

## HOUSEHOLD.

### A Woman's Question.

Do you know you have asked for the costliest thing

Ever made by the Hand above—  
A woman's heart, a woman's life,  
And a woman's wonderful love.

Do you know you have asked for this priceless thing

As a child might ask for a toy—  
Demanding what others have died to win  
With the reckless dash of a boy?

You have written my lesson of duty out;  
Manlike you have questioned me;  
Now stand at the bar of my woman's soul  
Until I have questioned thee.

You require your mutton shall always be hot,

Your socks and your shirt shall be whole;  
I require that your heart shall be true as  
God's stars,  
And pure as heaven your soul.

You require a cook for your mutton and beef;

I require a far better thing;  
A seamstress you're wanting for stockings  
and shirts—  
I look for a man and a king.

A king for a beautiful realm called home,  
And a man that the maker, God,  
Shall look upon as he did the first,  
And say, 'It is very good.'

I am fair and young, but the rose will fade  
From my soft young cheeks some day;  
Will you love me then, 'mid the fading  
leaves,  
As you did 'mid the bloom of May?

Is your heart an ocean so strong and deep  
I may launch my all on its tide?  
A loving woman finds heaven or hell  
On the day she is made a bride.

I require all things that are grand and true,  
All things that a man should be;  
If you give this all, I would stake my life  
To be all you demand of me.

If you cannot do this, a laundress and cook  
You can hire, with little to pay;  
But a woman's heart and a woman's life  
Are not to be won that way.

### The Useful Hot Water Bag.

(*'Good Housekeeping.'*)

When the india-rubber hot-water bag is as inexpensive as it is at present it becomes almost a duty to possess one. The water to fill it is always attainable, and the comfort of the possession will amply repay the expense. Frequently its use will relieve pain in a far simpler and more effectual manner than any medicine. A bag placed on the side of the neuralgic face will cause the blood to flow to that part and bring nourishment to the starving nerve. A fit of indigestion may be overcome in a similar manner. The weak heart may be filled by a very scantily filled bag, placed under the left arm, against the side. In the summer hotel on a rainy day it will make one quite fearless of the half-aired sheet and chilly bed, and thereby ward off that attack of the 'blues' which cold, unseasonable summer weather often produces. Then again, carefully concealed in its dark-colored bag, what a comfortable companion for a long, cold country drive. Always soothing, never contradictory, it is actually a life-saving machine. Many as are the blessings of the hot-water bottle, it must not be forgotten that it is also a source of danger. Always see that the stopper is absolutely tight, and never use it without a thick cover. Many a painful burn has it given, especially to an unconscious patient or to an old person. In old age, the circulation being weaker, the vitality be-

comes low. A thick cover will keep the water longer warm as well as insure against burns. Filling the bag quite full will also cause the heat to be retained for a longer time, but it will not be as comfortable as when half full. When not in use, the bag should be emptied.

### Food and Sleep.

(*'Journal of Hygiene.'*)

Food may be used to promote sleep. This is most beneficial to nervous persons whose digestion is fairly good and who have not eaten a very hearty or indigestible late meal. What kind of food it shall be does not matter very much, provided it is nutritious and easily digested. Some prefer one kind and some another. One man prefers a plate of raw oysters with some crackers and butter, another a glass of milk or a dry biscuit. One eminent minister thought he had made a great discovery when he found that by eating roasted peanuts before going to bed he could sleep soundly. Others have found that a glass of hot milk or any of the many excellent substitutes for milk answers just as well. The food seems to take away from the brain the blood which keeps it in a state of activity to perform the act of digestion. Those who eat hearty, indigestible late dinners will not be benefited by food just before bed-time, nor those whose digestive organs are in a very abnormal state and the stomach foul. The old notion that one should go to bed with an empty stomach seems to have been proved for some persons at least bad, good as it may be for others. By a little carefulness and experimenting one may find what food taken at bed-time agrees and what does not, and if the practice is good or bad for himself or not. To some extent it is true that what is good for one may not agree with another.

### System in Housework

(*'The Dominion Churchman.'*)

If the thoughtful housewife will follow the plan suggested below she will never regret it. More system in housekeeping is the remedy for nearly all the minor evils connected with the present-day help problem.

