

## HOUSEHOLD.

## Eating Before Sleeping.

A short time since physicians held the eating of food immediately before retiring almost a crime. The old theory is quite exploded. One medical journal, in commenting on the subject recently, said that while it is not good, as a matter of fact, to go to bed with the stomach so loaded that the undigested food will render one restless, still something of a light, palatable nature in the stomach, is one of the best aids to quietude and rest. The process of digestion goes on in sleep with as much regularity as when one is taking violent exercise to aid it, and so something in the stomach is very desirable for the night's rest. Some physicians have declared, indeed, that a good deal of the prevalent insomnia is the result of an unconscious craving of the stomach for food in persons who have been unduly frightened by the opinion that they must not eat before going to bed, or who have, like many nervous women, been keeping themselves in a state of semi-starvation. Nothing is more agreeable on retiring for the night than to take a bowl of hot broth, like oatmeal gruel, or some good nourishing soup. It is a positive aid to nervous people, and induces peaceful slumbers. This is especially the case during cold winter nights, when the stomach craves warmth as much as any other part of the body. Even a glass of hot milk is grateful to the palate on such occasions, but a bowl of light, well-cooked gruel is better, and during the cold months of winter should be the retiring food of every woman who feels, as many do, the need of food at night. —N. Y. 'Ledger.'

## Caring for Linen.

In almost every household there are lovely bits of needle-work, doilies, cushion covers, table scarfs, splashes for wash-stands, and other articles made of linen, so beautifully decorated with silk embroidery that they are well worth preserving, and by caring for them properly they will last a life-time.

It has often been observed that linen was worn more by careless laundering than by use, and in spite of the fact that embroidery silks are warranted not to fade, any of them will do so if these articles are put in with the regular washing and rubbed and boiled like other white clothes. Use soft water that is heated until it is as warm as new milk. Rub lightly between the hands, using plenty of good soap to get them clean, and rinse in two waters, adding a little boiled starch and very little bluing to the second rinse water. Hang in a shady place where they will not freeze, and leave until half-dry. An upstairs room is a good place in winter. Roll tightly for an hour or two, and iron on the wrong side, placing the linen on an ironing-board which is covered with several thicknesses of flannel and a clean white cloth. This will bring out the embroidery nicely, making it look like new every time it is washed. —'Christian Work.'

## Helpful Hints.

If a mother treats her young child as if it were her first doll, she need not be surprised to have it grow up with very little respect for her views concerning what is right and wrong for it.

When parents laugh at their little ones' misdoings and perversity and acts of disobedience and insubordination they are only preparing the way for a great deal of trouble for themselves, their offspring and everyone else in their family circle.

Children learn to know at a very early age whether their parents are persons of firm purpose, and consequently, to be obeyed, or vacillating and uncertain of purpose, and therefore easily to be overcome by persistence.

'Honor thy father and thy mother' is getting to be an obsolete commandment, 'more honored in the breach than in the observance.' American laxity in demanding the respectful obedience of their children is a matter of great wonderment to foreigners from all European countries.

A mother wrongs a child if she allows it

to grow up lacking the proper training and discipline which will teach it its duty to itself, its parents and to society in general. —'Ladies' World.'

## Learn to Speak.

The following suggestions on extemporaneous speaking, by Dr. Edward Everett Hale, may be of interest to those of our readers who wish to be ready for all emergencies, even that of being called upon to make a few remarks in public:

1. Think over what you have to say, and put your thoughts into words, either in writing or in speaking aloud to an imaginary person.
2. Say nothing of yourself, least of all in the introduction.
3. Arrange your points in order.
4. Stick to the order you have laid down.
5. Divide your time among your points according to their importance.
6. Keep exactly to the amount of time you have previously arranged for each point.
7. Stop when you are through. —'Educational Journal.'

## Selected Recipes.

**A Delicious Sponge Cake.** — Two cups of flour, two cups of sugar, twelve eggs. Beat whites and yolks separately thirty minutes, putting the yolks with the sugar. Add one teaspoonful of baking-powder and flavoring.

**A Tomato Suggestion.** — The 'Evening Post' housekeeper says: For luncheon or the Sunday night tea, whole tomatoes, the top evened off and first generously treated with salt and pepper, then dusted with chopped parsley and a bit of grated onion, and served with a thick mayonnaise, is a dish to remember. The fruit should be scalded, peeled, and thoroughly chilled before being submitted to the flavoring process. When it is wished to chill tomatoes that have been scalded very quickly, lay pieces of ice on each, and dust a little salt over the ice. The skins of the tomato should never be eaten. They are absolutely indigestible.

**String Bean Soup.** — For this the 'Household' gives the following: Two cupfuls of beans cooked in one pint of celery stock and one pint of water; add one sprig of parsley, one or two slices of onion, and one clove. Rub through strainer saving the liquor. Return all to the kettle. Cook together one tablespoonful of butter and three of flour, add one cupful of milk and one of cream. Season with salt and pepper. Strain and serve.

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Parsnip, New Intermediate	.10
Parsley, triple curled	.05
Peas, New Queen	.10
Radish, Olive Gem, white tipped	.05
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