or rust. A third barrel is for empty tin cans. These are to be cleaned as soon as emptied and stored for future use. They come in use most admirably when there are plants to repot, or places in roofs that must be patched where the sides of the can, after top and bottom are melted off, make a tin shingle, that is one of the handiest things in the world to patch with.

Every house, large or small, should have a back room, answering to the old-fashioned wood-shed. It may have a floor over at least a portion of the ground, and must have shelves and plenty of hooks and nails on the rafters and beams. It is, of course, better if finished, but its uses, even as mere shell, are so many that the wonder is that any one ever gets along without it. In all moderate matters it will be found of great use for jobs that are better done outside of the kitchen. It furnishes a place for tubs, pails, kettles, and the thousand and one articles that make confusion and crowding in the ordinary kitchen, which in most houses is too small for comfort or convenience.

An addition, eight or ten feet wide by ten or twelve feet long will pay for itself, in labor-saving every year.—N. Y. 'Ledger.'

Selected Recipes.

POTATO SALAD.

For a nice potato salad boil four good-sized potatoes until they are just done, no longer. Drain off the water, sprinkle them with salt, and stand them over the stove until dry and mealy. While the potatoes are boiling prepare the dressing. Put a teaspoonful of salt and a half-teaspoonful of pepper in a bowl. Add gradually three table-spoonfuls of oil. Stir until the salt is dissolved; then add three more table-spoonfuls of oil, then beat into this two table-

spoonfuls of vinegar. Cut into this one good-sized onion. The onion must be sliced as thin as possible. Now, as soon as the potatoes are dry, take them in a napkin and slice them while hot in with the onion and dressing. Mix lightly with a fork, and turn out on the serving dish. Garnish with cold boiled beets and parsley. Serve cold.—Presbyterian Worker.

CREAMED BEEF.

Scrape perfectly lean beef to pulp, mince, put in a pan with salt, pepper, one table-spoonful of water, two table-spoonfuls of rich cream, butter the size of an egg. Cook two minutes, stirring constantly. Add one table-spoonful of cracker-dust, one teaspoonful of made mustard.

Two Masters.

You cannot serve two masters. Yet most men have many masters, and newspaper men are no exception. The proprietor's pocket-book comes first in the ordinary newspaper world. Party, when it contributes to the pocket-book, comes next, and following these come others, according to circumstances.

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