Many fail to recognize housekeeping as a business that must be conducted with the same precision as a business of a different nature in order for it to run smoothly and successfully. To employ method in housekeeping is an exception and not the rule; the different kinds of work are oftentimes performed whenever the inclination seems to dictate, the greatest part of the work of the entire week being allowed to remain undone until perhaps only two days remain in which to do the work of six, and in consequence the strength is overtaxed in doing that which might have been done with no injury to the worker had it been done systematically.

System cannot be eliminated from the housekeeping of those who are dependent upon but one servant to do the general housework, and the housewife must herself do the systematizing, as few servants are capable of doing it wisely.

Sit down with pen and paper and under the head of Usual Every Day Work, write down in the order in which it would be performed most conveniently and with despatch the work most necessary to be done daily. Determine what rooms must receive daily attention and the work to be done in them, if they must be thoroughly swept and dusted, etc., what cupboards, shelves, dressers, etc., must receive daily cleaning in kitchen and pantry, the work which must be done in sleeping rooms, the lamps that must receive daily attention, the rooms that require a second setting in order after the noon meal. Every item should be jotted down, even the washing of dishes. This for the purpose of appointing a special time for the doing of each piece of work, should be given a place upon the paper before or after another, and the work to be done in the order in which it has been written, as certain kinds of work if done before another will hasten

the whole work of the day and fuel may also be saved in this way.

Next, determine what work must be done to keep the house in a satisfactory condition through the entire week, the work which does not require a repetition each day and divide it as equally as possible into six parts and assign a certain part to a certain day in the week. To one day washing, to another ironing, to another a general cleaning of the whole house, that is the washing of windows, woodwork, cupboards, china closets, etc., to another day sweeping and dusting, to another the baking and the washing of floors. Besides there are various small jobs of work that must be included with these already named, but they should be added to the work of the days which are the lightest to perform. There should be no such additions to the work of the days to which washing and sweeping are assigned.

This first draft of a housekeeping plan will prove to be a most imperfect one, but by using it for reference in executing the work of a week, mistakes will be noted, and corrections made until it seems satisfactory. It should then be copied out for good and tacked up in some handy place for reference.

It may seem foolish to bring housework down to so methodical a plan as this, but it has actually been put into practice no doubt. It has proved especially helpful in cases where a frequent change of young and inexperienced help has been necessary. At least a month must be given it for trial and in that time order will be restored in the household where confusion previously reigned. Duties that if forgotten and left unperformed would put the whole household machinery out of gear, are far more likely to receive attention if assigned to a certain day and a certain time. A place for everything and everything in its place is a valuable motto, but its equal is found in a time for everything and everything done at the proper time.

### Hints on Health.

**Ivy Poisoning.**—A peculiarity of poisoning by ivy, dogwood or sumac is that a cure which will be of avail to one patient will give no relief to another. Country people, who live in districts where poisonous plants luxuriate, keep ready all sorts of simple home remedies, and if one does not help another will. Carbonate of soda dissolved in hot water, making a very strong solution, will frequently cure at once if it can be applied at the very earliest symptoms of poisoning. Salt in hot water will sometimes relieve when soda will not. Other simple country cures are a strong lye made from wood ashes, sassafras tea, made as strong as possible, and lime water. A doctor's remedy is a solution of sugar of lead mixed with opium in equal quantities. Water as hot as can be borne affords relief from the terrible itching. Poison ivy is easily recognized by its triple leaf. Some people are so susceptible to it that merely passing in its vicinity is sufficient to bring out the irritating blotches. Washing the exposed parts of the body immediately after coming in contact with it will often prevent unpleasant results. Care should be taken never to wipe the hands or face after exposure on a towel another is likely to use, for though you may not be poisoned yourself, another may become frightful, so—  
'Good Housekeeping.'

### True Freedom.

(*Mrs. Clement Farley, in 'Ledger Monthly.'*)

I have been particularly struck lately with the lack of courage among young girls in doing things independently and according to their own convictions of duty and good taste. It is far from my intention to show approval of arrogant self-assertion, or for a moment to be supposed to encourage a young life in opposing itself to home rule and that obedience to parental guidance and authority which is a corner-stone to all building-up of noble womanhood. The honor due to father and mother is of sufficient importance in God's sight for him to include it in the