

ton," "Wake-Robin," "Locusts and Wild Honey," "Squirrels and Other Fur-bearers," "Far and Near,"—there is a goodly galaxy to choose from, and you can scarcely read one of the number without finding your perception of nature and interest in it, quickened.

Mr. Burroughs is now an old man, but he has never lost his delight in the beautiful world and all the wonderful details that make it up. Like Thoreau, he has always found that it has been possible for him to "travel much" in his immediate neighborhood, yet he has taken some fine trips far afield also, and so his appreciation of the big, round earth has broadened. "Far and Near," is a delightful account of a trip to Alaska, which you will do well to make your own.

A year or so ago he visited Georgia, and Mr. R. J. H. De Loach has, written charmingly, in "Uncle Remus's Magazine," of meeting him there: "Shall I ever forget the morning that John Burroughs, a basket in one hand and a hand-bag in the other, walked up from the train to my home? His eyes caught a glimpse of every bird on the ground, in the trees, and in the air above, and he would rejoice, saying, 'I hear the thrasher somewhere!' 'There is a robin!' 'How many jays have you down here?' 'There is a tree in full bloom; it looks like one of the plums!' These bits of natural history made him feel at home, and as if he were among his neighbors. Every flower seemed to be a revelation and an inspiration to him, and his very love for them proved a great inspiration to me."

It seems to me that every farmer and every farm-woman should possess something of this dear old naturalist's affection for the things of wood and wild. My friend of the train is likely to drink deep of it, and she is starting out in the right way, by extending her knowledge of things. When you know, you see. Every bit of added information gives one, as it were, an extra eye, and on the farm so many extra eyes may be called into use. John Burroughs, by the way, lives in the country, and although he has not made his living by farming, he is a product of the farm. "I have always been a lover of it," he has said; "I am a man of the soil. I enjoyed the smell of that manure as we passed up the road to-day. It recalled my early days when I used to put it out on the farm. Anything that savors of the farm and of farm life is pleasant to me. Nothing makes me happier than my annual visit back to my old home in the Catskills."

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This talk has surely become metamorphosed into a harbinger of spring, earlier, even, than the "Globe" robin. But I make no apology. Invariably I find that, in January, I want to think about and talk about May-time. Perhaps you are the same. At all events, I hope I have been able to introduce to some of you John Burroughs and his books.

JUNIA.

Query.

Miss N. H. writes us asking for a recipe for banishing fleshworms and pimples.

Often the latter are due to an unhealthy condition of the blood, in which case it may be necessary to consult a physician. "Fleshworms," on the contrary, which sometimes cause pimples, are caused by clogged pores; they are not "worms" at all, you will understand, simply little clogs of extraneous matter induced by sluggish action of the skin. To prevent them, it is absolutely necessary to keep the skin very clean. This is done by very frequent bathing of the whole body, and by washing the face nightly with warm, soft water, castile soap, and a camel's-hair face brush. Afterwards, where necessary, squeeze out the blackheads with a key, and apply the following lotion: Three ounces alcohol, one dram salicylic acid. Another lotion is prepared thus: Boracic acid, one-half dram; spirits of rosemary, one ounce; water, three ounces.

If the pores of the face are much distended, use a daily wash of bran water, and apply at night the following mixture recommended for enlarged pores: Brandy, two ounces; cologne, one ounce; liquor of potassa, one-half ounce. The face should be thoroughly washed with

warm water, a brush, and soap, before applying any lotion. Weeks, or even months, may be required before a cure is effected.

Cold Weather Puddings.

In mid-winter it is well to use more fat, which is a heat-producer, than at other times of the year, and perhaps in no way can it be prepared more palatably than in the form of suet, in pudding. The following recipes are comparatively inexpensive in winter, when fires are kept going constantly and no extra heat is required for cooking.

Fig Pudding.—To $\frac{1}{2}$ cup finely-chopped suet add $\frac{1}{2}$ cup brown sugar, 1 cup chopped apple, and 1 cup chopped figs. Pour $\frac{1}{2}$ cup milk over $\frac{1}{2}$ cup stale bread crumbs, and add the yolks of 2 eggs, well beaten. Combine the mixtures, add $\frac{1}{2}$ cup flour and fold in the whites of the eggs beaten stiff. Turn into a greased pudding mould and steam four hours.

Orange Marmalade Pudding.—Mix together 1 cup stale bread crumbs, $\frac{1}{2}$ cup

follows: Sift together 3 large cups flour with 2 teaspoons baking powder and a pinch of salt; add 1 large cup of finely-minced suet, and make into a stiff paste with cold water. Roll or pat the dough out to cover the apples, then steam $1\frac{1}{2}$ hours, keeping closely covered all the time.

Shropshire Pudding.—Mix together $\frac{1}{2}$ lb. bread crumbs, $\frac{1}{2}$ lb. finely-minced suet, juice and grated rind of 1 lemon, nutmeg to flavor, $\frac{1}{2}$ lb. sugar, 4 eggs. Boil in a cloth or steam in a buttered dish for three hours, and serve with sweet sauce.

Steamed Pudding.—Mix together 1 cup suet chopped fine, 1 cup molasses, 1 cup currants, 1 cup sour milk, 1 teaspoon soda, a little salt, flour to make a stiff dough. Pour into a greased mould and steam four hours. Serve with a spoonful of sauce made by beating butter and sugar together.

