

## DOMESTIC READING.

### REGULATING THE BOWELS.

It is best that the bowels should act every morning after breakfast; therefore, quietly remain in the house and promptly attend to the first inclination. If the time passes do not eat an atom until they do act; at least not until breakfast the next day, and even then do not take anything except a single cup of weak coffee or tea and some bread and butter, or dry toast, or ship biscuit.

Meanwhile arrange to walk or work moderately for an hour or two each forenoon and afternoon, to the extent of keeping up a moisture on the skin, drinking as freely as desired as much cold water as will satisfy the thirst, taking special pains as soon as the exercise is over to go to a good fire or very warm room in winter, or, if in summer, to a place entirely sheltered from any draft of air, so as to cool off very slowly indeed and thus avoid taking cold or feeling a "soreness" all over next day.

Remember that without a regular daily healthful action of the bowels it is impossible to maintain health or to regain it if lost. The coarser the food the more freely will the bowels act, such as (Indian) bread eaten hot, hominy, wheaten grits, bread made from coarse flour, or "shorts," graham bread, boiled turnips, or stirabout, or grapes, or dried figs, or stewed tamarinds. A handful or two of raw or boiled chestnuts eaten during the day; a tablespoonful, more or less, thrice a day of white mustard seed swallowed whole, in water or otherwise; eating freely of parched corn; taking on rising a tumblerful of cream which has been allowed to stand until it has thickened, whether sweet or sour, are means which are sometimes successful in keeping the bowels acting freely once a day, without the necessity of taking medicine. When one fails to keep up a good effect, try another, in the hope that when the bowels have got into a habit of regular action, it may be kept up by the judicious employment of such daily food as observation may show is best adapted to the object. The habitual use of pills, or drops, or any kind of medicine whatever, for the regulation of the bowels, is a sure means of ultimately undermining the health, in almost all cases laying the foundation for some of the most distressing of chronic maladies. Hence, all the pains possible should be taken to keep them regulated by natural agencies, such as the coarse foods and exercises above named, or stewed prunes, or a glass of water on rising, into which has been stirred a teaspoonful of salt or a heaping tablespoonful of corn meal. Reliance on injections is disastrous eventually.

If the bowels act more than twice a day, live for a short time on boiled rice, farina, starch or boiled milk. In more aggravated cases keep as quiet as possible on a bed, take nothing but rice, parched brown like coffee, then boiled and eaten in the usual way; meanwhile drink nothing whatever, but eat to your fullest desire bits of ice swallowed nearly whole, or swallow ice cream before entirely melted in the mouth; if necessary wear a bandage of thick woolen flannel, a foot or more broad, bound tightly round the abdomen; this is especially necessary if the patient has to be on his feet much. All locomotion should be avoided when the bowels are thin, watery or weakening.—*Hall's Journal of Health.*

### A NEW CLOTHES-HORSE.

(See page 186.)

A useful form of clothes-horse, recently patented by Mr. G. A. Brooks, of Norwich, Connecticut, will be found serviceable in many homes in this country. In the illustration, Fig. 1 shows the horse standing as an inverted V, but by an ingeniously contrived hinge it is easily converted into the ordinary form. The construction of the hinge will be understood from Figs. 2 and 3. One portion of it has apertures through which the attaching screws pass; the other has a slot to accommodate a button which, when inserted and turned, as in Fig. 1, fastens that side of the hinge. There is also a stop, A, which prevents the hinge from opening too far, and also has an aperture through which a cord is passed to afford additional accommodation for the clothes. The location of the hinges is apparent from Fig. 1. Two at the upper extremities of the vertical pieces of the frames connect the latter together, so that they may be adjusted as shown. When it is desired to set the frames up, clothes-horse fashion, one of the upper hinges is disconnected, and the vertical bars being brought together, their lower parts are fastened by the hinges shown near the bottom.

