

JOHN HARVEY KELLOGG (1852-1943)

SCRAPBOOKS BOUND

WOMEN'S CONCERNS/HOUSEKEEPING

AN OLD TIME SCHOOLMASTER.

A HUNDRED and fifty years ago, among the German settlers of Pennsylvania, there was a remarkable old schoolmaster whose name was Christopher Dock. For three days he taught school at a little place called Skippack, and then for the next three days he taught at Selford.

Whenever one of his younger scholars succeeded in learning his A B C, the good Christopher Dock required the father of his pupil to give his son a penny, and asked his mother to cook two eggs for him as a treat in honor of his diligence. To poor children in a new country these were fine rewards.

At various other points in his progress an industrious child in one of Dock's schools received a penny from his father and two eggs cooked by his mother. All this time he was not counted a member of the school but only as on probation. The day on which a boy or girl began to read was the great day. If the pupil had been diligent in spelling, the master, on the morning after the first reading day, would give a ticket, carefully written or illuminated with his own hand. This read "Industrious. One penny." This showed that the scholar was now really received into school.

There were no clocks or watches; the children came to school one after another, taking their places near the master, who sat writing. They spent their time reading out of the Testament until all were there. But every one who succeeded in reading his verse without mistake stopped reading, and came and sat at the writing-table to write. The poor fellow who remained last on the bench was called a lazy scholar.

The funniest of Dock's rewards was that which he gave to those who made no mistake in their lessons. He marked a large O with chalk on the hand of the perfect scholar. Fancy what a time the boys and girls must have had trying to go home without rubbing out this O! —*St. Nicholas.*

FIFTY QUESTIONS.

An ingenious correspondent of the *Herald of Health* once gave the following fifty questions, each to be answered by the name of a well known author. The answering of these questions will form a pleasant evening entertainment.

1. What a rough man said to his son when he wished him to eat properly.
2. Is a lion's house dug in the side of a hill where there is no water.
3. Pilgrims and flatheads have him low to bid him.
4. Makes and mends for first-class customers.
5. Represents the dwellings of civilized men.
6. Is a kind of linen.
7. Is worn on the head.

8. A name that means such very things, describe their pains and stings.
9. Belongs to a monastery.
10. Not one of the four points of the compass but inclining toward one of them.
11. Is what an oyster heap is like to be.
12. Is a chain of hills containing a dark treasure.
13. Always youthful as you see; but between you and me, he never was much of a chicken.
14. An American manufacturing town.
15. Humpbacked but not deformed.
16. An internal pain.
17. Value of a word.
18. A ten-footer whose name begins with fifty.
19. A brighter and smarter than the other one.
20. A very vital part of the body.
21. A worker in precious metals.
22. A lady's garment.
23. A small talk and a heavy weight.
24. A prefix and a disease.
25. Comes from a pig.
26. A disagreeable fellow to have on one's foot.
27. A sick place of worship.
28. A mean dog 'tis.
29. An official dreaded by the students of English universities.
30. His middle name is suggestive of an Indian or Hottentot.
31. A manufactured metal.
32. A game and a male of the human species.
33. An answer to "Which is the greater poet, William Shakespeare or Martin F. Tupper?"
34. Meat! What are you doing?
35. Is very fast indeed.
36. A barrier built by an edible.
37. To agitate a weapon.
38. Red as an apple, black as night, a heavenly sign of a perfect fright.
39. A domestic worker.
40. A slang exclamation.
41. Pack away closely, never scatter, and doing so you'll soon get at her.
42. A young domestic animal.
43. One that is more than a sandy shore.
44. A fraction in currency and the prevailing fashion.
45. Mamma is in perfect health, my child; and she has named a poet mild.
46. A girl's name and a male relation.
47. Take a heavy field piece, nothing loth.
48. Put an edible grain 'twixt an ant and a bee and a much beloved poet you'll speedily see.
49. A common domestic animal, and what it can never do.
50. Each living head in time 'tis said, will bow to him though he be dead.

ANSWERS.

1. Chaucer. 2. Dryden. 3. Pope. 4. Taylor.
 5. Holmes. 6. Holland. 7. Hood. 8. Burns.
 9. Abbott. 10. Southey. 11. Shelley. 12. Coleridge.
 13. Young. 14. Lowell. 15. Campbell.
 16. Akenside. 17. Wordsworth. 18. Longfellow.
 19. Whittier. 20. Goldsmith. 21. Harte. 22. Spencer.
 23. Chatterton. 24. DeQuincy. 25. Bacon.
 26. Bunyan. 27. Churchill. 28. Curtis.
 29. Proctor. 30. W. Savage Landor. 31. Steele.
 32. Tennyson. 33. Willis. 34. Browning. 35. Swift.
 36. Cornwall. 37. Shakespeare. 38. Crabbe.
 39. Cook. 40. Dickens. 41. Stowe.
 42. Lamb. 43. Beecher. 44. Milton. 45. Motherwell.
 46. Addison. 47. Howitt-zer. 48. Bryant.
 49. Cowper. 50. Gray.

The Best Way to Teach.

It was once said, by an eminent French philosopher, "That the best way to educate a child is to tell it stories, and let it tell stories to you." There is so much true philosophy in this remark, that we will extend it a little. There is a school-room education, and an ambulating or walking education; the one is obtained out of the book on the bench, the other from walking among and talking of things. And we believe that this outdoor instruction has been too much neglected; education having been conducted on the principle of looking out of the window at things, instead of visiting objects and learning their properties and uses. The student, for example, looking out of his college window, at the horse, can give five or six names to the animal; one in Latin, one in Greek, another in German, and then the French name, etc. The stable boy can give but one name; yet which knows the most of properties, nature, disposition, and uses of the horse? Education consists too much in merely naming things, when it should relate more to their properties and uses. It should connect words with ideas, and ideas, as much as the nature of the subject will allow of, with objects. If we instruct children orally while visiting nature, words, ideas, and objects will naturally be more in connection with each other than the school-room lesson can make them. And the teacher should take occasion to instruct in the fields, in ship-yards, in the crowded streets, and in the pathway of canals and railroads. He should talk on all these subjects, and elicit from the children their own impressions, inquiries, and reflections. He should talk and walk and let the children talk more, in the process of education, than has been done the practice with the majority of instructors.

Mothers' Treasury.

What it Cost to Raise a Boy.

"My father never did anything for me," recently remarked a young man who a few weeks ago finished his school life and is now seeking a good business opening. Judging by the words and the complaining tone in which they were uttered, the member of the firm who heard them is prone to believe that the young man's idea of "doing something" is an outright gift of a \$1000 in a lump or the purchase of a partnership in an established concern. This young man, to the knowledge of the writer, has never done a month's actual work for others in his entire life. His life has been passed in the pleasant pastimes of the home circle, in reading, studying, hunting, fishing, ball-playing, yatching and other employments not particularly beneficial to others. He is a type of the class of boys whose parents are sufficiently well to do to keep servants to attend to the household drudgery, and whose fathers follow occupations in which no use can be made of the boy's spare hours. Like most boys of his class, he looks upon the board and clothes for twenty years, together with his pony, jewelry, bicycle, etc., as matters of course. The writer, while the complaining remark was still ringing in his ears had the curiosity to make a conservative compilation, of what it costs to raise an ordinary boy for the first twenty years of his life, and here it is:

\$100 per year for the first five years...	\$500
\$150 per year for the second five years	750
\$200 per year for the third five years	1,000
\$300 per year for the next three years	900
\$500 per year for the next two years...	1,000

Total.....\$4,150

This is a moderate estimate of the financial balance against the boy who complains that his father has never done anything for him.

GIRLS FIRST.

The best husbands I ever met came out of a family where the mother, a most heroic and self-denying woman, laid down the absolute law, "Girls First." Not in any authority, but first to be thought of as to protection and tenderness. Consequently, the chivalrous care which these lads were taught to show their own sisters naturally extended itself to all women. They grow up true gentlemen—gentlemen, generous, unexacting, courteous of speech and kind of heart. In them was the protecting strength of manhood, which seems to use its strength except for protection; the proud honor of manhood, which infinitely prefers being lovingly and openly resisted to being "twisted round one's finger," so mean men are twisted, and mean women will always be found ready to do it, but which, I think, all honest men and brave women would not merely dislike, but utterly despise.—Author of John Halifax.

THE TRUE CULTURE.

BY REV. HOWARD B. GROSE.

In the line of the small boy's definition of salt, as that which makes potatoes taste bad when you don't put any on, culture may be defined as that which makes life very disagreeable when you don't put any in. I believe the absence of this quality causes more unhappiness and misery in the world than does the presence of poverty. Kindness, thoughtfulness and courtesy are not marketable commodities; but they are qualities indispensable to a symmetrical character. Christianity carries culture within it, and is not to be found, in its perfection, without it. I think it time that young people, at least, should recognize the practical application of the religion of Jesus to all life, and see that surliness, boorishness, meanness, slander and spitefulness are not less inconsistent in the Christian, than lying, deceit or deviltry. Christianity ought to cover the entirety of character and control the whole of conduct.

Do not sneer at "culture" as a cant word, representing a hypercritical and hypercultivated spirit, refined away from all that is useful and sensible and sound. I am not thinking about that æsthetic class who have made culture a by-word and reproach, when I urge you not to neglect culture. Nor am I thinking primarily of physical or intellectual culture. These are both essential to symmetry and strength; but if there must be neglect along any line, let it not be in the heart culture which beautifies and completes character, and gives it highest use and form.

This culture is admirably called happiness-producing power. Americans, as a nation, have far too little of it. Dr. Guthrie says, "Ask a person at Rome to show you the road, and he will always give a civil and polite answer; but ask the same question in Scotland and the answer will probably be, 'Follow your nose and you'll find it.'" Our land is, in this, too much like Scotland; but I wish it were not so—that it were impossible to get any rude answer or action anywhere. I wish culture were with us a national trait, as independence is; for it is the want of it which produces the frost of neglect that kills the tender shoots of love in the garden of the heart. Just a little more of this gracious and preservative quality would save thousands of young married people from making each other miserable, and thousands more of unmarried ones from the prospect of it.

And when one reflects thus, that a little more of that thoughtful kindness which is the essence of heart culture would smooth the wrinkles from countless unhappy faces, hold forever unspoken a multitude of wrong and wounding words, check the decay of love and hope in so many heavy hearts, and put the needed sugar into the lemonade of life everywhere, surely an appeal is in place for Christian culture. For Christian culture, because none other is genuine and enduring. Fashion's culture is like prettiness, only skin-

deep. Christian culture is the true beauty-blest the heart.

There is a counterfeit culture, which speaks of honest work as horribly vulgar, which dare not indulge in hearty laugh lest it wrench etiquette, or be enthusiastic about anything because enthusiasm is not "good form," and which is afraid to touch ordinary people for fear of getting soiled; but the counterfeit is soon discovered. Eyes open to the truth see that true culture is not exclusiveness but approachableness, not haughtiness but agreeableness; that shallow pretensions of social supremacy based on bank accounts are the sign of coarseness, not culture; that lofty airs are the marks of low breeding, not high; that true culture, like charity, is not puffed up, vaunteth not itself, is kind, is companionable, and gives sympathy with every phase of life, and ability to work most successfully for human welfare and advancement. The attainment of this quality is directly in the line of Christian Endeavor:

"High thoughts seated in a heart of courtesy."

That is Sir Philip Sidney's beautiful phrasing of culture. Character makes the man; character plus culture makes the gentleman, and the gentleman is the real nobleman of this world and the inheritor of all that is best in the next.

Culture is the rose on the breast of character. Would that all young people might wear it. Christ is the sublimest illustration of cultured and complete character the world has seen. Whosoever would make life not only useful and honorable, but high, sweet and helpful, noble and divine, must take place among the loyal lovers of Jesus, and learn the lessons of culture, as of all truth, from Him.

A Queer Beast.

I spent four days with the rubber workers of Guatemala and though they mistake plenty of rest, yet they are far superior to the ordinary "moss" of the "finca." The way is because they work for themselves, while the "moss" work for others. In gathering the rubber, they cut a line of from ten to fifteen, and when the product is sold the proceeds are equally divided. We lived very well, and ate strange meals of the old Indian, but every animal he could secure in this region on animal called the "chachalaca." It resembles the parrot, but has the skin and feathers of a parrot. The "chachalaca" is a very queer-looking bird. One day I remained at home to write, and I noticed the old man dig a hole in the ground two feet deep and put some stones in it. I asked him why he did so, and he said, "I am digging for the 'chachalaca'." He said he had seen one in the hole and he was sure to find it there. I was very much interested in this story, and I asked him how he would catch it. He said he would put some corn in the hole and when the bird came to eat it, he would catch it. I was very much interested in this story, and I asked him how he would catch it. He said he would put some corn in the hole and when the bird came to eat it, he would catch it.

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WHAT IS A KITCHEN-GARDEN?

"To like to visit a kitchen-garden," said a young lady to me a day or two ago, "but I don't know what one is." I suppose there are many just as ignorant about the matter and including every week being done in both these cities as she was. Another said: "Kitchen-garden? Don't you mean kindergarten?" and the lady, when I said I had heard that was a kitchen-garden in connection with the church, smiled in surprise and said: "Why, isn't that odd? How do you like the vegetables?" To all three, and those like unto them, I extend an invitation which I'm sure the managing ladies will heartily welcome, visit the kitchen-garden on Monday and grow enthusiastic as well as I.

