



CHEESE.

Its Use Not Harmful, But Fit Food for Even Weak People.

The majority of people who imagine that they cannot eat cheese in any form have been so unfortunate as to eat it under wrong conditions several times, and have been made sick thereby. There is no physical reason why cheese if of the right kind, should not be as readily digested by the human stomach as other forms of food. The fact that it contains pepsin, from the rennet used in the coagulation as milk, is a guarantee that while aiding the digestion of other foods it is of itself easily digestible. Full cream cheese is a rich food, containing a great deal of fat, and being very palatable, one can easily eat too much of it. By overloading the stomach in this way a repugnance for this wholesome article of food can be generated that may last through a lifetime. The digestible quality of cheese also varies with its age. It is well known that one can eat more of it without ill effect when new, or partly cured, than when old. Although new cheese does not seem as rich as when old, still, there is just as much butter fat in it at one time as another. Cheese that is so sharp of taste as to excoriates the mucous membrane of the mouth, should really never be eaten, as the lining of the stomach will be damaged by its presence there. This strong pungent flavor in cured cheese is due to an unnatural ferment caused by damaged milk or improper making. Good cheese ought to hold its pleasant, nutty flavor for many months without getting strong. It is of this latter kind that we can eat of and not have it disagree with our stomachs, provided that in its consumption it goes to form a variety with other foods. The weakest stomach should tolerate good cheese as readily as good milk or butter. Cheese freshly cut is in the best condition to be eaten, both as to palatability and healthfulness. When exposed to the air in small pieces, besides becoming dried and unpalatable, it deteriorates in quality from evaporation of moisture and rennet principle. The truth is, that a vast majority of people do not know how to eat cheese, even after it has been properly made. Cheese was not made to keep forever. There is a certain age during which it is fitted to be eaten, the same as with butter or meat. Between a month and a half and six months of age, good cheese should be at its best as to edible and digestive quality. If made from pure milk and by the modern Cheddar process it ought to hold a milk flavor between these limits of time. Do not overload your stomach with cheese, because it is essentially good. Remember that it is essentially meat food, and as such, is rich in nitrogen and fat, and so eat of it moderately at meal time, so it may assimilate in the stomach with other victuals. Cheese that 'disagrees' with people is often made from damaged milk, or is infected by invisible mold penetrating its interstices, to which it is very susceptible when kept in a damp atmosphere. The variability in strength of rennet used in manufacture, also affects the digestive quality of this dairy product.

The Ideal Cup of Tea.

"It's absurd," announced the distinguished housekeeper, "to suppose that decent tea can be made in that way."

She was looking with scorn upon her daughter who was dangle a tea-bell into a cup of hot water. That young woman promptly pointed out that the tea-bell method was the only one which did not develop large quantities of tannic acid; that it was criminal to allow the tea leaves to remain in the water after the first tea essence had been extracted. Then her mother said that the tea-bell and cup method was silly because the aroma of the tea escaped before it was ready to drink; that the cup of tea became cold, etc., etc. And then they hit upon this compromise:

The tea-bell was packed with tea leaves—it held three good size teaspoons. The tea-pot was filled with boiling water from the copper kettle and then filled with hot water, and then the ball was fastened by its chain on the tea-pot lid and allowed to dangle in the pot. The lid prevented the aroma from escaping, and, when the tea was sufficiently "drawn," the tea-ball was withdrawn and the dreaded tannic acid was avoided. Every one who drinks tea at that house now maintains that it is an ideal beverage.

Glaze for Old Shoes.

A contributor for the household department of one of the current magazines thus gives her own experience:

Having a pair of shoes that were breaking loose from the sole and had a hole in the toe, I experimented upon them.

Cutting a neat tap for the toe out of an old shoe-top, I stuck it fast over the hole, and put one on the other shoe to make it correspond.

I then glued the uppers to the sole where the stitches were broken, and, cutting a half sole out of boot leather, stuck it fast to the bottom to protect the rest of the stitches. A coat of blacking made them look quite respectable.

I now have worn them at home for two months since they were mended; they look as well as ever, and the patching is still tight. We have also repaired the children's shoes in like manner.

Laundering Shirts.

The glaze on a laundered shirt front is more the result of knack and practice than of any particular secret, though many persons think there is some way of preparing the starch that will give the required glaze. Wax, turpentine or borax can be added to the starch with good effect. A point of good plan when the shirt front has been ironed is to rub it all over with a piece of damp white casted soap and iron it over again. It is to the pressure of the iron that the gloss is in a great measure due.

Good Milk Toast.