A Meat Pudding.—Chop $\frac{1}{2}$ lb. suet fine. Sift a large teaspoon of baking powder and a little salt with 4 rather large cups of flour, and then mix in the suet.

cloth in boiling water, flour it well, put in the pudding and tie up, leaving room for it to swell. Put in boiling water and boil $1\frac{1}{2}$ hours. Serve with jam.

Treacle Pudding.—Sift together 3 small cups flour, 1 teaspoon baking powder, a pinch of salt, 1 teaspoon ginger. Add $\frac{1}{2}$ lb. suet finely chopped, 2 tablespoons treacle, 1 beaten egg, and milk to mix to a rather stiff dough. Stir all together and put in a greased dish. Dip a pudding cloth in boiling water, flour it, and tie over the pudding. Put the dish in a pot of boiling water with water enough to cover, and boil $1\frac{1}{2}$ hours. Serve with sauce.

The Scrap Bag.

COOKING VEGETABLES.

Cook vegetables in as little water as possible, in order that the flavor and mineral properties may not be drained off. Only vegetables of very strong flavor, such as beans, should ever permit of "blanching," that is parboiling and draining the water off so that fresh may be added.

SUBSTITUTE FOR EGGS.

When eggs are scarce discard dishes that require them for a time. A cracker rolled fine may replace the egg in a pumpkin pie. Also when making muffins the egg may be omitted and a few more spoonfuls of milk added instead.

KEEPING WARM IN WINTER.

If you want to keep warm in winter, do not sit close to the stove all the time, put on warm clothes and leggings, and take a brisk walk out of doors every day. Keep the house well ventilated, and a dish of water on the stove to provide the necessary moisture. A room whose air is very dry is always colder than one in which there is a proportion of humidity.

HOW TO STAND AND WALK.

Physicians say that health depends greatly on habitually standing and walking well. When the chest is expanded and the abdomen in-drawn, all the organs fall naturally into place instead of pressing on one another. "Life is one long temptation to droop, loll and crouch," yet one should sit and stand straight no matter what the temptation. "Chest up," is an essential direction. "Imagine a string pulling from your chest straight up to the zenith," says a physical-culture director, "and you cannot keep a slouching attitude. When the chest is up, shoulders and abdomen take their natural position."

When walking, the weight should fall on the balls of the feet rather than on the heels. Walking about with a book on the head is a good exercise, tending to produce the erect and graceful carriage of the people in those countries where burdens are habitually carried on the head. In balancing the book, the balance and poise of the whole body are unconsciously gained. If kept up long enough, the same balance becomes quite natural at all times. Comfortable clothes and shoes are an absolute necessity for pleasurable, healthful walking. Tight shoes and skirts are a prolific source of the ungraceful, mincing movements of the majority of women. Plenty of out-door walking and deep breathing are a better guarantee of clear complexions and bright eyes than all the tonics and face-creams in existence.

OATMEAL.

Dr. Woods Hutchinson says in regard to oatmeal: "We are soundly convinced that we are a nation of dyspeptics. We were told so years ago by one Thomas Carlyle, and he ought to know, for he himself had the worst case of this disease ever seen in captivity. In fact, he was one walking, animated, incarnate indigestion, and incidentally grew it on the usual food and favorite culture medium of dyspepsia—Scotch oatmeal. Talk of the scholars, theologians and statesmen who were bred on that cheerful cereal! They were not one-tenth as numerous as the dyspeptics it produced." It has been discovered, however, that well-boiled oatmeal loses all its indigestibility. If boiled for five hours, oatmeal porridge is digestible, nutritious



The Polish War Zone.

The shaded portion shows the position held by the Russians at the beginning of the year.

sugar, 1 cup flour in which has been sifted 1 teaspoon baking powder. Add $\frac{1}{2}$ cup chopped suet and 1 cup orange marmalade, then stir in $1\frac{1}{2}$ cups milk mixed with 1 beaten egg. Beat for five minutes, pour into a buttered mould, cover closely, and steam for two hours.

Currant Dumpling.—Mix about a quarter of a pound of minced suet with four small cups of flour sifted with a teaspoon of baking powder, and a little less than half a pound of currants which have been well washed and dried. Mix to a dough with a glass of water or milk, and divide into dumplings about the size of an orange, tie in floured cloths, plunge into boiling water and boil from an hour to an hour and a quarter. Serve with butter and sugar.

Apple Pudding.—Make some applesauce cooked with a very little water, sugar to sweeten, and the rind of a lemon. When done, take out the lemon pind. Make a cover for the apples as

Mix to a dough with about a cup of cold water and roll to a sheet. Line a greased pudding mould with the pastry, leaving enough to cover the top. Cut a pound of round steak into bits, and add to it a sliced beef kidney, sprinkling with pepper and salt. Put the meat in the pie and pour in about half a cup of cold water. Cover with pastry, tie down in a floured cloth, plunge into boiling water and boil for $2\frac{1}{2}$ hours. Serve as the meat dish for dinner.

Jam Pudding.—Three tablespoons suet chopped fine. Add 2 small cups flour and a pinch of salt. Mix with cold water to make a stiff dough. Roll out an inch thick, spread with jam, roll up in a well-floured cloth and steam $2\frac{1}{2}$ hours.

Cheap Suet Pudding.—Mix together 2 small cups flour sifted with $\frac{1}{2}$ teaspoon baking powder and a pinch of salt, and $\frac{1}{2}$ lb. finely-chopped suet. Make into a stiff dough with cold water. Dip a pudding