The beginning was timely: About four years ago Miss Lucia Kimball formed in St. Paul, as she was forming in other cities, a young ladies' branch of the Y. M. C. A. among the society girls with big hearts and purses, and plenty of time. The principal

work was to be kitchen-gardening. The society was organized in the House of Hope parlors. It began enthusiastically, but led a precarious existence for over a year. One bright member explained: "It began in the spring. Even charity fails when people are bilious. Besides, we were just learning ourselves, and we couldn't hold the children because we made it too worky. Miss Gertrude Palmer used to be our best worker, but her health gave out. We had at first a pay class, which helped to pay for the other. Miss Annie Deane, now Mrs. W. H. Lightner, conducted that. About twenty-five children from good home families belonged to it."

"But what is a kitchen-garden?" you ask. Briefly, it is teaching little children to do house work in play fashion with toys. It was modeled after the kindergarten by Miss Emily Huntington of New York, who was a great worker among the poor. She ran the first one in connection with the Wilson Industrial school. When the women, many of them foreigners, left their little ones while they went out to work for the day, these little children were taught to put their squalid houses in order. Miss Huntington had the toys made to order and patented, wrote some of the songs and got friends to write others, and the result is a work which is proving a not-to-be-despised factor in the solving of the great socialistic and anarchistic problem which "Poverty, Hunger and Dirt" are propounding.

The St. Paul Y. M. C. A. is now on a grand scale. There are thirty-five members, and they occupy the wonderful 500-odd square foot big cherry hall, the A. O. U. W., corner of University and Farrington, every Saturday afternoon from 3 o'clock. After this they will have two classes of fifty each, one in the forenoon. They have bought a complete kitchen-garden outfit costing \$200, leased the hall and purchased a piano. This last is not yet paid for. The girls, for they're young, have gathered in the children from the byways along the Marquette track. They are from squalid homes, their parents are usually foreigners and often imbued with their old-country hostility, decidedly "agin the government." They're glad to have them in a warm, safe place on Saturdays, and more pleased when they note the effect of their hopeful play work, or work play.

There is a prescribed kitchen-garden course. Each lesson begins with a march, there are songs—childish pretty ones with

the girls making bread, the girls making bread, and, what the children should know, about lessons in housework. Their toys, all done step by step, to be made from the piano. For instance, in the first lesson they are supplied with little bundles of sticks, these they are taught to count, to lay on halves and fourths. They are told interesting facts about wood, what the different kinds are used for, and that it is made from wood and is good for building houses and bedsteads, that if wood is kept in dry places, they should be painted and cold water to remove the dirt should be washed with soap.

They are then taught to make a little table of paper, which was used in the kindergarten, where a brownish paper is laid great brown pieces are cut out and the sheets folded into a shape like a table. The girls are then taught to make a little table of paper, which was used in the kindergarten, where a brownish paper is laid great brown pieces are cut out and the sheets folded into a shape like a table. The girls are then taught to make a little table of paper, which was used in the kindergarten, where a brownish paper is laid great brown pieces are cut out and the sheets folded into a shape like a table.

...I pay them just the same, and they serve much better. Then I have all the pleasure of seeing their enjoyment." This has been tried a little in St. Paul and with good success. Ladies have a chance to make your afternoon receptions and lunches a delight to the children who have few pleasures and a god-send to their impatient parents living from hand to mouth in the shanties they call homes. The children are accepted from eight years to fourteen, so that the older ones would be just right.

Further on the children are taught to get and clear their little tables and to wash the dishes. Said Miss Carrie Holtbrook, the bright and enthusiastic president of the Y. M. C. A., "If you could see the way their parents eat, the filthy tables without cloths, the few dishes unwashed from day to day, as we do who go among them, you would understand the keen delight of these children when they may play with their toys and learn how things should be. Often they work a complete revolution at home, even the very little ones. We had one little girl, Maggie Anderson, who lived at the Home of the Friendless. Of course things were neat there, but the table-setting wasn't to her kitchen-garden taste. She had been very lazy, but finally asked permission to set the tables herself, and did. Then she took to making her own bed the way she was taught and the others took it up, even some of the boys vying with one another to have the nicest bed. She was adopted by a nice family, who took her to Dakota, and they write that she's a perfect jewel about the house." Miss Holtbrook's the sort of a girl who refreshes you. She says she's come to the conclusion that she's a crank upon the subject of kitchen-gardens. Those who benefit by her, and the

rest of the society's crankiness, are glad she is. It takes a crank to make things go around, you know. Let's be thankful there's some enthusiasm left in the world. She went on: "I don't see why more of our society girls don't take hold. It's perfectly fascinating work, and they could furnish both money and time. Some of our girls give more than they ought. Instead of one garden there ought to be three here; one more is absolutely necessary at the other side of the city, down in Swede Hollow. You know my dream is to put up a building out here somewhere, where there shall be all conveniences. Enter the smallest children in the kindergarten, pass them into the kitchen-garden, and then into a trully equipped and well taught cooking school. Upon graduating from that they would be thorough servants who could command good wages—salaries, we might term them. 'Twould be a new and dignified profession. Most of the terrors of housekeeping would be gone, and there'd be better feeling on both sides, too."

That struck me as a splendid idea. Why should wealthy people import French cooks at salaries large enough to hire a pitcher for a "crack nine" or a university president? Why not train up girls for it? A pay school of that sort would, it seems to me, be liberally patronized by those who wish to know how to make their homes homelike, and were foolishly untought when children. Such a school would help support the charity one, and in the free one the elders in the cooking school could pay enough to meet expenses.



But to return: One lesson is upon cleaning, with a rigmarele song like "I measure my love to show you." Bed-making is a pretty exercise, as all the children work at it with everything "jist like a thruly bed," and beg to know which is the smoothest. Then they have a broom drill, and sweep and dust, and tell in rhyme how to make a bed, each child reciting a line, and end up with a sweeping game, singing their very throats sore, "For to keep a room tidy one often must sweep."

Washing-day is what they enjoy, though. After the march, they recite quite a number of instructions, then sort the clothes and tuble linen of all kinds as they should, and wash in their little tubs to singing of "Splish, splash." Then they are taught to rinse and hang out the clothes upon ribbon lines fastened to poles, scrub, etc., all to music. Their scrubbing song gives homeopathic instruction in each verse and ends,

"If our work we do and are happy too,
Our Heavenly Father knows it,
And he helps us sing life's best sweet song,
And gives us grace to close it."



CLOTHES LINE

One exercise they enjoy especially, is "patching." From patterns, they prick pictures of animals with pins and sew the outlines. They are taught to mark out all the parts of a cow; for instance, the brisket, sirloin, flank, etc., naming them, and are informed which are the choice parts and whether they are best boiled, roasted, fried or broiled.

Another is moulding with clay, making pottery, all with the proper implements. They sing kitchen-gardenized "Pat-a-cake, pat-a-cake," "Sing-a-song o'-stripes," and "Oh, dear! what can the matter be?" Cook has forgotten the salt," ending with a cute little malle-song during a gymnastic drill something like dancing. I wonder if I've made it plain how interesting all this and more is? If I haven't it's my stupidity. In that case, and anyway, visit the kitchen-garden and see for yourselves. Then perhaps you'll start another yourselves and work toward the model combination song.

When I answered a gentleman this week that I was writing kitchen gardening, he replied, "I'm mighty glad of it. People around here need reading. It's splendid work and should be dear to the same extent that it is in the East." Then he launched into praises of Miss Huntington, her sense, enthusiasm, womanliness, wit and beauty. In Minneapolis, there are seven classes, not so large, though, as the class here. Mrs. Dorsey, Barber and Miss Holly Prior are especially prominent in the work.

The officers for this year in St. Paul's Y. W. C. A. are Miss Carrie C. Holbrook, president; Miss Bertha Dorsey, secretary; Miss Jessie Dellinger, corresponding secretary; and Miss Lily Fitt, treasurer. Besides this work, the society visit the sick at the city hospital and hold a Sunday afternoon song service there. They own the organ and the library of 200 volumes. "The work of our hands, establish thou it."

A. E. F.

Table Manners of Children.

The table manners of children cannot receive too close attention, and yet they seldom have adequate care bestowed upon them. The constant reproof and admonition required seems but a thankless task for many years. Boys and girls manifest a terrible ingenuity in acquiring awkward habits and unpleasant tricks and an equal slowness in overcoming them. Perpetual "nagging" is always painful, both to the giver and to the object, but the recompense of grateful appreciation comes surely, though slowly. Some parents weary of waiting for it and abandon the efforts at training. To men nothing can make up for the lack of this early discipline. Woman, more imitative and less transparent in imitation, may tutor themselves into a fair pretense of ease, but a man rarely sufficiently overcomes his self-consciousness to feel otherwise than miserable in a circle where he knows his habits and manner mark him as of less outward refinement than his associates. Once in a great while the wife of a man may succeed in imparting a polish that transforms the rough article into a tolerable counterfeit of a fine one, but it is at the price of long struggles and bitter mortifications alike to husband and wife. It is in the mother's hand that the power is laid, and with her rests the responsibility if she fails to exercise it aright.—Christine Terhune Herrick, in Brooklyn Daily Times.

Alphabet of Proverbs.

- A grain of produce is worth a pound of craft.
- Boasters are cousins to liars.
- Confession of a fault makes half amends.
- Denying a fault doubles it.
- Envy shooteth at others and woundeth herself.
- Foolish fear doubles danger.
- God reaches us good things by our hands.
- He has hard work who has nothing to do.
- It costs more to revenge wrongs than to bear them.
- Knavery is the worst trade.
- Learning makes a man fit company for himself.
- Modesty is a guard to virtue.
- Not to hear conscience is the way to silence it.
- One hour to-day is worth two to-morrow.
- Proud looks make foul work in fair faces.
- Quiet conscience gives quiet sleep.
- Richest is he that wants least.
- Small faults indulged are little thieves that let in greater.
- The boughs that bear most hang lowest.
- Upright walking is sure walking.
- Virtue and happiness are mother and daughter.
- Wise men make more opportunities than they find.
- You never lose by doing a good act.
- Zeal without knowledge is fire without light.

...in teaching little children to do
 work in play fashion with toys. It
 was started after the kindergarten by Miss
 ... of New York, who was a
 ... among the poor. She ran the
 ... in connection with the Wilson In-
 ... school. When the women, many of
 ... left their little ones while
 ... went out to work for the day, these lit-
 ... children were taught to put their aqualid
 ... in order. Miss Huntington had the
 ... made to order and patented, wrote
 ... of the songs and got friends to write
 ... and the result is a work which is
 ... a not-to-be-deprecated factor in the
 ... of the great socialistic and anarchic
 ... which "Fervent, Hunger and Dirt"
 ...

... Paul E. W. G. T. U. is now on a
 ... There are thirty-five members,
 ... in a big cherry hall, the A. O. U. W., corner
 ... of University and Farrington, every Satur-
 ... afternoon from 2 o'clock. After this
 ... they will have two classes of fifty each, one
 ... in the forenoon. They have bought a com-
 ... kitchen-garden outfit costing \$200,
 ... leased the hall and purchased a piano. This
 ... has not yet been paid for. The girls, for they're
 ... young, have gathered in the children from
 ... the byways along the Manitoba track. They
 ... are from aqualid homes, their parents are
 ... usually foreigners and often imbued with
 ... their old-country hostility, decidedly "agin
 ... the government." They're glad to have
 ... them in a warm, safe place on Saturdays,
 ... and more pleased when they note the effect
 ... of their hopeful play work, or work play.

There is a prescribed kitchen-garden
 course. Each lesson begins with a march,
 there are songs—childish pretty ones with

rest of the society's crankiness, are glad
 she is. It takes a crank to make
 things go around, you know. Let's be
 thankful there's some enthusiasm left in
 the world. She went on: "I don't see why
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 It's perfectly fascinating work, and they
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 ally patronized by those who wish to know
 how to make their homes homelike, and
 were foolishly untought when children.
 Such a school would help support the charity
 one, and in the free one the elders in the
 cooking school could pay enough to meet
 expenses.

... and, what the children
 ... object lessons in housework
 ... toys, all done step by step, to-
 ... to chords from the piano. For in-
 ... in the first lesson they are supplied
 ... little bundles of sticks, these they are
 ... to count, to lay as knives and forks,
 ... They are told interesting facts about
 ... wood, what the different kinds are used for,
 ... that charcoal is made from wood and is good
 ... to absorb impurities and bad odors; that if
 ... and tubs are kept in dry places, they
 ... will fall apart; that kitchen tables should be
 ... scrubbed with sand and cold water to remove
 ... and should always be scrubbed with
 ... and that wood takes polish tin.

... with things folding, with papers

 ... from the laundry will
 ... The children are told about
 ... of Anjou, which was once
 ... where a housewife
 ... to her great linen presses
 ... and show you the sheets folded into a
 ... into a shepherd and
 ... to the church,
 ... , linen, fruit, etc.
 ... beautiful

 ... They sing the
 ...