Put a pint of milk into a double boiler; rub three tablespoonfuls of butter and a tablespoonful of flour to a cream; add to the scalded milk, and stir until it thickens. Season with salt. Toast six slices of bread a light brown, slightly butter each slice and dip it, while it is hot, into the scalded milk. Lay them in the dish, and over each slice put a large spoonful of the milk, pour over it the remainder of the milk, and serve at

BEDROOM LINEN.

A Pertinent Chapter Upon Its Selection and Care.

The bed-linen is usually the largest department of the household stores, and is always needing repairs and replenishing. Each year the forehand housekeeper should make a catalogue, or memorandum, of the sheets, pillowcases, towels, comforters, blankets, spreads and quilts. By comparing this with the one of the previous year, it will make one secure against surprise, and prepared for emergencies. One list should be marked "New," a second give the number of "Partly Worn," the third headed, "Repaired." First look over your sheets, count them, and arrange them by themselves, as indicated above.

Every year comes up again the question, "Shall we buy linen or cotton for sheets?" Linen is an elegant material, but it is only after considerable usage that it is at all pliant or agreeable to the touch. Yet the good housekeeper must have a few pairs of linen sheets in her closets for use in the summer time, and for those who, from some peculiarity of taste, decidedly prefer them. New linen is heavy and rough, and should be washed with care and ironed evenly, and even then it is not at its best until it is half worn out with repeated visits to the laundry.

For use during winter and for real warmth and service there is nothing better than a fine, even quality of unbleached cotton sheeting. It is almost as warm as a light weight flannel, and, if properly washed and bleached it will grow white and smooth, so that by the time of warm weather it will be equal in every respect to the finest bleached muslin. Especially do elderly people, or those who suffer from rheumatism, or cold feet, derive benefit from the use of unbleached sheets. A skillful manager will provide herself each year with a goodly number of them, and thus will have the benefit of their warmth in cold weather, and find them thin and white by summer time. Every one should be marked with its number, and the date of making, so that it will always be easy to know just when it must be used. For of course the newest should have constant use, and the old ones laid aside for casual service.

Sheets for the children's bed, or for the servant's rooms, will be worn out in about two-thirds the time of those belonging to the other places, and these should be marked and have their own shelves in the closet. In looking over the supply, articles that show thin places when held up to the light should be darned with fine linen, dyes and laid aside for use during sickness, or when a surplus is needed. Those who have ever had illness in the family know from experience that it is impossible to have too much bed linen at such times. And sheets and pillow-cases that have grown soft from usage and frequent washing, are by far more agreeable to sensitive invalids than the rougher, new ones.—American Agriculturist.

Helpful Hints.

In making up unbleached muslin allow one inch to the yard.

To keep polished steel from rusting when not in use, rub it over with sweet oil.

Equal parts of sweet oil and lime will prevent the blistering of the burned flesh.

The white of an egg swallowed by a person choking often affords immediate relief.

Freshly-ground Indian meal is superior to that which has been in stock several weeks.

When the color of red garments is not warranted, soak them in salt water two hours before washing.

When any article of food is to be simmered for a long time use a porcelain steppan rather than one of tin or granite-ware.

The pasteboard covers for glasses in a sick room are inclosed in a crocheted bag of silk or cotton. A loop in the centre serves to lift them by.

Baths of the lips occasionally with alum water, then apply a little camphor ice. The tendency of this treatment is to make the lips red and firm.

Cough Candies.

An excellent cough candy is made of slippery elm, flaxseed and sugar. Soak a gill of whole flaxseed in half a pint of boiling water. In another dish put a cup of broken bits of slippery elm, and cover this also with boiling water, let it stand for two hours, then strain them both through a muslin cloth into a saucepan containing a pound and a half of granulated sugar. Extract all the liquor you can, stir the sugar until it is melted and then boil it until it turns to candy. Pour it out at once, when it reaches this point, upon greased papers. The juice of two lemons can be added as a flavor if desired.

Step by Step.

Life is made up of little things. He who travels over a continent must go step by step. He who writes a book must do it word by word; he who learns a science must master it fact by fact, and principle after principle. The happiness of life is made up of little things, little kindnesses, pleasant words, loving smiles and good deeds. One in a million, once in his lifetime may do a heroic action, but the little things which make up our life come every hour and every day.

A Substitute for Coffee.

Paroled malt is said by experts to be much superior to an ordinary quality of coffee, and is being extensively used as a substitute for our favorite breakfast drink, besides being obtainable at a cost of only four cents a pound, roasted and ground. The healthfulness of the article is well established, and its use will doubtless become general among the poorer classes and those who desire to curtail household expenses.

