

Domestic Department.

A Chapter on Accidents

BY BELLA V. CHEMHOLOM

A young girl in one of our western schools, surrounded by her pupils, heard a rumbling noise, and, looking from a window, saw a dark, funnel-shaped cloud swiftly approaching. She understood its meaning, but though her heart almost stopped beating, she turned her white face to the children, who as yet were ignorant of danger, and said calmly, "Children, we have often talked of visiting the 'Hermit's Cave.' Let us take a little time and make that visit this morning. Fall into ranks and march in double quick to it now. I will bring up the rear with the little ones."

Before she was through speaking the older scholars had taken the lead, and, without speaking, the mouth of the cave was gained just as the pillar of cloud came roaring across the prairie. The children began to scream as the air grew thick with dust and broken timbers, but a few quiet words from the young teacher induced them to enter the dark cave, where they remained in safety until the roaring and rumbling of the storm had ceased. When they ventured out into the sunshine nothing but a heap of stones and splintered timbers remained to show where the school-house had stood. Had the young teacher communicated her alarm to the children, a panic would have ensued and the results would have been most disastrous.

A few years ago in a school I attended a young girl fainted and fell to the floor. In a moment the teacher had raised her to a sitting posture and the frightened children crowded around her, wringing their hands and crying. In the midst of the confusion a young miss of a dozen years came to the rescue by stretching the unconscious girl flat upon her back. In a quiet, firm voice she said, "Mary has only fainted, and you must stand back and give her air." Instantly the circle that had formed about her widened, the windows and doors were thrown open, and the young commander, in a quick, calm manner, proceeded to remove all the compression about the chest of her patient. Applying ammonia to the nostrils of the prostrate girl, she waited patiently for signs of returning animation, and soon we had the satisfaction of knowing that Mary was quite herself again.

"Who taught you how to act so promptly, Sarah?" inquired the teacher when her alarm had subsided.

"Long ago my little brother fell from the landing at the top of the stairs to the hall below, striking his head upon the banisters in the descent. Thinking him dead, the nurse picked him up and began tossing him about. Mother took him from her arms and laid him upon the floor, setting the door wide open to give him air. Soon he began to breathe regularly, and then mother told us that when people fainted or were knocked senseless by blows about the head they should be laid upon their backs with their heads a little lower than their bodies."

As fainting is caused by the failure of the heart to supply the brain with blood, no one need be at a loss to understand the advantage gained by the prostrate condition; yet in spite of this fact people still continue to pile pillows under the heads of their fainting friends, while the child who has received a blow upon the head is jolted about roughly or carried in an upright posture, as if blood could run up hill more easily than down.

A little girl of eight who had been trained what to do in case of fire was so unfortunate as to drop a match on her cotton apron. Almost immediately the blaze flashed up in her face. Without a cry or pause she threw herself face downward on the carpet, clapped her hands over her mouth and nose, closed her eyes, and rolled over and over on the thick woollen rug. Hearing the unusual noise, her father hurried up stairs in time to put out the smouldering fire. The child's apron was in ashes, the front of her dress badly scorched, but beyond a few slight burns on her hands the brave girl was uninjured.

When questioned about her conduct she said, "Mamma has told me over and over to lie down on the blaze and stop my mouth so as not to swallow the smoke, should I catch fire. I knew I would be burned up if I started to run."—*Christian at Work.*

Pancakes in Variety.

On cold winter mornings pancakes of all kinds hold an important place in the morning meal.

Buckwheat cakes are generally made with yeast, and must be set to rise the night before they are wanted. Into one quart of water stir a large spoonful of corn meal, a teaspoonful of salt, a

gill of yeast, and enough buckwheat flour to make a thin batter. In the morning add a quarter of a teaspoonful of soda just before baking. If a cupful of the batter is left, it may be used instead of yeast in making the next cakes. While the above is the manner in which they are generally made, very good buckwheat cakes can be made by stirring into a quart of sour milk a large teaspoonful of soda, a little salt, and buckwheat enough to make a thin batter; they should be well beaten and baked immediately. While buckwheat cakes come in for a greater share of attention, other varieties are never treated with indifference.