WAITING ON THE DOOR

Another practical game is modeled after
 the time-honored ring-a-round-y-ring, as I
 ... The children form a
 ... to they go 'round until she re-
 ... "and this is the girl, the very little
 ... who's learning to wait on the door," is
 ... when one outside the circle stands
 ... in it and rings a bell. The child
 ... there is the usual per-
 ... if
 ... the little maid conducts the caller to the
 ... I know a wealthy lady in the East
 ... who takes a maid except from a
 ... and when she gives a recep-
 ... of living colored men, she
 ... in the instruction in which she
 ... for the most efficient
 ... them well and sending
 ... of the children. She
 ... to that very best to be
 ... a good deal. I
 ... "for cooking classy
 ... "By day," she
 ... things. It is pure

lines of a cow; for instance, the brisket, sirloin, flank, etc., naming them, and are informed which are the choice parts and whether they are best boiled, roasted, fried or broiled.

Another is moulding with clay, making pastry, all with the proper implements. They sing kitchen-gardenized "Pat-a-cake, pat-a-cake," "Sing-a-song o'-sixpence," and "Oh, dear! what can the matter be? Cook has forgotten the salt," ending with a cute little muffle-song during a gymnastic drill something like dancing. I wonder if I've made it plain how interesting all this and more is? If I haven't it's my stupidity. In that case, and anyway, visit the kitchen-garden and see for yourselves. Then perhaps you'll start another yourselves and work toward the model combination suggested.

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A. B. P.

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THE KING'S DAUGHTERS.

A BEAUTIFUL ORDER OF SISTERS.



RICHLY-DRESSED lady, leading a shabby, little waif of a girl, boarded a train at Hartford, one morning last summer, and led her little charge through the long train, looking inquiringly into the faces of the passengers. Evidently, she was seeking some kindly person to whose care she might consign the child, which she was sending into the country for a season. Seeing no face which inspired her with confidence to ask so great a favor, she retraced her steps to put her charge in care of the conductor, when a passenger beside her, a lady, removed her wrap and revealed over her heart a tiny, silver Maltese cross tied with a purple ribbon. Instantly the lady approached her, touched the silver cross, whispered the mysterious words, "In His Name," and told her all her need. "In His Name," answered the traveler softly, and tenderly lifted the child on her lap, and cared for and amused her through the journey as lovingly as though she were her own.

An impatient "rat-a-tat-tat" of a pencil on a counter at Macy's was not answered as quickly as usual, and when the delinquent cash-girl made her appearance she was greeted with a sharp reproof. The angry words sprang to her lips in reply, but another "Cash" quickly touched the little, silver cross she wore on her neck, whispered softly the mystic watchword, "In His Name," and instantly the angry words were hushed, while the quick tears sprang to her flashing eyes.

The rector of one of the large churches in Syracuse related, during his sermon, the need and suffering of a poor family in his parish. At the close of the service, a strange lady approached him and said, touching the silver cross she wore: "I am a stranger in the city, but I am one of the King's Daughters. Tell me where these poor people live, and I will go to them 'In His Name.'"

A lady, whose elegance of attire and beauty of person attracted the attention and awakened the admiration of all who saw her, stepped out of one of the large and fashionable stores of New York to her carriage, which stood waiting at the door. The wild March wind caught her fluttering, silken draperies, and rudely tore her cloak from about her. As she struggled against it, a little, silver cross fell from her dress and went tinkling down on the pavement. A mite of a girl, with a scrap of a shawl over her head, darted out of the shelter of the doorway, picked up the silver trinket, and drew its counterpart from her own shabby, little frock. "It is the badge of the King's Daughters," said the lady softly; "are you one, too?" She held out both her hands with a smile so gentle and tender that it was more precious to the shivering, little

girl than the money the lady left in her half-frozen hand, "In His Name."

On one of the hot, dusty days last summer, a richly-dressed woman entered a store on Broadway. Beneath the flashing diamonds that fastened her collar gleamed the Maltese cross of silver, fastened with the royal color. The same silver symbol hung at the neck of the shop-girl who served her. "Oh, you wear the silver cross?" said the lady; "then we are sisters 'In His Name,'" and swiftly the delicately-gloved fingers sought the shop-girl's tired hand and clasped it closely over the mass of shimmering silk on the counter, while sympathetic inquiries elicited the following: "Oh, yes, it is a hot, hard day, but so many of the lovely 'King's Daughters' have spoken to me so kindly that I've almost forgotten to be tired."

All through the summer large boxes of flowers, fruit and delicacies were sent to the city from the wealthy ladies of Morristown, bearing this inscription: "From the King's Daughters of Morristown to the King's Daughters of Five Points. 'In His Name.'" And all summer, too, boxes of flowers were sent to Castle Garden, that every steerage, woman passenger might be welcomed to her new home with a flower, all from the same mysterious King's Daughters, whose emblem is ever the tiny cross of silver engraved with the initials I. H. N., and tied with the purple bow.

In January, 1886, a circle of ten ladies, consisting of Mrs. Margaret Bottome, Miss Hamersley, Mrs. Dickinson, Mrs. Theodore Irving, Mrs. Payson, Mrs. Cortland de Peyster Field, Mrs. Ruggles, Miss Schenck and Miss Libby, met in answer to Mrs. Bottome's invitation to discuss and arrange some plan which should unite all Christian women in one grand sisterhood of service. Adopting the system of Edward E. Hale's "Ten Times One" clubs, they constituted themselves a "Central Ten," around which should crystallize other Tens of workers, not assuming any authority or responsibility over them, but simply to form a nucleus around which they might cluster, and from which might radiate encouragement, advice and guidance. Of the various names proposed for the order, that of the King's Daughters, suggested by Mrs. Irving, was most favorably received and finally adopted; the badge of the society was selected in the small, silver cross tied with the royal color; the watchword chosen was the simple "In His Name" of the apostles of old; and the mottoes of action selected were:

"Look forward and not back."

"Look out and not in."

"Look up and not down."

"Lend a hand."

The society as organized had no constitution and no code of laws, save the one general regulation that whenever any reasonable request should be made "In His Name" it should be granted without question or delay. Since the immense growth of the order, it has been deemed expedient to constitute the central ten an executive committee or advisory board, with Mrs. Bottome as president. It was also decided, as the society increased, that the formation of bands of Tens was impracticable, and that a "Ten" might comprise as many members as was deemed advisable by its leader. Leaving the essential liberty of the Tens in the choice of work and method of its accomplishment, the great variety of inquiries and views concerning minor details has necessitated the drawing up of a constitution, which is now to be published, and the compilation of a certain amount of printed information, which may be obtained, together with the badge, of Miss G. H. Libby, No. 15 Washington Place.

Never was less said or written, and never so few plans made for any work, as the design of the society was to move silently and steadily, and so unobtrusively accomplish its purpose of bridging the chasm between the rich and the poor, and to unite all women engaged in any kind of good work in such a way as to secure to each the sympathy and co-operation of all. Yet from almost every state in the Union, and from the most remote corners over the sea—India, Australia and New Zealand—from people in every walk in life, from nations of Christian nations

of hospitals, teachers of schools, leaders of philanthropic societies, presidents of colleges, from the belles of Fifth Avenue and the street gamin of the Bowery, come tidings of the continual organization of tens upon tens of King's Daughters, until 8,600 silver crosses have been sold and 10,000 members have enrolled their names among the King's Daughters, although the society has been organized only two years.

As for the kind of work accomplished by this remarkable sisterhood, it is too varied and extensive to be recorded in detail. There are Tens that visit the sick, Tens that supply the hospitals and homes with flowers, Tens that support foreign missionaries, Tens that sing and Tens that sew, Tens that endow beds in hospitals, Tens that provide pleasant country homes for deserving poor, and Tens that simply "bridle their tongue" and "endeavor to live in love and charity with all men," all "In His Name."

The cash-girls in Macy's are known as "the little doorkeepers," whose unique motto is: "Lord, keep thou the door of my mouth;" and there are Heartease Tens for little children who cultivate pansies for the hospitals. There are Quiet Tens in schools, and the Courteous Tens who claim that "King's Daughters should ever display the manners of the court;" the Old Maids' Tens of helpful, unappropriated blessings, and the Old Ladies' Ten, whose youngest member is more than 80 years old, and whose oldest member donned the silver cross on her 100th birthday; the Faithful Tens in guilds, the Look-up Tens in deaf mutes' houses; and even in the home for incurables the patients waiting for death have organized themselves into a Considerate Ten, who shall endeavor to make their nurses' labors as light as possible. One of the young ladies' Tens in Boston sent loads of sand to the tenement yards in the city for poor children to play in, and the graduating class of a fashionable boarding-school, calling themselves the Continuing Ten, have adopted a little girl and intend to provide for her and give her all the advantages of culture and education which they have received. Musical Tens of the most cultured and gifted ladies in the city devote their talents to the entertainment of the poor, and also, through their use in charitable concerts, accumulate funds for the support of various missions, thus bringing into use the talent of the wealthy for the benefit of the poor.

One of the King's Daughters, Mrs. R. H. Townsend, of New York, has built an annex to Bellevue Hospital, called The Cottage, at an expense of \$12,000, and other Daughters of the King have furnished it with all the luxurious appointments found in their own beautiful homes. Carved in the stone walk is the legend, "In His Name," and when Bishop Potter laid the corner stone of the building the trowel was decorated with a purple ribbon, while the keys of the building, when delivered to the city commissioners, were tied with the royal color.

A touching tribute was paid to Mrs. Townsend by a little girl from the South who had enjoyed the beautiful surroundings so kindly prepared for these charity patients. When she was dying she asked that the cross of the King's Daughters, which she wore, together with a piece of gold which she had earned writing a little story for *St. Nicholas*, might be given to the kind lady who founded the hospital.

The King's Daughters are found in greater numbers in the cities and larger towns than in the rural districts, and in the West and South they are more abundant than in the East, owing to the previous establishment of Edward E. Hale's Ten Times One Club. The rapid growth, harmonious unity, ceaseless activity, varied and unique charities, and sympathetic co-operation of this society are said to be unparalleled in the history of any organization known. Within two years it has girdled the globe with the gleam of its silver crosses "In His Name."—*New York Sun*.

Sunny Husbands.

Very much has been said about the obligation of wives in regard to wearing perpetual smiles, but it seems as if our literary talents have never once thought it worthwhile for the "man o' the house" occasionally to don a smile when at home in his own family circle.

It is certainly just as essential to domestic happiness for a man to be sunny and good-tempered as it is for the woman.

We often doubt whether the male head of a family really appreciates the opportunity he has for diffusing sunshine at home or comprehends how much of gloom he can bring into the family circle by entering its sacred precincts with a frown on his countenance. The wife and mother is within four walls from morning until night, with but few exceptions, and must bear the worryment of fretful children, inefficient servants, weak nerves and many other perplexities and she must do this, day after day, while the husband goes out from these petty details of home care, has the benefit of the pure, fresh air, meets with friends, has a social, good time, which altogether act as a charm on the physical man, and if he does as he should, he will come home cheerful and buoyant, and thereby lighten the household life for his wife, and drive dull care and gloom from her care-worn brow. Some men can be all smiles away from home but at home they are as cross as bears and yet we hear it said, on every side, "Wives, meet you husbands with a smile."

To Prepare Manuscript for Public Reading.—Prepare all manuscript for public reading in the following way: Stitch the paper together in a pamphlet. Suppose that the last page is numbered "48." Use that for the title-page. Begin to write on page 46, and cover next page 47; then pages 44, 45, 42, 43, etc. Then in turning the leaf you will not be obliged to finish one page before you begin to turn, and your eye will light on the first word of the next page as soon as the leaf is even partly turned

back. No other method makes possible such easy progress through a manuscript. This little trick I learned from a ministerial friend.

For Women of Leisure.

In these days there is much done for the amelioration of woman's sufferings and wrongs, as inflicted on her by the "sterner sex," and all honor to those men and women, who strive daily to make the path of a fellow-being more easy to tread.

But there are certain wrongs to which one woman is subjected by other women, which we think might be greatly modified. That a woman would deliberately inflict a wrong upon a "sister" is hardly to be imagined. We can only suppose, therefore, that the two things of which we are about to speak are the outgrowth rather of thoughtlessness than carelessness of another's comfort, or of evil design.

First, we have the question of street car crowding. Whether it is or is not the legitimate and proper thing for a man to give up his seat to a standing woman, is a question open to much discussion, but that is not the view which we wish to present in the present article. The tired *shoppers* and the tired working-girls go home in the same cars. Could not the shoppers manage to go home say a half hour earlier,

and leave the vacant or vacated seats to the tired work-women?

A lady on one of our city lines was heard to remark the other day. "I am late to-night. I usually make an earlier car than this. For, while I cannot stand, I exceedingly dislike to have any one give me a seat, for, probably, the man who gives it is as tired as I, who have only been shopping. I think all shoppers should try to get home and out of the way of those who cannot choose their own time." All honor to the woman who takes this view and lives up to it. She shows a thoughtfulness for the well-fare of others that is well worthy emulation.

The next subject in question, is the *time* of shopping. Surely those who have all day to do it in, can find some other time than just that which a working woman finds between twelve and one, after a hastily swallowed luncheon. Let a working-woman try to make some purchases at the only time of day that is her own, and she will be balked at every turn by crowds of women who could as easily select some other time of day at the one hour between twelve and one. In many cases the very women who are keeping the working girl from purchasing some really necessary article are merely "looking," with a view to "seeing what there is."