**TO PRESERVE LAMP CHIMNEYS.**—A lamp chimney may be made almost indestructible by putting it in a vessel of cold water over the fire, and letting it remain until the water boils. It will be found that boiling toughens in this case.

## FRETWORK.

MUCH of the leisure time of many amateurs, ladies and gentlemen, is spent to but little purpose, and they have little or nothing to show as a specimen of their abilities or industry, either in useful or ornamental work. In many cases this is not for the want of inclination or ability, but because their energies have not been directed in the right direction. That these remarks are correct may be inferred from the fact that both ladies and gentlemen oftentimes in seeing the beautiful work of some of their friends at once make particular inquiries as to the process and tools, and forthwith set themselves to work to try their ability and skill in producing something beautiful, which, perhaps, will be a "joy for ever" to them, and which they will show with pardonable pride. It may be a drawing or an exquisite pattern deftly worked in worsted or silk, perhaps ornamental articles of rosette work, or a musical instrument, as we have known mechanical amateurs construct an harmonium or chamber organ.

In the present chapter it is proposed to give instructions in an art at once fascinating and useful that may be practiced by either ladies or gentlemen in a private room without being inconvenienced by a lot of heavy tools or the shavings and dirt of the workshop.

The art of fretwork cutting is one which is easily acquired, and the tools few and inexpensive, and one that will give amusement in leisure hours in producing most beautiful work in brackets, card trays, paper knives, reading desks, picture frames, panels for furniture, book slides, envelope boxes, blotting cases, table mats, flower pot covers, ornamental book shelves, door plates, parts of ornamental boxes and cabinets, letter weights, and a host of other articles both ornamental and useful.

With the instructions we shall give, any person with ordinary ability may produce the most intricate pattern in any of the articles mentioned, and a mechanical genius will take a pride in producing new patterns adapted for articles from their own designing.

A description of the necessary Tools will now be given, and instruction in their use, also a description of the new machines now in use for ladies' and gentlemen's use.

### TOOLS.

**Fret-Saw.**—This saw is sometimes called a Buhl-saw, and in small sizes the frame is made of iron as in Figure 1. The saw is held on each side by means of screws, and drawn up tight by a screw worked at the end of the handle, as seen in the illustration. The saw is fixed with the teeth towards the handle. A medium size would be suitable for general work, and would be found convenient for a learner.

**Fret-Saw Blades.**—Engraving Fig. 2 represents the different degrees of fret-saws. As may be supposed, the finest are used for small and tender work, while the coarser saws are used for larger work and thicker wood, and do their work quicker. The finest is 0, and the number runs to 6.

**Brad Awls.**—These need no description. They are used for making an entrance for the saw.—See Fig. 4.

**Archimedian Drill.**—This is a very handy tool, and easy and pleasant to use. It is fitted with drills of various sizes for the work. Fig. 6.

**Cramp or Holdfast.**—Useful for securing the work to the table. Fig. 3.

Another necessary appliance is a *horse* to support the work, as represented in Fig. 5. It is a piece of pine about three-quarters of an inch thick, and 15 inches by 18. The shape indicated in the engraving has been found handy by the writer to support the work, the saw working between the cut edges. Where large work is in progress the largest opening is suitable, and in finer work more support is offered by the smaller opening.

A sheet or two of fine glass paper will be found useful in finishing off, also two or three half-round files and a small glue pot for glue.

### SUITABLE WOOD.

As remarked in a previous chapter, it is most important to see that the wood selected for use is well seasoned, and it is annoying to find a good piece of work ruined by the wood shrinking and splitting. There should be no knots or blemish visible, and a close, even-grained wood will be found to facilitate the work. Several classes of wood are used for fretwork.

Walnut, lime, oak, mahogany, chestnut, pear tree, box, ebony, and rosewood are used. The last three mentioned are used for fine work. The above woods are in general use, but many other close-grain tough qualities are suitable. Soft wood, however, such as deal, is not suitable for fragile patterns.