

# HOUSEHOLD.

## Women in the Garden.

Why not? I have at least three personal acquaintances who owe much to old Dame Nature for renewed youth and new beauty of face and form gained by work in the garden. One is a lady of ample fortune, who loves her lawn, with its trees and vines and flowers as things of beauty. I doubt if the thoughts of health occurs to her, but the effect is patent to all her friends. Another is a lovely little woman who has been in ill health for years. This season, moving to a new home, where her friends and acquaintances were scarce, sheer loneliness drove her to her garden. There the needs of the growing things appealed to her and day by day her visits were repeated, until at last all her morning hours were spent among them, planting, training, weeding, thinning and digging. The result is the renewal of health and strength unknown before for years, the new happiness and greater contentment. The third is a good woman whose sorrows seemed piled mountain high through the loss by death within a few months of her husband and child, and of property as well. Trained to no work as a girl, she seemed helpless. But her little garden demanded attention, and her very losses compelled her to work with her hands. Here, too, the soothing balm of pure air, exercise and occupation worked its marvels in recovered health, contentment and a spirit of self-helpfulness.—'Vick's Magazine.'

## He Knows.

'He knows it all at set of sun,  
The little errands I have run,  
How hard I tried and where I failed,  
Where dreadful wrong and sin prevailed;  
He knows the burden and the cross,  
The heavy trial and the loss  
That met me early on the way,  
And lingered still at close of day.

'He knows it all—how tired I grew  
When pressing duties that I knew  
Were mine, I left in part undone,  
And how I grieved at set of sun,  
And could not rest till his sweet tone  
Of calming love had gently shown  
Me that he did not blame—he knew  
That I had tried my best to do.'  
—'Walt.'

## Selected Recipes.

**Salmon Croquettes.**—One can of salmon, as much cold mashed potato as you have salmon, season with onion, salt, pepper, mix with a little cream or raw egg, form into little cakes and fry a nice brown. Nice for lunch.—'N. E. Homestead.'

**Broiled Spanish Mackerel.**—Clean thoroughly, split down the back and remove the backbone. Broil over a clear fire, on a well-greased wire broiler, for ten minutes, flesh

side down, then turn for one minute on the skin side. Remove to a hot platter. Season with salt, pepper, and butter, or with maitre d'hotel butter, and garnish with parsley. Make the maitre d'hotel butter by creaming one tablespoonful of butter in a bowl, and adding slowly one tablespoonful of lemon juice, half a teaspoonful of salt, half a salt-spoonful of pepper and one teaspoonful of finely-chopped parsley.—'Presbyterian Banner.'

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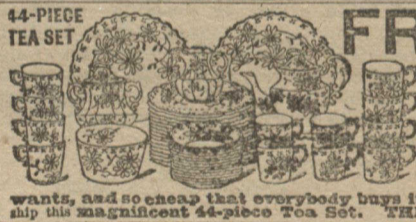
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