It seems as if there might be a radical change made in some way. Does it savor of tyranny and dictation? By no means! We are only suggesting one means by which the condition of the many young women obliged to earn their bread, may be very materially alleviated by a little thought, or perhaps sacrifice, on the part of their more fortunate sisters.

And last, but not least, let us consider the luncheon hour. This in almost all large establishments, is from twelve to one. Cannot the shoppers just as conveniently take some other hour in the restaurants, and thus give the working woman time to be waited on and consume her little lunch comfortably?—[*Ladies Home Journal*.

CARE OF THE HANDS.

Something That Will Interest Every Woman.

Says a writer in the *Lady*: A delicate, well-kept hand is one of the chief points of beauty; therefore, every woman who would add to her attractions should bestow careful attention to those details which affect not only her personal appearance, but reveal a refined and cultured mind. The gentlewoman of to-day is not a useful doll to show off fine clothes and jewels, but has many occupations, and devotes some part of her time to actual attention to her home, and is not above arranging and assisting in such matters as contribute to its beauty and harmonious effect. Thus, perhaps, she may have less delicate hands than the woman who does nothing at all; for, if constantly used even in such light matters as writing, painting or sewing, they will be less white than if always in repose. But a little care will preserve soft, fine flesh, and daily attention will keep well-rounded and polished nails.

Another necessary adjunct to the dressing table is the little Parisian box used by the manicure, and which may be bought for a small sum of any chemist or perfumer. It contains a boat-shaped implement, covered in chamois leather, and furnished with a handle, and there is a tiny box of fine pink powder of a slightly gritty nature. You breathe on the nails, and then sprinkle them with the powder, and polish briskly on the chamois pad. But before this process is reached you must first use the other little implement, which is of ivory, with one end shaped almost like a pen, the other fitted with a small brush. In the center is a flat file, on which you carefully shape the tops of the nails, rounding them off on either side to follow the line of the finger. Scissors should never be used for the finger nails, as by cutting them you make the nails coarse and thick. With the ivory point you clean the finger nails, and also gently push back the flesh to reveal the white crescent and to prevent the skin splitting and forming "hang nails," which quickly appear if the skin adheres to the nail.

Wash the hands always in warm water, and do not be sparing with the brush or soap. If in cold water your hands are liable to chap, keep a small pot of honey, and just before you dry the hands dip in a finger and well rub the hands round and round, give a slight rinse and dry carefully, dust a little oatmeal on them, and rub off with a dry towel.

To whiten and soften the hands there is nothing equal to real almond paste, and when I so emphatically say real I mean that which is made from sweet and bitter almonds pounded in a mortar, and not of lard or other fatty substances mixed with almond oil, this composing the ordinary compound known as almond paste. For hands which are red and coarse the following treatment will soon effect a change, but it must be persevered in, as it is quite impossible to change the color and texture of the skin in a few days, and those who believe the wonderful assertions on some patent medicines must indeed be of a credulous nature.

To make good almond paste obtain of sweet and bitter almonds each two ounces, pound to paste and work up with half an ounce of Windsor soap cut into fine shreds. To this add two drams of spermaceti and half an ounce of oil of almonds, oil of bergamot, twelve drops. Subject to gentle heat, stir well and cool in china pots.

A mixture of honey, lemon juice and eau de cologne is exceedingly useful to whiten the hands when discolored by sun, wind or work, and may be kept mixed for the purpose in a small toilet jar. Take a wine-glassful of each ingredient and mix well, then pour into the jar and keep closely corked. This may be applied night or day, and the inside of the fingers rubbed with pumice-stone.

When the hands are of good color, but the skin lacks softness, glycerine is useful, but it has no effect on the color. The hands may be, however, greatly improved in texture if, after the nightly wash, they are well coated with glycerine and dipped into oatmeal, or well powdered with the same.

Gloves are, of course, necessary, and should fit well at the wrists; otherwise the loose oatmeal become disagreeable. Bran is supposed to great influence on the skin, and some manieres advise glycerine and bran which has been stewed in water. The bran is used quite moist, and is, therefore, of similar type to the bran poultice which our great grandmothers used on the neck and arms, which, being daily exposed by the then fashionable décolleté gown, were no doubt a source of trouble to them.

Never plunge the hands into cold or very hot water, and do expose them to the air without stout gloves and a warm muff. Above all, attend to the wrists and arms, as wrapping the hands only is of little avail. Long, close-fitting armlets do more to prevent chilblains than any outward applications. If chilblains appear in spite of or from neglect of these precautions, let not the first twinge be neglected. Get either of the following mixtures and apply night and morning, or whenever the chilblain is troublesome, and remember that friction, combined with a stimulating lotion, helps to disperse the chilblain:

Lotion No. 1: Spirits of rosemary, five parts; spirits of wine, one part. No. 2 lotion is more active and consists of tincture cantharides, two drams; soap liniment, ten drams. On the first sign of redness or irritation an excellent plan is to rub briskly with one of the lotions named and to cover the parts with adhesive plaster; but friction is earnestly advised, or, if this is neglected until there are symptoms of their appearance, then apply a lotion and friction every two hours.

Broken or ulcerated chilblains should be washed with tincture of myrrh in water; but with care and wearing warm clothing, chilblains may be prevented, or at least will not reach beyond the first and easily-cured stage.

The "Autocrat's" View of Old Age.

DR. O. W. HOLMES, who describes himself so truly as one who had

"never deemed it sin to gladden,

This vale of sorrows with a wholesome laugh"—approaches old age with no abatement of his genial cheer, and discourses of it wisely and hopefully in the *Atlantic*:

Old age is infinitely more cheerful, for intelligent people at least, than it was two or three thousand years ago. It is our duty, so far as we can, to keep it so. There will always be enough about it that is solemn, and more than enough, alas! that is saddening. But how much there is in our times to lighten its burdens! If they that look out at the windows be darkened, the opticians are happy to supply them with eye-glasses for use before the public, and spectacles for their hours of privacy. If the grinders cease because they are few, they can be made many again by a third dentition. By temperance and good habits of life, proper clothing, well-warmed, well-drained, and well-ventilated dwellings, and sufficient—not too much—exercise, the old man of our time may keep his muscular strength in very good condition. I doubt if Mr. Gladstone, who is fast nearing his eightieth birthday, would boast, in the style of Caleb, that he was as good a man with his axe as he was when he was forty, but I would back him—if the match were possible—for a hundred shekels, against that over-confident old Israelite, to

What to Do.

THE conservative editor of the *Journal of Woman's Work*, as an offset to the radical editor who "persists in suggesting unusual occupations for women, many of which have not been indorsed by the indorsing sex," drops into poetry, and offers the following advice:

"What can a helpless female do?"
Rock the cradle, and bake and brew.
Or, if no cradle your fate afford,
Rock your brother's wife's for your board;
Or live in one room with an invalid cousin,
Or sew shop shirts for a dollar a dozen,
Or please some man by looking sweet,
Or please him by giving him things to eat,
Or please him by asking much advice,
And thinking whatever he does is nice.
Visit the poor [under supervision];
Doctor the sick who can't pay a physician;
Save men's time by doing their praying,
And other odd jobs there's no present pay in.
But if you presume to usurp employments
Reserved by them for their special enjoyments,
Or if you succeed when they knew you wouldn't,
Or earn money fast when they said you couldn't,
Or learn to do things they'd proved were above you,
You'll hurt their feelings, and then they won't love

"Impatient women, as you wait
In cheerful homes, to-night, to hear
The sound of steps that, soon or late,
Shall come as music to your ear;

"Forget yourselves a little while,
And think in pity of the pain
Of women who will never smile
To hear a coming step again."

—Phoebe Cary.

POINTS IN PHYSIOGNOMY.

The science of Phrenology is little heard of nowadays, although it numbers many disciples. Its sister science, Physiognomy, rests on a firmer basis, since it is rarely that some trait of character is not depicted on the features.

Even people who make no pretense to a knowledge of the rules will say "He has an honest face," or "He looks like a cruel man," showing that the features must be, in a measure, the index of the mind.

Without attempting to lay down the rules, here are a few points which any one may submit to a practical test:

Memory of Events.—This is shown by a wide, full forehead in the centre.

Reasoning Power.—A high, long and well-defined nose and a broad face exhibit this great faculty.

Moral Courage.—This faculty manifests itself by wide nostrils, short neck and eyes set directly in front.

Language.—This faculty is exhibited in many parts of the face, particularly by a large mouth and large, full eyes, opened wide.

Self-Esteem.—This faculty shows itself in a long or deep upper lip. Large self-esteem gives one dignity, self-control and perfect independence.

Firmness.—The presence of this faculty, when very large, is indicated by a long, broad chin. Firmness is synonymous with willfulness, perseverance and stability.

Perception of Character.—This is indicated by a long, high nose at the lower end or tip. This faculty is very useful, if not indispensable, to a judge in the exercise of the functions of his office.

Powers of Observation.—The situation of this faculty is in the face, just above the top of the nose, filling out the forehead to a level with the parts on each side of the nose. It is a faculty which enables one to concentrate the mind upon the subject being discussed.

Conscientiousness.—This is shown in the face by a square jaw, a bony chin, prominent cheek bones and a general squareness of the features of the entire face. To be conscientious means that one has a sense of justice, honesty of purpose, rectitude of character and moral courage.

An Arab Woman's Dress.

Of whatever rank or station an Arab woman may be, her dress consists only of a skirt reaching down to the ankles, trousers (not drawers) and a kerchief for the head. The material varies, of course. Rich people have gold brocades of many patterns, velvets and silks richly trimmed. During the hot season plain white calicoes or muslin are worn. Skirt and trousers are never of the same pattern. The skirt must not be too long, that it may not hide the rich embroidery of the trousers or the two anklets; a number of little golden bells are suspended from one of these, which make a pretty tinkling sound at every step. Two long tasseled ribbons hang loosely over the back or on both sides of the head, from the band that is worn round the forehead. The silk kerchief reaches down to the ankles.

In her walks an Arab lady puts on the "schole," which is shawl, waterproof and cloak, all in one. The schole is a large shawl or mantilla of black silk, more or less richly trimmed with gold or silver borders, according to the wealth and taste of its owner. This is the only wrapper an Arab lady uses until it is completely worn out, its fashion never changing; even the greatest and richest ladies do not possess more than one schole at a time.

Old Verse.

The following specimen of ingenious versification was published in a Philadelphia paper while the revolutionary war was in progress. It may be read three different ways: First, let the whole be read in the order in which it is written; second, read the lines downward on the left of each comma in every line; third, in the same manner on the right of each comma. In the first reading the revolutionary cause is condemned, and by the others it is encouraged and lauded:

Hark! Hark! the trumpet sounds, the din of war's alarms,
O'er seas and solid grounds, doth call us all to arms;
Who for King George doth stand, their honors soon shall shine;
Their ruin is at hand, who with the congress join.
The acts of parliament, in them I much delight,
I hate their cursed intent, who for the congress fight;
The Tories of today, they are my daily toast,
They soon will sneak away, who independence boast;
Who non-resistance hold, they have my hand and heart,
May they for slaves be sold, who act a Whiggish part;
On Mansfield, North and Bute, may daily blessings pour,
Confusion and dispute, on congress evermore,
To North and British lord, may honors still be done,
I wish a block or cord, to Gen. Washington.

ANECDOTE OF FRANKLIN.—When quite a youth Benjamin Franklin went to London, entered a printing-office, and inquired if he could get employment. "Where are you from?" inquired the foreman. "America," was the answer. "Ah," said the foreman, "from America! A lad from America seeking employment as a printer! Well, do you really understand the art of printing? Can you set type?" Franklin stepped to one of the cases, and in a brief space set up the following passage from the first chapter of John: "Nathanael said unto him, Can there any good thing come out of Nazareth? Philip saith unto him, Come and see." This was done so quickly, so accurately, and administered a delicate reproof so appropriate and powerful, that the incident at once gave him influence and standing with all in the office.—*Ex.*

It is said that the oldest rose bush in the world, of which there is authentic record, grows in a churchyard, and against the old church at Heldersheim, Germany. About hundred years ago, so the records say, Bishop Meffius caused a trellis to be built, to support it. To-day the stem is thicker than a man's body.

THE CURIOSITY SHOP.

The Wandering Jew—The Tradition as Given in 1228.

The legend of the Wandering Jew was brought to Europe from the east late in the Eleventh century, after the first crusade under Peter the Hermit. In the year 1228 this legend was told for the first time by an Armenian bishop, then lately arrived from the Holy Land, to the monks of St. Alban, in England. According to his narrative, Joseph Cartaphilus was doorkeeper at the prætorium of Pontius Pilate when Jesus was led away to be crucified. As Jesus halted upon the threshold of the prætorium Cartaphilus struck him in the loins and said: "Move faster! Why do you stop here?" Jesus, the legend continues, turned round to him and said, with a severe look: "I go, but you will await my coming." Cartaphilus, who was then 30 years old, and who since then has always returned to that age when he had completed a hundred years, has ever since been awaiting the coming of our Lord and the end of the world. He was said to suffer under the peculiar doom of ceaselessly traversing the earth on foot. The general belief was that he was a man of great piety, of sad and gentle manners, of few words, often weeping, seldom smiling, and content with the scantiest and simplest food and the most poverty stricken garments. Such was the tradition which poets and romancists in various lands and many languages have introduced into song and story. As the ages rolled on new circumstances were added to this tale. Paul of Eitzen, a German bishop, wrote in a letter to a friend that he had met the Wandering Jew at Hamburg in 1564 and had a long conversation with him. He appeared to be fifty years of age. His hair was long, and he went bare-foot. His dress consisted of very full breeches, a short petticoat or kilt reaching to the knees, and a cloak so long that it descended to his heels. Instead of Joseph Cartaphilus, he was then called Abasuerus.

