

HYGIENE.

The End of it All.

The proud man, fat with the fat of the land,
Dozed back in his silken chair;
Choice wines of the world, black men to command,
Rare curios, rich and rare,
Tall Knights in armor on either hand—
Yet trouble was in the air.

The proud man dreamed of his young days, when
He toiled light-hearted and sang all day.
He dreamed again of his gold, and of men
Grown old in his service and hungry and gray.
Then his two hands tightened a time; and then
They tightened, and tightened to stay!

Ah me! this drunkenness, worse than wine!
This grasping with greedy hold!
Why, the poorest man upon earth, I opine,
Is the man that has nothing but gold.
How better the love of man divine,
With God's love, manifold!

They came to the dead man back in his chair,
Dusk liveried servants that come with the light;
His eyes stood opened with a frightened stare,
But his hands still tightened, as a vise is tight.
They opened his hands—nothing was there,
Nothing but bits of night.

Food for Invalids.

Food for an invalid requires much thought and care, for the eye as well as the palate must be pleased, and the food should be nourishing as well as dainty and inviting. Something for a change is always called for, and a few recipes may be welcome:

An excellent broth for any one with weak lungs is made from two pounds of knuckle of veal cracked into pieces and put over the fire with two quarts of cold water. Cover and cook slowly until it is reduced to one quart. Strain and season with salt. Meanwhile soak three tablespoonfuls of pearl sago in a cup of cold water, heat by setting the dish in a pan of boiling water for half an hour, and stir occasionally. Put the strained broth in a double boiler and add the warmed sago to it, cook half an hour and then stir into it one cup of cream heated to the boiling point and the well-beaten yolks of two fresh eggs. Let all only come to a boil and remove from the fire at once. Serve as soon as possible.

Beef and sago makes a very nourishing broth. Have two pounds of beef from the round cut into small pieces and put in a saucepan with two quarts of water. Cover and cook until the goodness is all extracted from the meat. Strain and season with salt. Meanwhile soak one cup of sago in water enough to cover it; add it to the strained broth and return the broth to the fire and let it simmer one hour. Add the yolks of two eggs beaten very light. Let it remain a moment and take from the fire. Serve at once with finger pieces of thin buttered toast.

Cream soups are a pleasing change after plain broths or teas. Sago, pearl, tapioca, barley, or rice may be used. Take any white stock that is rich and well seasoned. Put into a saucepan a half pint of the stock and the same quantity of cream. When it comes to a boil add one tablespoonful of flour thoroughly moistened with cold milk, and let it boil up once. Have the tapioca or whatever you wish to use in the soup cooked and add it to the soup and serve. Barley requires two hours to cook, rice one hour; sago and pearl tapioca must be soaked in cold water half an hour and cooked the same length of time.

Chicken jelly may be used in a variety of ways. To make the jelly take a fowl weighing about three pounds. Clean and remove the skin and fat. Cut it into pieces and put them into a saucepan with two generous quarts of water, a bay leaf, and some pieces of celery. Cover and heat slowly up to the boiling point. Let it simmer for four hours. Then season with salt and

strain into glasses and set away to cool. When cold remove the fat. This jelly may be used cold or heated, and served like soup. Heat a glass of the jelly and add a gill of sherry or Madeira wine, one teaspoonful of dissolved gelatine, some sugar, and the juice of half a lemon. Pour the liquid jelly into small cups and set away to harden. This makes a very nourishing wine jelly. Pieces of the white meat of the fowl may be cut fine and put it into a jelly glass and the liquid jelly poured over them. When cold, it is appetizing, sliced and put between thin pieces of bread, buttered and with the crust taken off, or with slices of jellied chicken with toasted crackers.

Boiled rice with egg is excellent and generally liked. Wash thoroughly half a cup of rice and put it into a double boiler with just enough water to cover it. When the rice is nearly done, if any water remains pour it off and add one cup of milk and a little salt. Let the rice cook slowly until done. Beat an egg thoroughly, and the last thing before taking the rice from the fire stir the egg into it as lightly as possible, and serve hot with sugar and cream.

To make arrowroot jelly, moisten three heaping tablespoonfuls of the best Bermuda arrowroot with a little cold water and turn into a large cup of water that is boiling over the fire and in which two tablespoonfuls of granulated sugar have been dissolved. Stir until clear, and add one tablespoonful of brandy or three of wine. Wet in cold water individual moulds or small cups and pour in the liquid jelly, and put in a cold place to harden. Serve with whipped cream. When wine cannot be used, in place of it take one teaspoonful of lemon juice.

Tapioca jelly is excellent. To prepare it soak one cup of tapioca in three cups of cold water over night. In the morning put it in a double boiler with a cup of hot water and let it simmer until perfectly clear, stirring often. Sweeten to taste and flavor with the juice of half a lemon and two tablespoonfuls of wine. Pour into cups and set away until perfectly cold. Whipped cream and sugar may be served with this jelly.

