

least a rough towel rub, take a few exercises to start the blood circulating, breathe deeply twenty times at any open window, clean her teeth thoroughly and brush her hair,—do all this every morning as soon as she gets up, she would simply laugh at you or give you a mild look of pity because you didn't know any better than to talk that way.

The average country woman tumbles out of bed at an early hour and dons her clothes as quickly as possible, with no thought in her mind save that of getting breakfast. A quick washing of her face and pinning up her back hair is about all the toilet preparations she makes at this time.

Now we are not blaming the country woman for not taking a bath in the morning before breakfast. It is necessary that the men folk have their breakfast early in order to go to their work. But at least after the morning work is over, or after dinner, or even in the evening, we contend that the busiest housewife should take the time to give some attention to herself. Perhaps the most practical plan for her would be to take her daily bath in the after part of the day or just before retiring. A tepid bath it should then be, a good, thorough scrub bath.

As we said before, the country woman does not have the facilities that the city woman has. Few country houses have bath-rooms, and the houses are heated only by grates or stoves, the fire goes out in the night, and in the winter time, by morning, the rooms are veritable Klondikes and the water is covered with a thick scum of ice. Under such circumstances we believe the most of us would excuse ourselves from the cold morning bath.

The country woman is very apt to neglect herself. She is liable to place a low estimate upon personal appearance. She prides herself on her good housekeeping, but the woman herself should be more than the housekeeping. A slattern, tired, faded, wrinkled woman is but a sorry picture, even though her house with all its endless bric-a-brac be spotlessly clean, and her cooking as intricate and fancy as that of a French chef.

But that woman who by careful management and forethought can keep her house orderly and clean, her cooking wholesome and palatable, and yet preserve for herself health and youthfulness, keeping herself dainty and wholesome and clean, though her house may be less elaborately furnished and her cooking more simple, that woman has chosen the wiser course and not only retained for herself the beauty of a healthy and superb womanhood, but is, in truth, the mistress of her home.—'Medical Talk.'

Selected Recipes.

Spring Soup.—Cut a bunch of asparagus in pieces and boil in a quart of water until tender. Heat a pint of milk and thicken with a tablespoonful each of butter and flour, rubbed together. Take out a few tips of the asparagus and rub the rest through a colander, return to the water in which it was boiled, drop in the tips, add the milk and season with salt and red pepper. Boil two minutes and serve. A beaten egg may be added just

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before serving; do not boil it after it is put in, but stir continually.

Nut Cake.—Cream one cup of butter, add slowly one-half cup of sugar, beating all the time. Beat the yolks of three eggs light, add to the first mixture, then add one-half cup of milk and three cups of flour sifted with four level teaspoons of baking powder, one teaspoon of vanilla and last the stiffly beaten whites of the three eggs. Bake in jelly-cake tins. For the filling add to part of the rule for boiled icing one cup of finely chopped English walnut meats and spread between the layers. Cover the top with the remainder of the icing and dot with unbroken halves of the nut meats.

Household Items.

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