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PEANUT PEOPLE.

A Cheap Winter Amusement for the Little People.

THE spare moments of the evenings at home can be pleasantly passed by the young folks with very little material and no preparation. All that is necessary is a



bag of peanuts, some pins and a knife; the rest is left to the ingenuity of the children. They can make all kinds of animals and people by making combinations with the peanuts, pins and some little slips of colored paper. The accompanying illustration will give some idea of how the things can be made. A few trials will make the game most interesting and amusing.

CONFESSIO.

CHRISTMAS GIFTS.—WHAT TO GIVE THE HOUSEKEEPERS.

As it takes time to make pretty things which are acceptable to mothers and housekeepers we may as well begin as soon as the Thanksgiving dinner is cleared away to talk over what to give and how to make it.

A CHRISTMAS CHAIR.

A small light wood rocking chair with rush seat is very inexpensive, and can be so upholstered and trimmed as to make a handsome piece of furniture.

The wood-work should first be ebonized with a preparation which comes for that purpose, and can be purchased at any store where artists' materials are sold, or it may first be painted black, and when dry given a coat of copal varnish. The seat is then covered with a layer of hair, a sufficient quantity to slightly raise it, and over this strong, unbleached muslin or cotton cloth is smoothly drawn and tacked to the wood-work round the under part of the edge. Over this a covering of gold plush is smoothly drawn to come underneath the wood-work round the edges, and tacked there so that the rough edges may not show.

A piece of colored cambric is then fitted on the under part of the seat, the edges being turned in and allowed to come just over the rough edge of the plush, thus giving a neater finish.

Round the upper slat in the back of the chair at one side tie a bow of satin ribbon made of two colors, gold to match the plush and orange. The ribbon should be about two or two and a half inches wide, and the bow made very full with ends.

The chairs are very similar to the Shaker chairs, and those without rockers can be upholstered and trimmed to look as pretty as the rocking-chairs.

DUSTER BAGS.

These are made of cream-colored serim with openwork stripes: the plain stripes are worked in gay worsted in some simple pattern, or else the decoration is ribbon or worsted worked in and out the openwork stripes. These holders are lined with pink, buff or blue silesia; both ends are then brought together and shirred and bound together by a satin ribbon tied in a handsome bow in the front. This receptacle is open at both ends and holds a square cheese-cloth duster hemmed in herring-bone stitch in colored worsted. These dusters are for parlor use.

BUREAU SET.

The ends of the bureau cover are finished with a border of brown work with fringe below in outline

is a design of nasturtiums embroidered with cardinal and gold, different shades of each for the different flowers, and olive-green for the leaves. The pin-cushion should be covered with cardinal satin and a small square of linen hemmed an inch wide round the edges, with embroidery to match that on the cover. The edge below the hem is then trimmed with a full ruffle of lace, and the square placed on the cushion crosswise, thus leaving the corners of the cushion showing beneath the lace. At each corner of the cushion the lace is caught up with bows of satin ribbon, cardinal and gold, and the points of the cover are sewed to the cushion.

IRONING HOLDERS.

These are pretty made of brown linen bound with scarlet braid, and finished with a loop to hang by. If a letter is worked in red it is an improvement. The holders should be made of thick material and the covers of brown linen made to slip off, to be washed when necessary, for an ironing holder should always be clean and used for no other purpose than ironing.

A COLLAR AND CUFF BAG.

Such a bag may be made out of a fancy Turkish towel, to be had anywhere for twenty-five cents a-piece. Those with blue, pink or yellow ground and a brocaded pattern of raised white upon them, are especially pretty. The bags are made by doubling the towel and seaming the edge to within four inches from the top, not including the fringe. These flaps are then turned over so as to make a lambrequin, and a line of stitching made about a third of an inch from the top, thus forming a hem in which to place the drawstrings.

PIN CUSHIONS.

A pretty cushion is circular and about the size of a tea-plate, one side being of pink, the other of blue silesia. Stuff it and draw down in the centre like buttoned furniture. A piece of oriental lace equal in width to half the diameter of the cushion, is gathered up to this centre, and the sewing covered with many loops of pink or baby blue ribbon.

A TRAY CLOTH.

A pretty way of ornamenting a damask tray-cloth is to work the figure found in the cloth, instead of having a design stamped on it. Select a cloth with a suitable design and work it in outline. One with oak leaves and acorns strewn over it is very handsome done in two shades of golden brown flo floss. Have the color of the silk suited to the design as near as possible.

CASES FOR CUTLERY.

For knives cut a piece of colored Canton flannel the width that can con-

veniently hang on the china closet door. Measure about twice and a half the length of your knives and hem both edges. Double it up from the bottom nearly as deep as a knife, and stitch in rows about an inch apart, or so a knife will slip in easily. If that makes more pieces than you wish for knives, you can make some of the spaces two inches apart to put in tablespoons. Sew three or four brass or steel rings to the top and screw into the door as many brass or iron hooks such as you can purchase at a hardware store and hang up. Make one for forks in the same way only not quite as deep. One made of drab Canton flannel feather-stitched across the hems with red is very pretty and does not easily become soiled. Another may be made of unbleached Canton flannel ornamented with a vine worked with blue embroidery cotton.

These cases may be rolled up and tied with a piece of dress braid the color of the feather-stitching, and are a convenient way of keeping extra spoons and knives.

BUREAU SACHETS.

Make them of white silk, linen lawn or some light, fine muslin cut about the size of the bureau drawer with one thickness of French cotton well sprinkled with sachet powder. Tie the whole at intervals with a strand of filosele or No. 1 ribbon formed into tiny bows. Cheese cloth will answer the purpose if fine material can not be afforded.

A CRUMB CLOTH.

A pretty and inexpensive material for crumb cloth may be found in blue denim. The denim crumb cloth may be edged around with broad strips of scarlet striped ticking or made up of alternate wide strips of blue denim and scarlet ticking.—*New England Farmer.*

Woman's Influence and Home, Sweet Home.

BY MRS. NETTIE M. KNOWLES.

It has been said that "The hand that rocks the cradle, rocks the world." And there were never truer words uttered, for, as the "twig is bent the tree is inclined;" and who has as much to do with the bending of the human twig, or the tender olive branches, as the mother? It is true that in some homes, the mother lives in ease and luxury, and knows less of her child than she does of her neighbor's children, but some woman is caring for it, and her life and influence is brought to bear upon its young and reasoning mind.

It methinks not one of our tired and oftentimes overworked mothers, as she feels the same of her little ones about her

neck, and bears the same burden. "Ma I do love you," and listens to their sweet and wonderful stories, would exchange places with the mother of the fashionable world, who sees her little ones only as she pays the nursery a hasty visit, and is even then afraid to let them touch her for fear they will wrinkle her dress or disarrange her collar. Happy that mother who realizes the sacred duty given her to perform, and who gives the precious jewels entrusted to her care a setting which will not tarnish. As the little mind enlarges and reaches out to grasp new ideas, we are often met with questions which puzzle even older minds to answer satisfactorily. Is it not better for an anxious and loving mother to give answer to these questions rather than trust them to a careless maid or hired girl?

The child's first impressions are of mother—her sweet lullabys and good stories; and even her dress is noticed. A child need be only a few weeks old before he will notice with evident pleasure a bright ribbon, or the little flowers on a dress. A lady's old Quaker uncle once noticed that she had fastened her Newport ties with red ribbons; he frowned and told her it was not seemly. She laughingly told him, "I don't care for them myself, but I want my little boy to remember that his mother wore red bows on her shoes." The reason was worse than the offense, the old Friend retorted, and so she received a lecture, but she kept the ribbons. And who does not remember the pretty things that "Mother" wore? Her pretty laces, the soft dresses, the scent of violets, the simple rose at her throat or tucked under the lace on her breast, seem half divine when they become memories to us.

"Mother" is "mother," be she gentle or rough; and happy and almost universally good is the man who has pleasant recollections of his boyhood's mother. Her hair was so soft, her eyes so tender; she talked so pleasantly and knew how to make a boy feel at home; it is not necessary to make excuses for such a mother, and say she was always busy, "I would like for a mother to take time to dress and be fair in her children's eyes; to read for their sake, to learn to talk well and to live for them.

There are two extremes a mother can take that will never prove good for a child. One is to feed the children like a lot of little pigs, then hurry them out of the house to take care of themselves or for some neighbor to care for, the mother manifesting no anxiety for them if they are only out of her way so she can work. Work is essential, but have a desire for something better and you

making it look cheerful, and keeping the children in it and you find time for it all. Yes, you will even find time to read them little stories and talk with them.

Daily sunshine, or what we commonly call cheerfulness, is a great help in making the home a pleasant place. Wordsworth says:—

"We must run glittering, like a brook
In the sunshine, or we are unblest."

Cheerfulness is an everyday measure of gladness, and should be an affair of the kitchen, shop and street—the angel ever at our side, the sunshine always abroad. The other extreme is where the mother only thinks of how the little bodies and her own shall be clothed, and where they can best spend their days in the most prim and fashionable manner, leaving the mind unsatisfied; or what is still worse, training them to think only of selfish pastimes and vain things. There is no sublimity of ideas that can enchant us with bliss at every corner, and what serves today may fail tomorrow; our fickle minds are constantly changing, and Nature understands that the best would cease to be best if made common, as too much sweet sickens, and excess of pastime appalls. Happy the woman who learns that a simple dress, a handful of modest violets or a cluster of trailing arbutus, a little sparkling water to slake our thirst, and plenty of beaded dew on the grass, a beautiful sunset sky, with lakelets here and there in the landscapes, —to the eyes are more than Niagara, which is not much to those who live by it, and would scarcely serve us any better. Our home angels go quietly, are open to a legion of gentle pleasures, silent voices and secret charms. I think such gentle creatures would soon leave a home which was like an Indian powwow, or an old fashioned campmeeting; they prefer a home somewhat more quiet and free from uproar. I know our lives and cheerfulness are more or less affected by matters quite out of our reach, but let us realize that

"Our times are in God's hands, and all our days
Are as our needs; for shadow and for sun
For cold as heat, for want as wealth, alike
Our thanks are due, since that is best which is."

Again, in no relation does woman exercise so great an influence, both immediately and prospectively, as in that of mother. To her is committed the immortal treasure of the infant mind. The mother should be careful of her associates. The circle she draws around her should be more wholesome for the child than the one he has to make for himself, and she is responsible for his social surroundings. It is not easy to be the child's most interesting companion and to make home his strongest magnet, but the mothers who ~~find~~ ~~do~~ ~~this~~ ~~have~~ ~~been~~

All that has been said will apply to the wife as well as mother. For the husband needs a home made interesting and attractive as well as the children. I believe there is no man so far lowered in the scale of manhood, but the right woman could have an influence for good upon him, and the home is the place to exert that influence. It is a much needed hospital of moral repairs, since our

character like our garments, are most liable to exhibit the rents abroad, and are best mended at home. Every boy comes in from the street with some new naughtiness, some bad word, etc., and his mother and sisters find it is not his hands and face only that need daily washing, but that there are deeper stains and the need of a moral bath. The world is a discipline of virtue and of vice, and antidotes, reagents, tonics, safeguards, every kind of moral protection and support are a daily need. It is the good home which will supply these in largest measure.

The home should be like a hush and a lullaby in this headlong, whirling, noisy world of the nineteenth century. If boys or husbands are in the habit of spending their evenings loafing around the stores, or if they have the iron hand of intemperance fastened upon them, do not scold them, but be kind and gentle to them and use your influence to keep them at home evenings. Kindness, sympathy and encouragement shown toward the erring one will accomplish a great deal more than rigid severity. Harsh words almost invariably exert the influence of crushing, wounding and destroying the better impulses of the soul; but if we extend the hand of love, the noble nature in the erring one is awakened, and another life will be redeemed.

If our young ladies would all interest themselves in temperance—live and practice its principles—we should soon see the day when a temperance law would be uncalled for. There is no man or boy but what has an interest in some lady, and if that lady would have no word to say to them until they would live temperate lives, there would soon be a reform. So long as those who would be called young ladies will ride, walk, talk and even unite in marriage with such men, just so long will intemperance exist. A woman who will offer a young man a glass of wine is a more loathsome person than the most degraded drunkard to be found in a gutter by the roadside. The first excites my disgust, while the latter elicits pity. Appetite for strong drink is often kindled by the woman who does the family cooking. Wine, sherry and all the different kinds of brandies

are put into fancy dishes for the table. Too much cannot be said against this evil which is so rapidly increasing in our land.