How to Make Corned Beef Hash.

A pint of cooked corned beef chopped fine, a pint of cold boiled potatoes chopped fine, a tablespoonful of butter, a teaspoonful of onion juice, a cup of stock or water, 3 dashes of pepper. Mix the meat and potatoes together; put them in a frying pan, add the stock, butter, onion juice and pepper, stir constantly until it boils. Serve on buttered toast.

In Place of Carpet.

Dark blue denim sewed together and tacked down at the edges like ordinary carpeting makes a pretty floor covering, and the color forms an excellent background for rugs. It is said by those housekeepers who have tried it to be durable, economical and clean.

HUNGARY'S PATRIOT.

THE CELEBRATED LOUIS KOSSUTH FINDS A HOME.

Sketch of a Varied Career—For Sixty Years He Has Been a Prominent Figure in Continental Politics—He Died in Exile From the Land He Loved.

Type of two mighty continents—combining the strength of Europe with the warmth and glow of Asia—song and prophecy—the shining of Oriental splendor on Northern snow.

Who shall receive him? Who shall speak in his name? Welcome to him, who, while he strove to break the Austrian yoke from Magyar soil, was the savior of his people.

At the same blow the fetters of the serf—Rearing the altar of the Fatherland—On the firm base of freedom and liberty—Lifting to Heaven a patriot's stainless hand.

Mocked not the God of Justice with a lie! Who shall be Freed from a month's peace? Who shall give Her welcoming cheer to the guest fugitive?

Not he who, all her sacred trusts betraying, Is scourging back to the slave's heel of pain.

The swarthy Kossuth of our land again! Not he whose utterance now from lips designed The bugle march of liberty to wind.

And call her hosts beneath the breaking light, The reveille of her morning flight.

Is but the hoarse note of the bloodhound's bay behind the badman's flight!

Oh! for the tongue of him who lies at rest In Quincy's shade of patrimonial trees—Last of the Puritan tribes and the best—To lend a voice to Freedom's sympathies.

And hail the coming of the noblest guest The Old World's wrong has given the New World's West.

So sang Whittier, one of America's greatest bards, on the occasion of the visit

of the Hungarian patriot to this country as the guest of the United States in 1851, and the lines have a peculiar interest now that their great subject sleeps with the world's great dead in his long last home.

For fully sixty years Louis Kossuth has been a prominent figure in the politics of Continental Europe. While it is over forty years ago since he was the chosen leader and governor of his own Hungarian people, he has been a consistent advocate of the independence of that Magyar state.

Through the many years of his self-enforced retirement, in his modest quarters in Turin, his career shows strange counterpoints, contrasts and anti-climaxes. In his youth and manhood a fervid, eloquent and impassioned orator and patriot, defying the power of the Austrian monarchy, braving the deprivation of political rights, he suffered for years incarceration in a foul and noisome dungeon. Leading his people to revolution and victory in 1848, we find him later, when his powers were most vigorous, his knowledge more expanded, his hot ardor transformed into cold philosophy, living a hermit's life in Turin, spinning the olive branch held out to him by the Hapsburgs, scoffing at high office in the Austrian Empire, and rejecting with ostentatious loathing the portfolio of Chancellorship itself.

For thirty years he was the picturesque cynic of Northern Italy, cursing his good health, delivering philippics against longevity and aspirations for personal or dynastic glory, at times launching pessimistic pamphlets on questions of the day, and again sending forth a scold and a jeer at liberal movements in government which he assumed to be simply the shams of kings and the shoddies of statesmanship.

Louis Kossuth was born in Hungary in 1802. His parents were poor, but of noble rank. Choosing the legal profession, Kossuth studied law at the Protestant college of Sarorpatak. In 1832 he began his political career at the Diet of Pressburg, as editor of a Liberal paper, which, owing to the oppressive character of the press laws, was not printed, but was circulated.

The French revolution of 1848 was a stimulus to Kossuth; it led him to demand an independent government for Hungary, and constitutional government in the Austrian hereditary territories. The Hungarian revolution and the insurrection in Vienna in 1848 are ascribed to the effect of his speeches. When the ministry was dissolved Kossuth was placed at the head of the Committee of National Defense; as such he prosecuted with energy the measures necessary for carrying on the war against Austria.

In 1848 the National Assembly declared the independence of Hungary, and that the Hapsburg dynasty had forfeited the throne. Kossuth was then appointed Provisional Governor of Hungary. He was beset with difficulties, as a Russian army came to assist the Austrian cause. He resigned his dictatorship, and when the Hungarian patriots were defeated at Temesvar in August, 1849, Kossuth fled into Turkey, where he was held a prisoner until 1851, when he was liberated and sailed for England.