If preferred, a blanc-mange may be made with tapioca and milk by soaking a cup of tapioca in two cups of water over night. Place over the fire in a double boiler the soaked tapioca and stir into it two generous cups of boiling milk, three tablespoonfuls of sugar, and a pinch of salt. Let it cook slowly fifteen minutes, stirring several times. Remove from the fire and flavor with wine or vanilla. Pour into individual moulds and set away to harden.

Orange jelly will often tempt, and look inviting. To make it, soak half a package of Cox gelatine in a teacup of cold water for an hour. Select perfect oranges and cut them through the centre and remove the inside, keeping the divided orange skins whole. Take a generous half pint of orange juice, beat the white of an egg to a stiff froth and add to the juice with a teacup of granulated sugar, a scant pint of hot water, and the soaked gelatine. Set the dish containing the mixture over a fire in a pan of boiling water and stir until it is thoroughly heated. Strain and fill the orange cups, and put in a cold place to harden.

To make Scotch panada use six crackers and scatter a little granulated sugar and a grain of salt over each cracker. Put them in a bowl and just cover with boiling water. Grate a little nutmeg over them and add two tablespoonfuls of wine. Cover the dish and let it stand in a warm place until the crackers are soaked, but not broken. Serve in the bowl.

A delicate egg wine is made thus: Beat the yolk of an egg very light, add to it two teaspoonfuls of powdered sugar and two tablespoonfuls of sherry or one of brandy or whiskey; beat the white of the egg to a stiff froth and stir into the yolk mixture. Pour into a glass with cracked ice.

To make mulled wine use one cup of fine sugar, a tumbler of sherry, and one egg; beat the egg to a froth and add the sugar; heat the wine, and when it is at boiling point pour the mixture in a pitcher and pour the hot wine over it, stirring it constantly; put in four whole cloves and the same quantity of allspice. Drink as soon as possible.

Another mulled wine is prepared thus: Put in an earthen bowl a small piece of cinnamon, three cloves a little piece of mace, and a half cup of water; cover and place over the fire in a pan containing boiling water, and let it remain ten minutes; when heated add to it two tablespoonfuls of sugar and a half pint of port wine; again cover, and let it remain until the wine is hot; strain and let it be taken as hot as possible. It may be poured over a well-beaten egg if nourishment is needed.

The Hair.

As the hair is woman's crowning glory, it should receive special care, for it adds much to beauty. It should be washed not oftener than once a month, as much washing removes the natural oil, which is necessary to vitality and glossiness. Wash it with pure soap and rinse well in soft water. Dry as much of the water out as possible with soft towels; then spread it over the shoulders before the fire; or if the weather is pleasant, in the open air. Moisten the scalp with alcohol or camphor after washing, to prevent taking cold.

Don't neglect to brush the hair well at least once a day. Some persons object to using a fine tooth comb, saying it causes dandruff. This is a mistaken idea. It helps the scalp to perform its natural function of throwing off the small scales of old cuticle, which always accumulate, and stimulates vitality; otherwise it would become incrustated, invite disease and cause the hair to fall out or turn gray. These fine, powdery scales are natural, unless too profuse, when you find the skin tissues need internal treatment. I noticed an old lady with a remarkably fine suit of hair, not a silver strand in it, and when asked what had preserved its youth and vitality, she replied:

"I don't know unless it is because I always use a fine toothed comb." As a cure for baldness it is recommended by good medical authority to paint the bald spot with tincture of cantharides every day or two. You can vary the time from a few days to weeks. Persevere in the treatment until the hair on the spot becomes too long for the application of the fluid to reach the scalp. Sometimes it requires six months' treatment, but you will be rewarded by a fine growth. Vaseline is another remedy which is recommended.

For Gray Hair—Most of the so-called "vegetable hair restorers" when analyzed contain sulphur, glycerin and acetate of lead. An extract made from walnut is considered good and not injurious. The Orientals wash their hair thoroughly and free it from oil, then use henna made into a paste with warm water. They let this remain on for more than an hour, then wash it with warm water. This treatment gives the hair a dark saffron color. After this, powdered leaves of the indigo plant is made into a similar paste and smeared on. In an hour they wash this off. Several hours later the dark hue appears. If a chestnut brown color is wished, after the oil has been washed off as before, they take one quart henna and three of pulverized indigo leaves, make into a paste and smear on the hair. One hour is usually sufficient to produce a light brown, and one and a half a dark brown color. It is claimed that this treatment is not only harmless but beneficial, and prevents baldness. But follow the first instructions in the hair and none of these restoratives will be needed for many years to come.