After the principles of early life have been formed the mother still needs to love the man who was once a boy and the tall womanly girl by her side. Love is what makes home sweet home. I can hardly see why some women hide the love, the joy, the overweening pride that their fond hearts feel for the strong, tall men and women who call them mother! Kisses and rapturous words were the rain that fell unstintingly on their baby life; a tender hand brushed the curls away from baby's forehead for loving lips to press. Do you think the tired man now doing his work in the world, as bravely as in him lies, never thinks it would be sweet again to feel the tender hand, the loving lips, or see the love-light in the eyes of her who made life blessed in his babyhood?

Cultivate the gift of showing your affection in act, look or tone. The reading of good books, talking them over; pleasant and instructive games; singing by both parents and children, all make home pleasant and cheerful, and above all else, the gathering at evening around the family altar, the father and mother leading in devotion and the little ones lisping their prayers. What home could not be made better by such an influence?

"Let us hope as well as we can,
That the silent angel who garners man
May find some grain, as of old he found
In the human corn field, ripe and sound,
And the Lord of the Harvest delgn to own
The precious seed by woman sown."

Early Marriages.

A lady of intelligence and observation has remarked, "I wish I could impress the minds of the girls that the chief end of woman is not to marry young." If girls could only be brought to believe that their chances for a happy marriage were better after three or four and twenty than before, there would be much less misery in the world than there is. As a girl grows older, if she thinks at all, she certainly becomes more capable of judging what would make her happy than when younger. At twenty-five a woman who is somewhat independent and not over-anxious to marry is much harder to please and more careful in her choice than one at twenty. There is good reason for this. Her mind has improved with her years, and she now looks beyond mere appearances in judging men. She is apt to ask if this man who is so very polite in company is really kind-hearted. Do his polite actions spring from a happy genial nature, or is his attractive demeanour put on for the occasion and laid aside at home as he lays aside his coat? A very young girl takes it for granted that men are always as she sees them in society—polite, friendly, and on their good behavior. If she marries early the man who happens to please her fancy, she learns to her sorrow that in nine men out of ten a man in society and a man at home are widely different beings. Five years at that period of life produce a great change in opinions and feelings. We frequently come to detest at twenty-five what we admired at sixteen.

Dress in Morocco.

It is a strange fact that many of the natives of hot countries wear almost the same clothing winter and summer, and do not seem to suffer from cold when the thermometer stands at a few degrees, in the severest weather, above freezing-point. Arab women are always curious to see how European ladies are dressed, and examine attentively their clothes and jewelry. If the Europeans show the same interest, and inquire into the dressing of the natives, they often find to their surprise, on cold days, on lifting the haik of a Moorish woman, nothing but a gauze chemise and a thin cotton bodice covering the breasts and a very small part of the back, and from the waist to the feet cotton pantaloons, ample, it is true, but not warm. The haiks are about eighteen feet long by five feet wide. With one of these, with their veil to the eyes and falling about fourteen inches, and with pantaloons made up of seventeen yards of white cotton, tied at the waist and ankles, the reader will have but little difficulty in understanding how they can conceal their figures and keep themselves warm. But such ample drapery is comparative luxury, and enjoyed by the wealthy only. On the other hand, one pities them in hot weather for being obliged to wear the veil and follow the fashion among the ladies of their standing of burdening their frames with such a weight of apparel. With all this drapery the women's husbands and acquaintances readily recognise them by their bearing and gait, but one can form no idea, or a very inaccurate one, of a woman from what the exterior forms suggest.

Where Familiar Quotations Come From.

"There is death in the pot," is from the Bible, 2 Kings iv. 40. "A man after his own heart," 1 Samuel xiii. 12. "The apple of his eye," Deut. xix. 21. "A still, small voice," 1 Kings xix. 12. "Escaped with the skin of my teeth," Job xix. 20. "That mine adversary had written a book," Job xxi. 35. "Riches certainly make (not take, as it is often quoted) themselves wings," Proverbs xxiii 5. "Heap coals of fire upon his head," Ecclesiastes i. 9. "Peace, peace, when there is no peace," (made famous by Patrick Henry) Jeremiah vii. 11. "Make a virtue of necessity," Shakespeare's Two Gentlemen of Verona. "All is not gold that glitters," Merchant of Venice. "It's an ill wind turns no good," usually quoted "It's an ill wind blows no one any good," Thomas Tasser, 1560. "Christmas comes but once a year," *Ibid.*, "Look before you leap," *Ibid.*, and "Look before you ere you leap," Hudibras, commonly quoted, "Look before you leap." "Out of mind as soon as out of sight," usually quoted, "Out of sight, out of mind," Lord Brooke. "The old man eloquent," Milton. "Peace hath her victories," *Ibid.* "Though this may be play to you, 'tis death to us," Roger l'Estrange, 1704. "Through thick and thin," Dryden. "When Greeks join Greeks, then was the tug of war," usually quoted "When Greek meets Greek, then comes the tug of war," Nathaniel Lee, 1692. "Of two evils I have chosen the least," Prior. "Richard is himself again," Colley Cibber. "A good hater," Johnson. "My name is Norval," John Hume, 1808. "Ask me no questions and I'll tell you no fibs," Goldsmith. "Not much the worse for wear," (not *none the worse*) Cowper. "What will Mrs. Grundy say," Thomas Morton. "No pent up Utica contracts our power," Jonathan Sewell. "Hath given hostage to fortune," Bacon. "First in war, first in peace, and first in the hearts of his fellow-citizens," (not *countrymen*), resolutions presented to the House of Representatives December, 1790, prepared by General Henry Lee. "Millions for defence, but not one cent for tribute," Charles C. Pinckney. "The almighty dollar," Washington Irving. "As good as a play," King Charles, when in Parliament attending the discussion of Lord Rosse's divorce bill. "Go snacks," Pope's Prologue to Satires. "In the wrong box," Fox's Martyrs. "A little bird told me," comes from Ecclesiastes x. 20: "For a bird of the air shall carry the voice, and that which hath wings shall tell the matter."

"He that fights and runs away,
May live to fight another day."

These lines, generally attributed to Hudibras, are really much older. They are to be found in a book published in 1656. The same idea is, however expressed in a couplet published in 1542, while one of the few fragments of Menander, the Greek writer, that have been preserved, embodies the same idea in a single line. The couplet in Hudibras is:

"Far those that fly may fight again,
Which he can never do that's slain."

"Hell is paved with good intentions," though found in Johnson and Herbert, was obviously in that day a proverbial expression. Walter Scott ascribes it to some "stern old divine."

"There is a good time coming," is an expression used by Sir Walter Scott in "Rob Roy," and has doubtless for a long time been a familiar saying in Scotland.

BIT OF FRENCH BARBERS

Irresistible Desire to Cut the Throats
of Customers One of Their
Pleasant Impulses.

(Copyright, 1900, by Press Publishing Co.)
PARIS, June 2.—(New York World Cablegram—Special Telegram.)—A barber in Poitiers who confessed to having cut the throats of eight of his clients in the last two years has been acquitted upon the testimony of the medical experts.

The defense brought upon the stand a number of barbers, all of whom testified that they themselves were subject to a sort of fascination while at work which impelled them to sever the throats of their customers. The defense got insanity experts to testify that this impulse was precisely the same appeal to the insanity lurking in all men which compels people to jump from great heights, the same vertigo which often makes men working on big mechanical knives to give an arm, a hand or a finger to be cut. An immense number of scientifically recorded cases were cited, amongst others those of several surgeons who were compelled to renounce their profession because the touch of the keen cutting instruments invited them to commit murder.

to the Mercury in no way exposes his hand-
crisp of a political faction. While the letter-
or achieve the same end by the active lead-
portism in the role of a private individual
to secure a desire to limit the cause of im-

"Boast of the day in the evening" is a Russian proverb.

A just economy is not niggardliness; one need not be a miser in avoiding the extravagance of a spendthrift.

We ought not to judge other people by their beliefs, because we do not know how they have been brought about; but we may justly apply the crucial test to our own views, and honour or dishonour them accordingly.

Friendship has a noble effect upon all states and conditions. It relieves our cares, raises our hopes, and abates our fears. A friend who relates his success talks himself into a new pleasure, and, by opening his misfortunes, leaves part of them behind him.

He who loves most generously, asking for nothing again, will receive most plenteously the affection which can come only as a spontaneous offering of the heart.

The man who sits down and waits to be appreciated will find himself among uncalled-for luggage after the limited express has gone by.

There is nothing of so great importance to us as the good qualities of one to whom we join ourselves for life; they not only make our present state agreeable, but often determine our happiness to all eternity.

The tenderness of old age is thrice blessed—blessed in its trophies over the obduracy of encrusting and withering years; blessed because it is tinged with the sanctity of the grave; blessed because it tells us that the heart will blossom upon the precincts of the tomb.

The home is the crystal of society, the nucleus of national character; and from that source, be it pure or tainted, issue the habits, principles, and maxims which govern public as well as private life. The nation comes from the nursery; public opinion itself is for the most part the outgrowth of the home; and the best philanthropy comes from the fireside.

Every man must sleep according to his temperament; but eight hours is the average. If one requires a little more or a little less, he will find it out for himself. Whoever by work, pleasure, or any other cause diminishes his sleep destroys his life. A man may hold out for a time; but nature keeps strict accounts, and no man can set her at defiance.

It is a truth never to be overlooked that good increases and triumphs through the emphasis laid upon it, while evil dwindles and decays by silence and neglect. Whoever wishes to abolish anything wrong or unseemly will best succeed, not by dwelling upon it in his own mind and giving it prominence in his conversation, but rather by treating it with silence, and laying his stress upon the opposite virtue or good, which by its very presence will quietly dispel the evil.

There are many honest people who with the best intention of making just decisions, yet finally arrive at wrong conclusions, simply because they have not the aptitude to weigh the value of testimony—not only in the jury-box, but in the office, the shop, the street, the home; in every place where men and women meet to exchange views or sentiments this power is necessary to understand one another, as well as to discover the truth.

Belts and Girdles.

The Egyptians, whose history, as recorded on their monuments and in their writings, is the most ancient of any with which we are acquainted, habitually wore broad belts of one kind or another. These girdles were used by both sexes, and we are informed by Prof. Macalister, were worn tight, this being apparently the cause of the remarkably slim waists which are so characteristic a feature of the sculptures and paintings of the ancient Egyptians. The breadth of their girdles varied considerably, but they were usually broad and made of linen. The women appear to have frequently worn two distinct girdles, one high up, immediately below the bosom, while the other was placed lower, just above the hip-bones. There is no reason to suppose that the one round the waist proper was used to support any part of the clothing. The Semetic races, who derived their civilization mainly from the Egyptians, also wore girdles as part of their ordinary costume. With regard to the Jews and Phœnicians, we may remark that girdles, which were worn by both sexes, were recognized as being of benefit in assisting active exertion. As an instance of this, the case of Elijah may be quoted—Second Kings, xviii., 46—where it is stated that the prophet “girded up his loins” to run before Ahab. As is mentioned elsewhere in Scripture, Elijah wore a leathern girdle, and the words in the original, which have been translated “girded up,” should be rather “tightened up,” and can be rendered more exactly by the Latin *fortiter constrinxit* than the usual English translation, which might lead to the erroneous impression that pulling up of the skirts was meant. The girding up of the loins referred to elsewhere in the Old Testament—for example, with regard to the ceremony observed at the feast of the Passover—has the same signification, and expresses also the connection between such girding and active exertion. The Arab tribes of our own day wear girdles from their earliest infancy, and we are informed by Prof. Robertson Smith that in the case of the Bedouins they are worn tight as a matter of respectability. He further tells us that when he himself traveled in an Arab dress he was instructed always to draw his girdle tight, a loose girdle being regarded in the East, at the present day, as characteristic of a dissolute, luxurious person. In the privacy of home life the girdle is either loosened or removed. Many similar examples could be given with regard to other Semitic races.

12. *Who are the three tobacco takers?*

Ans.—According to Dr. Caldwell,—“The African rock goat—the most loathsome creature on earth—the foul tobacco worm, and the rational creature, man.”

13. *In what country are cats minus tails?*

Ans.—Manx or Cornish cats are tailless, and are now found in only one country.

14. *How do grasshoppers breathe?*

Ans.—They breathe by means of spiracles, or breathing pores—the air which enters these being conveyed by tubes to all parts of the body. They have neither lungs nor gills.

15. *When was the first important naval battle?*

Ans.—It was that of Salamis, fought 480 B. C.

16. *What is the origin of the saying, “Mind your P’s and Q’s?”*

Ans.—In olden time, when chalk “scores” were marked upon the wall, it was customary to put the initials “P” and “Q” at the head of every man’s account, to show the number of pints and quarts for which he was in arrears. Hence the saying, “Mind your P’s and Q’s.” Other explanations of the origin of this expression are to be found.

17. *Why do soap-bubbles rise?*

Ans.—On account of the warm air they contain.

18. *When was the grasshopper war?*

Ans.—About the time the Pilgrims landed (1620) an old Indian squaw with her son visited a friend belonging to another tribe. On the road the boy caught a grasshopper and carried it with him. During the visit a boy from the other tribe demanded the insect and a quarrel ensued which soon became very complicated, for fathers, mothers and chiefs became engaged in the struggle, which nearly exterminated one tribe.

