

HOUSEHOLD.

A Word to the Girls.

Girls in the country sometimes grow tired of the quiet routine of farm work, and long for the excitements and attractions of city life. But life in the city is not the public holiday it seems to the girls on their occasional visits to town. Believe me when I tell you that working girls in the city have an infinitely more monotonous existence than the country girls ever dreamed of. You get up early and work hard, it is true, but the picnics you attend in summer and the rides and parties that enliven your winter give you social recreation and change, while there is always the keenest enjoyment for those who know how to read mother nature's book.

Think of spending every working day in a dingy office, writing and figuring constantly, with but half-a-day's vacation in three years, as one girl I know of has done! Think of spending all the hot, dusty summer days at a sewing-machine in a factory with the ceaseless clatter of hundreds of other machines all about you! Think of walking two miles to work, standing behind a counter all day, forced to smile and smile, though you feel like a villain ought to feel, and walking home again at night. All these things thousands of girls in this city do.

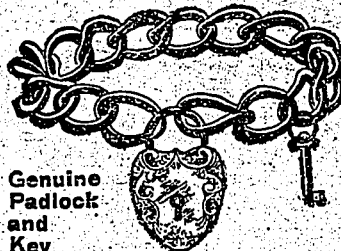
One girl I know stands and irons ready-made blouses all day, week in and week out. Where is the variety in her life? How would you like to exchange your duties with them? Do you not think it would be a welcome relief to them to milk in the cool of the morning, churn, bake and sweep before the hottest part of the day, peel potatoes for dinner out under the shade of a tree, and, after the dinner work is over, to sit out in the cool and shady yard, or rest in the hammock, or take a canter on the pony, and at night to lie down and breathe in the sweet-scented air of the country, instead of sewer smells and effluvia of dirty alleys?

How would you like to pay out of your scant earnings for every specked apple or withered peach you ate? Why, if you lived in the city, you would pay for fruit that you will not pick up from the ground now. How would you like the ever present possibility of losing your 'job' and having your income cut off for a time, with no money to pay the expenses that always accumulate so fast? Think of all these things before you give up the quiet and peaceful life of the country, with the certainty of a comfortable home, even if you do not have ice cream and fried chicken every day. To make the best of what you have is better than to rush into evils that you know not of.—American Paper.

Don't Fold the Arms.

Don't fold the arms. By doing so you pull the shoulders forward, flatten the chest and impair deep breathing. Folding the arms across the chest so flattens it down that it requires a conscious effort to keep the chest in what should be its natural position. As soon as you forget yourself down drops the chest. We cannot see ourselves as others see us. If we could, many of us would be ashamed of our shapes. The position you hold yourself in most soon becomes the natural position. Continuous folding of your arms across the chest will develop a flat chest and a rounded back just as certainly as will clasping the hands behind the head, or folding the arms behind the back and doing much posterior chest weight work, develop a flat back and a deep, full, rounded chest. You can't think of all these things? Do you think of folding your arms across your chest? No, it is a habit. Make these things habits, and you won't need to think of them; you will do them unconsciously.

Here are four other hints which should be habits: Keep the back of the neck close to the back of the collar at all possible times. Always carry the chest farther to the front than any other part of the anterior body. Draw the abdomen in and up a hundred times a day. Take a dozen, deep, slow breaths a dozen times each day. To do these exercises properly dress loosely. You cannot do them properly otherwise. Never wear shoulder-braces to keep your shoulders back. They weaken nature's shoulder-

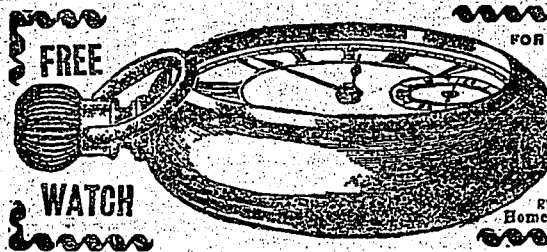


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braces. Develop nature's braces and you will breathe more deeply, and have a better form physically.—Robert J. Roberts, in 'Men.'

Home Finance.

We must run our affairs with each other on a strict business basis. If one child borrows a penny of its brother or sister, see that it is punctually paid back again. If you older ones borrow even a few cents of your children in an emergency, see that you do not have to be reminded of it before you pay it back. It is a just debt—a debt that should be paid as surely as your grocery bill, or your washerwoman's earnings. If finances were more strictly taught in the home there would be much safer business principles established. A guest in a home borrowed two cents from a little child's bank to make up some needed change. She went away and never paid it back. Forgot it. She had money enough to pay it a hundred times over. It was carelessness, thoughtlessness on her part, but the child did not forget it, and the impression made on that young mind in regard to that guest's financial honor will not be easily forgotten. The child reasoned that it would not be polite for him to ask the lady for it, or even to remind her in any way of it, and so she went away unmindful of the debt she had incurred from that little boy. Hawthorne says in connection with the questions of disputed boundaries, that "The right of purchase is the only safe one. This is a world of bargain and sale; and no absurdity is more certain to be exposed than the attempt to make it anything else. This is true certainly as regards finances of any amount.—Susan Teall Perry, in 'Christian Work.'

Selected Recipes.

Strawberry Shortcake.—There is such a difference in strawberry shortcakes. Some are made of the same materials as biscuits—the poorest, according to our judgment; others have a regular cake as the foundation—those are very good; but, in this 'fast age,' when we wish to have the best with the least time and trouble, we can make the nonpareil strawberry shortcake in this way: From the baker get a sheet of best sponge-cake, not frosted. Buy two quarts of strawberries; hull and wash them, for the best have some sand in them, and cold water doesn't hurt them. Drain in a colander, and put in a glass or china, (not tin) dish for an hour, with a cup of sugar sprinkled over them. Then split the sponge cake, lay the upper part, crust down, on a platter, over this lay one-half the berries evenly, lay the other half of the cake on, crust down, and evenly lay over the rest of the berries. Drip the rich juice remaining evenly over all with a spoon. This should all be done an hour before wanted, now beat one pint of rich cream to a froth, and spread over all, or if cream is as plenty as at the farm, the clear, thick, unwhipped cream may be poured liberally over all. This is a dessert that is not troublesome to make, requires no fire or heat to prepare it, and is sufficient in quantity for half a dozen persons.

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