

HOUSEHOLD.

Eat Plenty of Green Vegetables.

Spring is the season in all the year when one's health must be built up, when one's complexion must be cleared and one's eyes brightened. Wise mothers have substituted green vegetables at every meal for the suggestive sulphur and molasses and other spring tonics. At this time of the year it is really imperative to have green things all the time. There are so many ways of serving these green things in the soups and salads, vegetables and relishes that the miracle is worked before the patient is conscious of it. Some of the green things advised as a cure for the fallow cheek are watercress, spinach, young onions, rhubarb, dandelion, parsley, green peppers, mustard, sorrel, chickory, eschallots, sprout, kale, lettuce, celery and many others. The healthfulness of greens is due to the water and alkaline salts which they contain. According to analysis, watercress alone contains iodine, iron, phosphate and a sulphur-nitrogenous essential oil. It stimulates and sharpens the mental faculties. Watercress to be perfect should be freshly gathered, well rinsed in cold water, shaken thoroughly dry, seasoned with salt and eaten with thin slices of white bread and butter. Some prefer a dash of lemon juice with cress and a tablespoon of olive oil, but the epicure takes his with salt only. In cooking the wholesome rhubarb do not peel. The skin is gelatinous. It melts and imparts a rich red color and the best flavor of any part of the stalk. Bake in the oven or stew on the back of the stove, using little or no water. If the sugar is added after the rhubarb is cooked it will not require as much to sweeten. Rhubarb cooked with dates or raisins makes a pleasant change and is always popular with the children.—'Catholic News.'

Making a Man.

Hurry the baby as fast as you can, Hurry him, worry him, make him a man. Off with his clothes, get him in pants, Feed him on brain foods and make him advance. Hustle him, soon as he's able to walk, Into a grammar school; cram him with talk, Fill his poor head full of figures and facts, Keep on a-jamming them in till it cracks. Once boys grew up at a rational rate, Now we develop a man while you wait. Rush him through college, compel him to grab Of every known subject a dip and a dab. Get him in business and after the cash, All by the time he can raise a mustache. Let him forget he was ever a boy, Make gold his god and its jingle his joy. Keep him a-hustling and clear out of breath, Until he wins—nervous prostration and death. —'Christian Endeavor World.'

A Problem Solved.

I went one day to the larder to take an invoice of stock on hand—again no pun—before deciding on the dinner bill of fare. I found a few cold potatoes, some baked, some boiled; two cold sweet potatoes; a few parsnips; a tablespoonful of mashed turnips; a few cold beans; a piece of corn bread; another of toast, and a little cold hominy. Not enough of any one thing for a full meal, and the family was of the composite order that could not be told they must eat up the left-overs served in bits and snatches. I looked and mused. Hash was impossible. What could be done with them? Into a kettle the scraps all went, not excepting the toast and corn bread; two small onions cut up and added, and a goodly supply of water put over all, and the mixture left to simmer till near dinner time. Then the whole was poured in-

to a colander, rubbed through with a big wooden spoon, and then returned to the kettle. As it was then too thick, some water was poured from the boiling cabbage to thin it. Butter and salt, a dash of paprika, and then the whole was thickened with a little flour stirred up with cold water. The result was no longer a mixture, but a soup, fragrant, savory, satisfying. The next time I attempted this wonder I had collections of tomatoes, corn, potatoes, parsnips, cream of wheat, and celery. The valuable onion was added, and this time, after putting through a colander, milk was added before seasoning and thickening, and the result was equally delicious. —Mary Wood Allen, in 'The American Mother.'

Selected Recipes.

Hasty Tomato Soup.—Boil one quart of milk, and add one cupful of canned or cooked tomatoes and one teaspoonful of soda; also cracker or bread crumbs so as to thicken sufficiently. Season with butter, pepper and salt, bring to a boil and serve.

Corn-Meal Gems.—One and a half cupfuls of corn-meal, one and a half cupfuls of flour, one and a half cupfuls of sweet milk, two well-beaten eggs, butter the size of an egg, two teaspoonfuls of baking-powder, salt and a little allspice.

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Below will be found a list of patents recently granted by the Canadian government, through the agency of Messrs. Marion & Marion, Patent Attorneys, Montreal, Canada, and Washington, D.C. Information relating to any of the patents cited will be cheerfully furnished free of charge by applying to the above-named firm. Nos. 85,118, Frank Whitcomb, Smith's Falls, Ont., threshing machine; 85,486, Joseph V. Martel, L'Assomption, Que., acetylene gas generator; 85,544, Messrs. Picard & Bureau, Quebec, Que., automatic pump; 85,568, Gavin Shaw, Lindenwood, Ont., feed trough; 85,567, Theodore H. Strehlow, Chicago, Ill., clothes pole tip; 85,603, John D. Landers, Winnipeg, Man., train signal; 85,631, Wm. S. Bagley, Lorne, Que., wire stretcher; 85,712, Messrs. Michaud & Desjardins, Montreal, Que., sleigh.

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