19. *What was the “boy crusade”?*

Ans.—Dr. J. F. Hurst, in his “Outlines of Church History,” says that the “boy crusade” took place in 1212, when 30,000 boys under the guidance of the shepherd boy, Stephen of Vendome, set sail from Marseilles for Palestine in seven ships. Two of the vessels were wrecked, and the remainder reached Egypt, where the children were sold as slaves.

7. *What is the origin of, “To let the cat out of the bag”?*

Ans.—In England, country people formerly deceived unsuspecting buyers by substituting a cat for a sucking-pig, bringing the cat to market in a sack. All was well if sale could be made without opening the bag—but opening the sack was equivalent to “letting the cat out of the bag.”

Obstinate Children.

A friend once told me how, when a child, she was one day kept without food, and sent to bed hungry and exhausted, for not reciting some lines by heart. The punishment being inflicted on the supposition that she was willfully obstinate. She said that she does not now think herself to have been naturally obstinate, speaking generally; and, in this particular instance, she added: “But what no one knew then, and what I know as the fact, was, that after refusing to do what was required, and bearing anger and threats in consequence, I lost the power to do it. I became stone. The will was petrified, and I absolutely could not comply.” She expressed the conviction that the obstinacy was not in the mind, but on the nerves, and that what we call obstinacy in children, and in grown people, too, is often something of this kind; and that it may be increased by mismanagement or persistence or what is called firmness, in the controlling power, into disease, or something near to it.

Near to the home, the school is the great centre of life for our girls till they are seventeen or eighteen, and in some cases for a longer time. It is there that they form many associations and friendships which have a great influence upon them; the school is their workshop; they are under rules and regulations, and are having a training in discipline.

To a certain degree it is hard for the parents to control the school life of their daughters. The teachers are there the “powers that be,” and the rules of school do not move for individuals. Especially is this the case in the public schools, to which we may suppose the large proportion of our girls go. Still, even the school life must come under the careful watch of the parents.

One of the very first and most important things to be considered about is, “What friends are our girls making?” In the larger schools all sorts and conditions of girls are being met; our girls come under the influence of the bad as well as of the good, and it is hard, at times, to teach them to choose. And yet some of the worst lessons of a girl’s life may be learned from her school acquaintances; her morals deperated, her ideas changed, and a cloud cast over her whole future. Therefore it will readily be seen that a watch must be kept up over the acquaintances which our girls may make in school hours.

A mother, being an older woman, is generally a better judge of character than the daughter; a father is apt to be a still better judge of girls of all sorts, if he is a man who knows the world, and our girls should be encouraged to bring all their friends to the home; not ostensibly for inspection, but really for this purpose. Then, if some are found unadvisable, if we have the proper influence over our daughters, it will be easy to break off the intimacy when necessary. This should not be done in a brusque and domineering manner, but reasonably and with due regard to your girl’s feelings in the matter, and her desire to avoid hurting the other girl’s feelings.

The great thing is to have first of all incited a desire for right living in our girl’s mind, and then it is comparatively easy to convince her of the necessity of keeping up friendships only with the innocent and pure girls of those she meets.

Girls should not be allowed to murmur at school discipline, even if at times it is manifestly unjust. Discipline, and that of the kind which brooks no remonstrance, is necessary to the formation of true character. If injustice is shown, it will arouse a noble contempt for this quality; but if rebellion is encouraged by the parents, who cannot possibly know more than one side of the subject, a girl soon becomes discontented, unmanageable, and unruly in the school. This school is but a mimic world, a prototype of that in which she is soon to take her place and be governed by rules of law and nature, against which she cannot rebel. Ready obedience to law is the foundation of all good citizenship, whether of the state or of the world, and our girls should be made to understand

this, and act well their part."

It seems perhaps better not to say anything on the subject of "forcing," such as is carried on in our public schools especially, for there is so much more to be said than there is room to say. But still another note of warning must be given. Our girls are growing, they are changing from children to women; they are having immense drafts made on their physical being, and their minds are expanding with that wonderful rapidity which characterizes the girl from fourteen to eighteen. Therefore it is absolutely necessary that their brains should not be overworked. Better far to miss an examination, not even taking it, than to have a year or two of nervous prostration and the consequent failure in brain power. Better far not to be the head of the class. Anything is better than a broken life, destroyed nerve force, and a weakened memory. Be sure that your girl has enough rest and exercise, even if she fails once every day. Never reproach a growing girl for failure in lessons. Never let her go to school when she has a headache. She has plenty of time to study after she has her growth.

So long as she goes to school, teach her to be true, considerate, and honorable in that life, as in her home life; encourage her to give all the help she can honorably, and none dishonorably. Let her feel that you at least consider that the laws of the school are to be kept at any cost (except that of attendance at all times), and that she should take a pride in leaving an unstained record.

L. E. HOLMAN.

my conscience was pricking me all the time. Now, Elsie, with her early October plan, shows excellent sense, and I move that we two combine with the children and see how many pretty things we can help them do."

And this was the beginning of our "Children's Club"—a real, genuine club, by the way—and it is my purpose in this article to tell you some of the charming things that were made, hoping thus to be of help to other mothers of restless children.

Our "club" numbered four little girls—Elsie and a young cousin staying with us and Mrs. Reed's two children. In ages they were from nine to twelve, all bright and merry, but not remarkable children. We met once a week and the day was practically given up to them. My friend and I both painted a little and the children had among them a box or two of paints and some gilding. They loved to "dabble," as all youngsters do, and we determined to direct their efforts, so that instead of painting page after page of fashion plates in the catalogues, they might make something both pretty and useful. Even if a child cannot draw a picture "off-hand," she can generally "trace" nicely on some transparent surface.

I had, lying upstairs on a shelf, several yards of fine, smooth, Victoria lawn, and this was the first thing used. We had a good many old copies of art papers and a large scrap-book, in which I had for a long time been pasting pretty designs; these showed beautifully plain through the thin muslin. Each child made a pin-cushion top, selecting a simple design, tracing it carefully with a pencil and afterwards coloring it. The plain, square cushion was made of silesia and stuffed with worsted ravelings; the top was edged with narrow lace or a ruffle of the lawn.

A variation on the above was a pin-ball, made in this way: Two circles of cardboard as large as a sauce-dish were cut and covered with silesia; then a circle of lawn had a pretty design painted on it, was laid

over the colored lining, the two circles overhanded together, pins stuck in the edge and all hung by a loop of ribbon. I remember we had a blue silesia circle with a spray of wild roses, a pink one with some grasses, and a yellow one with cherries.

Then each child made a scarf of this same lawn, with a spray of leaves or flowers painted on one end and a few disks or crescents on the other, filled in with colors and outlined with gilding. Afterwards we put bright, little tassels along the hem as a finish. Little sachets were also traced and painted, filled with violet powder, sewed up and fringed, and were very acceptable.

A package of ragged-edge cards was also found to be a good investment. They come in pretty tints and different surfaces and are furnished in small, assorted sizes

THE CHILDREN'S CLUB.



LITTLE Elsie hung over the back of my chair coaxing "Mamma won't you please help me make several Christmas presents I laugh out, for it was only the first of October.

"Little girl, seems to me you are rather early about your plans. Now, run away and play, for I want to visit with Mrs. Reed."

My friend sat silent, with an absorbed look in her eyes, after the small maid had left us.

"Alice," she said at last, decidedly, "that child has put an idea into my head, and I believe it is a good one. I shall never forget last Christmas. You know all my plans had been disarranged by sickness, and at the last it was a rush, day and night, to get things finished up. I thought the children would drive me wild. It was 'Oh, mamma, what shall I make for grandpa?' and 'Oh, mamma, do help me think of something for auntie.' The poor things would look so disappointed when I would snap them up short,

at 25 cents a package. They painted many dainty little bits on these cards, but as the latter were not transparent, a piece of tracing-paper, generally red, was first laid on the card, then the design on top of that and all the outlines gone over carefully with a knitting-needle or a pointed slate-pencil. On lifting both papers the design will be found transferred to the card. If intended for a Christmas card, the children simply added a word or two of greeting, traced with pencil and painted over with gilding. If for a book-mark, a long, slender card was chosen and after painting, was mounted on a ribbon.

Two other ideas that were liked were blotters and calendars. A pretty, painted card was laid over two pieces of blotting-paper cut the same size and all three tied together in one corner with a ribbon bow. Or the design was put on the card a little more to the left, leaving room in the lower, right-hand corner to attach a small calendar.

Two very nice presents, one for mamma and one for papa, were as follows: A small tablet of nice writing-paper, note size, was purchased and the front cover removed; in its place was put a ragged or plain-edged card just the same size, and painted as prettily as the child could do it; then the top bound again with a strip of thin silk neatly pasted on. Papa's was a shaving-case, the front being a good-sized card with a pretty or comic design on it, the leaves made of bright tissue paper, and on all the lighter colored ones were neatly-traced pictures. "Almost too pretty to use," we all said.

But we did not paint all the time, and here are some other nice things which were made. Tissue paper, in the soft, French colors, and with plenty of white added, was the material used for many other gifts. A shaving-ball is a change from the case, and also remarkably pretty. Take a small saucer and mark out and cut a great many circles of paper; you will need from fifty to seventy-five, and a large proportion of them should be white. Take each circle by the center and draw it through the hand, creasing it; take a piece of annealed wire about ten inches long, make a loop or knot in one end and then begin to string the pieces of tissue paper on the wire by pushing the other end through the paper near the center. Crowd just as many pieces on the wire as possible, until they form a large ball, then make a knot in the wire in the center of the ball, so the pieces cannot slip; trim the ball a little to make it perfectly round and attach a bow of ribbon to the wire.

Tissue-paper mats were much liked by the "club." A dozen squares of paper about ten inches across were laid evenly together in a pile and pinned to keep from slipping. A square about five inches across was marked in the center with a pencil and the papers all stitched together by the sewing machine on this line; that

left about two and one half inches all around for the border, and this was cut with the scissors into fine fringe almost up to the line of stitching; then this fringe was crumpled and crumpled up in the hands until as fluffy as possible—the more it is squeezed and ruffled the prettier it grows, and it is also a help to shake it over the hot stove during the process. These mats can be made circular if desired, and as to colors, there is a great chance for variety. We found a combination of salmon, pink, white and blue very pretty, also a "harlequin" of all the lighter tints; or a shaded olive green with one layer of scarlet in the center.

There is another class of very beautiful gifts that can be made from tissue paper. Take a full sheet of paper and crush it up in the hands; pull it out somewhat and then crush it again. After doing this repeatedly the paper loses its stiff and rattling character and becomes like the softest crape. Little sachet-bags can be made of this material, also lovely handkerchief-cases, but the finishing up of these last is too difficult for little fingers and they will need some help.

Something that pleased the children very much was a vase full of lamp lighters, made as follows: We took a small, glass jam-jar with a wide mouth, and with some flour paste fastened one edge of a generous piece of "crapey" paper onto the bottom of the jar; then fastened the opposite edge of the paper inside the mouth of the jar in the same way. When dry we tied narrow ribbon, matching in color, around the neck, with a bow on one side, and pulled out the paper below till it looked like a puff. Some simple, white "lighters" were made, and for the tops of them two small, heart-shaped pieces of plain tissue were cut out in two different colors, say pink and purple or red and yellow; these were pasted to the top of the white lighter by the points of the heart-shaped pieces. When dry, by a dexterous twist or two, they looked exactly like sweet peas, and the pretty vase full of them made a very gay little gift. Save every clipping of these bright papers in a box by themselves; they will prove both dainty and useful for packing presents or little baskets of candy.

Our small people liked paint-brushes better than needles, but still they made a few little things with the latter. Outlining proved to be a very delightful way of sewing, and among the articles they finished were a few little doyleys, the design being traced on with a pencil; a tidy or two, a splasher and a bureau-scarf; also quite a variety of little bags. Some of these were for buttons and some for string, but perhaps the most useful one of all was one that hangs near me as I write.

(A small illustration of a bag is shown here, with text describing its construction.)
The bag is made of light blue tissue paper, and is shaped like a small pouch. It has a narrow neck at the top, which is gathered and fastened with a small knot. The bag is shown hanging from a string. The text describes how to make it, mentioning the use of tissue paper and the need for a narrow neck.

Women wage-workers.

While we women are gravely discussing in our clubs the wrongs and abuses of our sister wage-workers, or growing enthusiastic at home over Edward Bellamy's millennial scheme for healing all the ills of society, is it not possible that we may be overlooking the small alleviations which lie within our reach, and for which we need not wait until the dawn of the year 2000.

A multitude of small courtesies and kindnesses towards the wage-workers with whom she personally comes in contact might be extended by every woman, at small cost to herself, yet that would bring sunshine into many a dull life. The girl who does your plain sewing in a small, ill-lighted, unventilated room, would remember as a holiday a week in your beautiful home, with comfortable surroundings, nourishing food, and a thoughtfulness that did not crowd upon her an impossible amount of work, but sent her out daily for a walk or ride in the fresh air. The clerks in our stores would reap far greater advantage from the early hours of closing, but for the thoughtlessness of shoppers who prolong their stay to the last possible moment, and leave the counters strewn with tumbled goods which must all be disposed of by the girl who has patiently served their caprices.

