

Psalms by the Sea.

A. D. in the Irish Monthly.

A mass of foliage flitting by,
All budded fresh and new,
A waving branch against the sky
So softly, warmly blue—
A bird upon the lowest spray,
A fern leaf at the root,
A scarlet poppy in the hay,
A primrose at my foot.
These made me joyfuling all through the morn:
"Bless, O my soul, the day when thou wert born!"

The sea-pink swinging from a rock,
A tuft of purple heath—
Above, the curlews' wheeling flock—
The plash of waves, beneath;
The golden cloud that zones the sky,
A foam-flake 'mid the shells,
The boat that paddles idly by,
The ring of shepherd bells;
These charmed music all the sultry noon:
"In heaven, O soul, 'tis one eternal June!"

A wild hop trailing o'er a hedge,
Tangled with blossomed weeds;
A lily by the water's edge,
Nestled among the reeds;
A sea-gull perched on the wet sand;
With shadow faint and far—
A red flash on the western strand,
And in the east a star.

From these my soul hath learned its evening psalm:
"Creator, thanks! I was not, and I am."

Selected Receipts.

ONION STEW.—Out two pounds of beef in inch pieces, cover with water, and stew two hours. Season with pepper, salt, herbs, chopped onions and parsley. Stew half an hour longer. Add one teaspoonful of Worcestershire sauce, one tablespoonful of well browned flour and half a glass of portwine.

HOMINY CROQUETTES.—Mix two cupfuls of cold boiled hominy with one tablespoonful of hot milk, the beaten yolks of two eggs, one teaspoonful of sugar; mix well, that there may be no lumps of hominy left, and stand away to cool. Make into round croquettes, roll in egg and bread-crumbs and fry it in smoking hot fat.

BOILED BEEF.—Lard, cover with water, simmer two and one-half hours. Strain, cool and skim one quart of pot liquor, adding two each of carrots, turnips, small onions, parboiled beets, two cupfuls of cut string beans. Boil three quarters of an hour, add two parboiled potatoes and serve in piles about meat, seasoning to taste, adding a little butter. Make a strained sauce of vegetable pot liquor thickened with braised flour.

COCONUT LOAF.—One pound of sugar, one-half pound of butter, one tablespoonful of rose water, one teaspoonful of orange-flower water, one-half pound of flour, six eggs beaten to a stiff froth, one pound of grated coconut. Cream the sugar and butter, add the yolks and one-third of the flour, sifted in; work in the flour smooth; gradually stir in the eggs, add the rest of the flour in two portions. Beat well together, and bake in a buttered cake-pan in a moderate oven.

GREEN PEA SOUP.—Four pounds of beef cut into small pieces, half a peck of green peas, one gallon of water, half a cupful of rice flour, a small quantity of chopped parsley, and salt and pepper to taste. Boil the empty pods of peas in the water one hour, then strain and put the beef into this pea water, and boil steady one hour and a half. After boiling one hour add the shelled peas, and twenty minutes later add the rice with salt, pepper and parsley. After adding these ingredients stir frequently to prevent scorching. Strain into a hot tureen, and serve immediately.

STRAWBERRY SALAD.—Put the strawberries in a glass dish with alternate layers of pulled pineapple. The fresh is better, but the canned pineapple may be used. It should be pulled instead of sliced, because the slices retain too much of the tough fibre. There are no two flavors that combine more perfectly than those of strawberry and pineapple. When the pyramid of fruit is completed the strawberries, of course, on top, pour over the whole either wine or the strained juice of

three lemons and two oranges, sweetened to taste. Keep it on ice until ready to place it on the table.

YORKSHIRE PUDDING.—One pint of milk, six tablespoonfuls of flour, two eggs, salt to taste. Sift the flour into the basin with the salt, beat the eggs and put them in the centre of the sifted flour. Then add the milk gradually, stirring at the time. When all the milk is added, stir for another ten minutes to allow the air to get in; this makes the batter much lighter. The batter should be made one hour before being used. Have ready a hot tin, well greased, and into it pour the batter. Bake for half an hour in a hot oven. Have ready a hot dish, and on it arrange the pudding after cutting it into squares. Serve hot with gravy.

The Thread and Needle Tree.

Imagine the luxury of such a tree, and the delights of going out to your needle and thread orchard and picking a needle threaded and all ready for business. Odd as it may seem to us, there is on the Mexican plains just such a forest growth. The tree partakes of the nature of a gigantic asparagus, and has large, thick, fleshy leaves, reminding one of the cactus, the one popularly known as the "prickly pear." The "needles" of the needle-and-thread tree are set along the edges of these thick leaves.

In order to get one equipped for sewing, it is only necessary to push the thorn, or "needle," gently backward into its fleshy sheath, this to loosen it from the tough outside covering of the leaf, and then pull it from the socket. A hundred fine fibres adhere to the thornlike spider webs. By twisting the "needle" during the drawing operations, this fibre can be drawn out to an almost indefinite length. The action of the atmosphere toughens these minute threads amazingly, to such a degree as to make a thread twisted from it, not larger than common No. 49, capable of sustaining a weight of five pounds, about three times the tensile strength of common "six cord" thread. The scientific name of this forest wonder is *Tenysana mucadina*.

Advice to Ladies.

Have your feet well protected; then pay the next attention to the chest. The chest is the repository of the vital organs. There abide the heart and lungs. It is from the impression made upon these organs, through the skin, that the shiver comes. It is nature's quake—the alarm bell at the onset of danger. A woman never shivers from the effect of cold upon her limbs, or hands, or head; but let the cold strike through her clothes on her chest, and off go her teeth into a chatter, and the whole organism is in a commotion. One sudden and severe impression of cold upon the chest has slain its tens of thousands. Therefore, while the feet are well looked after, never forget the chest. These points attended to, the natural connection of the dress will supply the rest, and the lady is ready for the air. Now let her visit her neighbors, go shopping, call upon the poor, and walk for exercise.

Decorations at Dinners.

Such strides have been made in confectionery of late that at any special dinner the cakes and bonbons, which help to garnish the table in their little silver dishes, are made of any tint desired and generally either match, or are in accord with, the floral decorations. The arrangement of the latter is still kept low, and the flowers should not be overcrowded in their silver receptacles. Except in the centerpiece, all flowers look better in groups of twos and threes, and quality rather than quantity is a rule particularly applicable to the floral decorations of a table.

A Gentleman

Who formerly resided in Connecticut, but who now resides in Honolulu, writes: "For 20 years past, my wife and I have used Ayer's Hair Vigor, and we attribute to it the dark hair which she and I now have, while hundreds of our acquaintances, ten or a dozen years younger than we, are either gray-headed, white, or bald. When asked how our hair has retained its color and fullness, we reply, 'By the use of Ayer's Hair Vigor—nothing else.'"

"In 1868, my affianced was nearly bald, and the hair kept falling out every day. I induced her to use

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AYER'S HAIR VIGOR

- Church Pews -

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