Kossuth has always refused to be reconciled to the dual arrangement of the Austro-Hungarian empire. He wanted Hungary to be what he fought for in 1849, perfectly independent.

Kossuth's Visit to America. When Austria, with the assistance of Russia, defeated the Hungarian army Kossuth retired to Turkey. Here he was arrested and imprisoned on the demand of Austria, but when his extradition was

asked for the other governments interfered and Turkey refused to consent to surrender him to his enemies. The United States government took an active interest in securing his release, and finally he was set at liberty on the condition that he would leave Turkey. At the same time the United States government invited him to visit this country as the guest of the nation.

He embarked in September, 1851, on the war steamer Mississippi, which had been specially despatched for him. The steamer called at Gibraltar, Lisbon and finally at Southampton. At all these places Kossuth was received with great warmth. He made a tour of the most popular places of the British Kingdom and was received everywhere with great enthusiasm.

Kossuth sailed from England on the 20th of November on the American steamship Humboldt, of the New York and Havre line. Among his shipmates was the famous Lola Montez, who was leaving Europe for the good of susceptible monarchs. The Humboldt reached Quarantine December 14.

At New York, Philadelphia, Baltimore and Washington he was enthusiastically greeted. At a banquet given to him at the capital W. King, President of the Senate, took the chair, with Kossuth and the Speaker of the House on his right and Daniel Webster on his left.

How He Learned English. Everybody was charmed by his eloquence and his mastery of the English language excited astonishment. And, by the way, the manner in which he learned our tongue was remarkable. During a portion of his time in prison (in 1840) Kossuth was cut off from all communication with his friends and was denied the use of pen and ink, and even of books.

In the second year he was allowed to read, but, as all political books were interdicted, he selected an English grammar, an English dictionary and Shakespeare. Without knowing a single word he began to read "The Tempest," and spent a fortnight in getting through the first page.

"Look," he said afterward, "what an instrument in the hands of Providence became my little knowledge of the English language, which I was obliged to learn because forbidden to meddle with politics."

Kossuth when he left America entertained the hope that he would be able to return, but he never did. It was his first and last visit. We have referred above to the manner in which he learned and spoke English. We give a fac-simile of his handwriting in English.

A FOLDING BICYCLE. Recent Invention of a French Cycling Mechanic.

The field of invention in bicycle construction has produced many novelties, some of which are not likely to appear in any other than the original models. A French mechanic has turned out a bicycle which may have a future. It is built with a view to

use by military cyclists, being so constructed that it can be readily folded up and packed away when not in use, and easily transported in quantities. The intention of the inventor is to have the wheels of a detail of militia or soldiers transported in wagons, and on arrival at the destination to be unpacked and used for reconnaissance, scouting, etc. When any fighting is to be done the wheels are packed away out of the road, leaving the soldiers free to perform any duty assigned to them.

This form of bicycle may prove of service to tourists, where it is necessary to travel part of the distance by wagon, train or boat, being light and easy of manipulation. A good idea of the form of the new wheel, both folded or packed and ready for riding, can be gained from the accompanying illustrations.

An Accurate Description. "Dear," asked Mrs. Wickwire, looking up from her paper, "what does this paper mean by referring to 'the superfluous woman'?" "What is a superfluous woman?" "In our engagement days," answered Mr. Wickwire, "the superfluous woman was your younger sister."

She Knew. Detective—Yes, I've got the description of the missing jewelry written down all right. Now how much money did the fellow take? Mr. Billis—I don't know exactly, Maria, my dear, how much money was there in my pockets last night?

Disastrous. "It never pays to bet with a woman," said the young man with a sad face. "Why isn't she good pay as a rule?" "Oh, yes. She always insists on paying. And then she goes away and hates you for life."

A Warranted Exclamation. Expressions of great surprise are hardly in good form, yet when one penniless fellow marries a rich farmer's daughter people may be pardoned for exclaiming "For the land's sake!"

Short and to the Point. A station agent of a railroad in Iowa has put the following placard on the clock: "This is a clock; it is running; it is Chicago time; it is right; it is set every day at 10 o'clock. Now keep your mouths shut."

A Flimsy Theory. A French savant declares that fishes can talk. This may be so, but all the fish we ever became acquainted with were silent. Possibly they were dumfounded at the lies that the fishermen told about them.