Ordinary griddle cakes are usually baked in small cakes and served plain, leaving the sugar, butter, or syrup to be added at the pleasure of the partaker.

The purest and richest syrup is made by dissolving sugar in the proportion of three pounds of sugar to one pint of water. Many persons prefer the flavor of syrup made of Orleans sugar to that made of the white.

Rice griddle cakes are very delicious. The rice is first cooked until it is perfectly soft, and after it is drained dry is mashed with a spoon until the grains are well broken up. For each cupful of rice take two eggs, one pint of milk, one heaping teaspoonful of baking powder, one-half teaspoonful of salt, and flour enough to make a thin batter.

For hominy cakes take two cupfuls of cooked hominy, and crush it with a potato masher until it is a smooth mass. To this add one level teaspoonful of salt, two teaspoonfuls of baking powder, and one cupful of flour. Stir together, then add by degrees one quart of milk, and lastly three well-beaten eggs. Bake in thin cakes. By using the above recipe, but taking bread crumbs instead of hominy, another very nice cake is made. The very driest of stale bread may be used. It should be rolled or broken into small bits, and one-half of the quantity of milk boiled and poured over it hot to soften it.

Very delicate and delicious corn meal cakes are made by allowing two teaspoonfuls of baking powder and one-half teaspoonful of salt to one quart of milk, and sufficient corn meal, mixing all into a smooth, thin batter; no eggs or butter are used for these. The cakes bake quickly to a deep rich brown, and are extremely tender and light.

Graham cakes made in the same way are very nice indeed. Graham flour alone may be used, but many persons prefer to use half white and half Graham. When milk is not at hand, part water may be used, adding one teaspoonful of melted butter for each cupful of water.—*Harper's Bazar.*

KITCHEN CLIPPINGS.

CREAM CAKE.—One cup white sugar, one and a half cups flour, three eggs beaten separate and very light, two tablespoons water, one teaspoon baking powder. Bake in two cakes. Cream: One pint milk, one cup sugar, one-half cup butter, three eggs, two tablespoons flour, lemon extract. Cut each cake and fill with the cream.

CORN BREAD.—Mix together thoroughly by putting through a sieve or other wire one pound of Indian meal and 1½ pounds of wheat flour, two ounces of baking powder and a tablespoonful of salt; then beat together three ounces of sugar, three ounces of butter and four eggs; add this to flour and make a stiff batter, using warm milk in Winter and cold in Summer; bake in small tins.

TEA CAKE.—One cup of sugar, one tablespoonful of butter, three eggs; beat well together, then add a cup of sweet milk (you may use part water) and a quart of sifted flour, into which you have mixed a spoonful of cream of tartar and one-half a teaspoonful of soda; bake in a quick oven. It is improved by sprinkling sugar over the top (before baking). This will make two cakes, which are best when eaten warm.

CUP PUDDING.—Break an egg in a coffee cup and beat thoroughly, then add one tablespoonful of flour and a pinch of salt; pour on milk till the cup is nearly full, then beat again and place in oven and bake twenty minutes. Eat while it is hot, with a sauce made with the whites of eggs and sugar beaten together till stiff.

FRUIT CAKE.—Light cups of flour, six cups sugar, three cups butter, two cups milk (clabber preferred), twelve eggs, four teaspoonfuls cream of tartar, two teaspoonfuls soda, two pounds seeded raisins, two pounds of currants, half pound thinly sliced citron, flour the raisins to prevent them from settling. Flavor with cloves, allspice, cinnamon, ginger and mace to suit the taste; bake four hours. Mix sugar and butter and beat it to a light cream, then add milk and yolks of eggs, then the spices and lastly the whites and fruits.

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