LOUIS KOSSUTH.

of the Hungarian patriot to this country as the guest of the United States in 1851, and the lines have a peculiar interest now that their great subject sleeps with the world's great dead in his long last home.

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THE PROVINCIAL

TREASURER.

HON. RICHARD HARCOURT AND HIS POLITICAL CAREER.

The Honorable Gentleman is a Hard and Careful Worker—His Services as Public School Inspector—He Was a Brilliant Scholar When at School and College.

Born in the township of Seneca, Haldimand county, it was but natural that Hon. Richard Harcourt, Provincial Treasurer, should early take an interest in politics.

His father was a parliamentarian before him, who twice represented Haldimand in the old Parliament of Canada, and Richard Harcourt is a native of the county where men go in for politics with a vim and enthusiasm unknown to the dweller in cities.

Mr. Harcourt was no exception to the generality of his fellow-men. And moreover he had a double incentive, his father's example, as well as that of his neighbor's. He was possessed, moreover, of an ambition that urged him to become a leader in the strife, and a devotion to noble aims and lofty ideas, which prompted him to not only pursue whatever was best, but to lead others in the same direction.

His career as a student was a distinguished one, and he graduated from Toronto University with honors and a medal.

Having received and profited by a good education, he saw and appreciated the advantages that would accrue to all from the diffusion of knowledge, and devoted much time and study to this object. His efforts in this direction were quickly recognized and the Public School Inspectorship of Haldimand county becoming vacant, Mr. Harcourt received the appointment, a position he held during the period of five years.

During his tenure of this office he performed his duties with the thoroughness and conscientiousness of one who felt the responsibility devolving upon him as a public servant, to whom the interests of a large section of the communi-

ties have been intrusted, and when he retired it was felt and acknowledged that his place would be hard to fill. Mr. Harcourt then turned his attention to law and politics, an arena which offered a large field for the exercise of his talents and where he was well qualified to shine, seeing that a thorough knowledge of the laws of the country is necessary to any one who proposes either to amend them or to promote reforms. He made thorough study of legal matters and was called to the bar in 1876. Two years afterwards he was elected and accepted the nomination of the Liberals of Welland county as their standard bearer, and carried the riding at the election. To his new duties he brought talents of a high order, broad views and a large fund of information, the result of observation and study.

In 1879 at the general elections he was re-elected, and again in 1883, 1886 and 1890. During these years he was slowly but surely building up a reputation as a man who was always thoroughly informed upon every subject of which he spoke, and who never relinquished any matter which he took up, without examining it in all its various aspects and mastering all the details, and when, after the elections in 1890, he became Provincial Treasurer, it was generally conceded that the Government had made a wise choice. His first business was to establish his reputation and justify his appointment, and then he has always commanded attention which is unusual for one who is not by any means an aggressive man.

His speeches are remarkable for their chaste and polished diction, logical sequence and singular clearness, and carry great weight with them by reason of the complete knowledge displayed, and the sense of power derived from that knowledge.

Besides being Provincial Treasurer, Mr. Harcourt also has charge of the License Department, and in the administration of these two departments he has shown great ability.

His great anxiety to discharge his duties agreeably as well as conscientiously is discernible in the manner in which he makes himself accessible to all, and the attention and courtesy with which he listens to all who approach him. His chief masterpiece of legislation was the bill relating to succession, a measure which bore the impress of a desire for the public interest and justice. Mr. Harcourt also took charge of the Educational Department during the absence of Hon. G. W. Ross in England, a task of which he acquitted himself in his thorough and conscientious way. Mr. Harcourt was married in 1876 to Augusta H. Young, daughter of the late Jacob Young.

Heroic Cure of a Tobacco Borrower. The tobacco merchant was showing us a "yard" of perique tobacco grown in that famous county in the south, and the conversation had drifted in that direction.

"No man can smoke perique straight," said he, "and those who know it best use about one-eighth per cent and the rest tobacco. I will run over the first time that I ever smoked. My friends put up the trick on me, and when I came to myself I had the pipe with me, but I didn't know where I had been. Later I had four pounds of it sent to me from New Orleans as heavy as roped molasses. I filled a pipe with it and covered it with dry ashes and laid it away for a friend of mine who never bought a pipeful of tobacco in his life and who always was smoking in my store. He came in, and how his eyes glistened at sight of the full pipe! He lit it and sat down. In five minutes it fell from his hands, his head went back and he had passed away. He slept over two hours, and I got afraid. We couldn't awake him, and it was fully four hours before he came to himself. He never smoked my pipe again."—Levinson Journal.

HON. R. HARCOURT.

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