A small sum saved by simplicity of dress, or by dispensing with unwholesome dainties on our tables, would furnish many of us with means to put into the hands of the needy work which we now tax ourselves to accomplish, thus furnishing employment to those who want it, and leaving ourselves the one boon the average woman needs most—leisure for reading, for thought, for recreation.

The pressure that forces thousands of needle-women to sell their lives for wages that mean starvation or shame, will be relieved when women cease to be bargain hunters, and seriously reflect that a garment at a few cents above the cost of material means loss on the labor, inevitably and always.

In the line of these suggestions, every woman's conscience will work out for her a scheme of duty, if she will but take thought on the matter, and look neither backward nor forward, but at the things that are just at hand.

DEAR ROSE:—Wendell Phillips once said that our best thoughts are those we have coming down stairs, when it is too late to use them. All the apt rejoinders, bright speeches, happily-turned expressions, come crowding on us when we are "thinking it over." If we only had at command some dainty Ariel to help us to that "wisdom of the staircase" just in the nick of time! But as that may not be, the next best thing is a friend who will hold the lamp of experience over the path you have yet to tread.

The Young Girl at Home.

The world to young girls just leaving school sometimes takes on much the same aspect that it might to a butterfly who found that he must return to his chrysalid. School was a place of bright companionship, of endeavor, of rewards, of social joyousness; and now to go to some dullness, to some work, to no companionship of mates and hilarity, to tasks new and possibly uncongenial—it seems but a gloomy prospect before her. Yet to make home pleasant to those within it, to lighten the burdens of those that have been bearing them, may be found as cheering in the end as any mere pursuit of pleasure for the sake of pleasure. If, on leaving school, every young girl could appoint herself a fixed task in the house and family she would soon find herself deriving a wonderful satisfaction from the effort and the accomplishment. If this one, for instance, would undertake the care of the parlors—the dusting, arranging, vase-filling, the overseeing of the general order and attractiveness—even in a household where there are plenty of servants, all the people in the house, as well as herself, would find the advantage of it. Where there are little children, too, another could take upon herself the required attention to the wardrobe of the children, or even of any one of them—in a wealthy family, the designing and ordering and replacing them; in a family of narrow means, the making and mending. In either event, what a real weight would be lifted from the shoulders and the anxieties of the one who has always had that to do with a world of other things besides! and the young girl doing it would receive all the pleasure she ever took in dressing her doll in the past, or will ever take in dressing and arranging any sort of toilette in the future. Still another branch of the household business that the young girl can take on herself is that of directing the family meals, a task that has exhausted the energies of many a mother, and her power of invention also. To assume this duty, to say what shall be for breakfast and dinner and tea, to see what is needed, to compose new dishes, to attend to the marketing herself—to do all this is in some cases more than manual labor, and the young girl returned to her home who does this and this alone is taking from those who weary of the sameness of thinking and ordering day after day and year after year a load whose lifting is appreciated—a load whose lifting relieves tired nerves and thoughts, and perhaps makes the difference between sickness and health.

A French Woman At Home.

She helps to cook the dinner she has bought—for servants are wasteful with the charcoal, and she knows to an inch how little she can use. In that marvellous place—a French kitchen, where two or three little holes in a stove cook such delicate dishes and perform such culinary feats as our great roaring fires have no conception of—she flits about like a fairy, creating magical messes out of raw material of the most ordinary description. Yes, though a lady born and bred; refined, elegant and agreeable in society, a belle in her way, yet she does not think it beneath her dignity to lighten the household expenses by practical economy and activity. The dinner of a French family is cheap and simple. There is always soup, the meat of the stew-pan—sometimes, if not strict in expenditure—another plate of meat—generally two vegetables, dressed and eaten

separately, and sometimes, not always, a sweet dish ; if not that, a little fruit, such as may be the cheapest, and in the ripest season. But there is very little of each thing, and it is rather in arrangement than in material that they appear rich. The idea that the French are gourmands in private life is incorrect. They spend little in eating, and they eat inferior things ; though their cookery is rather a science than a mere accident of civilization. At home the great aim of the French is to save ; and any self-sacrifice that will lead to this result, is cheerfully undertaken, more especially in eating than in the mere luxury of mere idleness. No French woman will spend a cent to save herself trouble. She would rather work like a dray-horse to buy an extra yard of ribbon, or a new pair of gloves, than lie on the softest sofa in the world in placid fine-ladyism, with crumpled gauze or bare hands.

Fun With Peanuts.

A bag of peanuts, some wooden toothpicks, a Lox of pins and a sharp knife, two or three tiny Chinese parasols and pen and ink for making the faces, are all the materials necessary. These, with a little ingenuity, will make a great variety of peanut people, and almost every kind of animal. A little care and taste in selecting the peanuts will soon show what great adaptability there is in them.

A thick, fat nut, with very little curve near one end, will, with the aid of toothpicks for the legs and pins for the arms, make the "froggy who would a wooing go." Bits of soft dough or putty. Stuck on the the ends of the toothpicks will, if held in one position long enough—that is, until it stiffens—make the feet solid and the queer little creature able to stand alone. Plaster of paris will do even better if it is to be had, as it hardens quickly and will hold the doll firmly in place on the cardboard or thin board used for a foundation.

The pugilists are made in the same way ; it is better to fasten them securely to the foundation before putting on the knobs of dough which answer for a set of boxing gloves, as these are rather heavy and the people are apt to topple over if they are fastened on at first.

A long, slim peanut should be selected for "my lady" who goes abroad under the shelter of a gaudy Chinese sunshade. A three-cornered bit of colored paper, stiff enough to hold its shape, may be used for a bonnet by fastening to the head with a bit of glue or paste, while the parasol is held in place with tiny threads and glue if needed. A little experience will show how to manage.

Select the largest and fattest peanut for a boat ; cut off about one-third, and fasten securely to the foundation before arranging the occupants. Another sunshade, a bit of blue cloth for a penant, toothpicks for oars, and you have a very amusing toy.

The "little pig who went to market" is easily arranged, as is Little Red Riding-Hood or any other character which chances to please the little ones. One or two trials will show the possibilities of these common materials and will prove most entertaining and amusing.

A HALF-DAY IN THE BATTLE CREEK SANITARIUM.

One Friday not long ago we visited the above-named place for the purpose of making observations for a "write-up" and to satisfy a long-felt desire to know personally something about this famous institution.

The Sanitarium building is a large five-story brick, with broad upper and lower verandas extending around it and surrounded by spacious grounds which in summer are very beautiful, and which even now, with brown lawns, empty flower-beds, dry fountains, and leafless trees are attractive in their suggestiveness of summer beauty. The life within is not apparently adversely affected by the season, and the facilities and attractions of the place are delightfully revealed to us by an Eaton county girl who expects to come out sometime a professional nurse.

We are first taken in an elevator to the upper floor from which we ascend by narrow stairs to the roof and obtain a fine view of the city. Then comes the descent and the revelations, the first of which is, by chance, a novel manner of boiling water. We meet, in one of the halls, a

young woman with a pail of cold water who is asked by our young lady if she is going to boil it. Signifying her intention by a nod we wait and watch the process. The pail is hung under the perpendicular steam-spout on the wall, the spout extending into the water, and the steam turned on, when the spouting and spattering begins and the water is thrown into a great turmoil. In a very little time steam begins to rise and in a minute more it is boiling over in a way to scare a novice and the steam is quickly turned off.

The bath-rooms, done off into a great many small apartments and provided with conveniences and facilities for every sort of bath and water treatment, is a delight to see and a luxury to enjoy and makes one wish that a public bath, so superbly fitted up, might be established in every town. It would be an aid to every good force already at work in the community and a preventive is always better than a reformatory measure, in wrong doing, and often less expensive.

One treatment to which our attention is called as being most excellent to keep the skin in a healthy condition and one which can, without a great amount of trouble, be taken at home, is the salt-rub. A thorough rubbing of the whole surface of the body with moist salt, is followed by a warm spraying, after which the skin is dried and oiled. We have felt bound to give thus much of this treatment because if the skin can be kept elastic and healthy, disease cannot exist, so say wise doctors. Dr. Kate Lindsay, who has an office convenient to the bath rooms, personally directs the needs of the lady patients, all of whom are required to pay her a visit after bath room treatment.

Another interesting and perhaps not less valuable than the baths, is the gymnasium, which is so large that 65 can engage in the Indian club exercise at one time. This is also admirably fitted with modern appliances, including, besides the 75 or 100 sets of clubs, dumb bells and Indian clubs, a rowing, an arm rotating, and back and walking machines, quarter circles, rings and ropes, etc., the use of which call into exercise all the various muscles of the body.

A fine way, we cogitated, to induce invalid and lazy people to take their needed exercise. But, even for physical workers these exercises possess a benefit as well as a charm and the charm makes no small part of the benefit. It made us feel like a little girl again and we longed to be able to swing clubs, swing from ropes to ropes, etc. When a patient enters the bath room he is examined, measurements taken and recorded, and the proper treatment prescribed.

The helping floor, which was built in 1875 of whom are girls, have the same advantages here as do the patients. This we were glad to know and happy still to hear that not a corset is allowed in the institution on patient or helper and the blooming cheeks, erect carriage, and apparent perfect health of the working force is doubtless largely attributable to the sensible customs and simple habits of the place. It would be impossible to engage in calisthenics with any benefit or comfort in a style of dress that did not allow perfect ease and freedom of motion and the Jenness Miller gowns are consequently very popular at the sanitarium.

From the gymnasium we go "down to Sweden"—a sanitarium phrase—where the splendid system of medical gymnastics, called Swedish movements, are done by steam power. Here one can get shakings and kneadings of a great variety of kinds without the slightest voluntary movement. If you would be shaken as a Sullivan might shake a Jack-in-the-box just get into the chair that is vibrating at the rate of a 150 a minute. A foot-shaker, an arm-rubber, a back-thumper, a tread ing-machine, and a dozen other shakers of different sorts are ready to do their work if you will only place yourself in their power. Here also is a revolving electrized cylinder. We are directed to sit down in a chair and press our feet close against a leather-like screen, which, though stationary, comes in direct contact with the cylinder. We follow directions and the queerest, though not unpleasant, sensation affects our soles and after a time a young lady is asked to touch our shoulder, when a jump, and an oh! an electric spark and a tingle is the result. The building is lighted throughout with electricity furnished from a dynamo in the basement.

The laundry is quite an institution in itself and is run from daylight to dark every day in the week but Saturday. Here, as elsewhere, steam power is made to do a great amount of work but it still takes a large force to keep it in operation. None of the helpers are confined to any one branch of work but each must take a hand in her turn at every kind. The girls come out, practical housekeepers, every one. The wages of general helpers is ten dollars per month with ten hours a day of work. The nurse students work twelve hours a day and receive thirteen dollars per month, though each is required to take a preparatory course of six months at general housework. The course requires two years and as the expense is nothing, the training first-class, the profession profitable and the demand always greater than the supply it seems strange that more young women do not turn their attention to this profession.

The following is the daily program: Rising Bell, 6:30 a. m.; Morning Prayer Bell, 7:15 a. m.; Breakfast, 7:30 a. m.; Light Calisthenics in the Gymnasium, 8:20 a. m.; Lecture, 9:00 a. m.; Treatment, 9:30 a. m. to 12:00 m.; Rest Hour, 12:30 m. to 1:30 p. m.; Dinner, 2:00 p. m.; Treatment, 3:30 to 6:00 p. m.; Lunch in room, for those who wish, 5:00 to 6:00 p. m.; Indian Clubs in Gymnasium, 6:30 p. m.; Retiring Bell, 8:30 p. m.; Last Trip of Elevator, 8:45 p. m.

By the time the dinner hour arrived we were decidedly hungry and did ample justice to an excellent dinner of beefsteak, mashed sweet potatoes, mashed peas, stregham bread, wheatena, cranberries, hot milk and coconut rice pudding with plenty of real cream. Butter, cream and milk, of best quality and plenty of it, is furnished from the sanitarium farm just out of the city and everything is cooked in the most healthful manner. The bill of fare contains no beverages but milk and caramel coffee, pies are excluded from the list, although there is sufficient variety of fruits, vegetables, breads and sauces to suit anyone. Our nearest neighbor, the little one, had come away for treatment.

...if people would
 ...two meals a day of
 ...food.
 ...hospital building just north of
 ...sanitarium, where some of the most
 ...operations known to surgical
 ...are performed, and where patients
 ...remain after operations until able to be
 ...moved to the sanitarium, contains the
 ...kitchen and dining-room, and the
 ...office, where "Good Health," a
 ...periodical devoted to health, home
 ...general topics and ably edited by Dr.
 ...Mrs. Kellogg, is published. A fine
 ...of rooms on the second floor is occu-
 ...as a home by these generous-hearted
 ...people who have adopted three little ones
 ...and given a home to a dozen others in this
 ...magnificent institution, which is a monu-
 ...ment to their ability and energy. We did
 ...not have a chance to visit the
 ...Kindergarten devoted to the interests of
 ...these little ones, but we know it bears the
 ...same high rank as does every other branch
 ...of this complex machinery, which exe-
 ...cutes the thought of their brain and heart.

Besides the lady physician above men-
 tioned, Dr. Anna Flatt is in constant
 attendance at the hospital.

The handsome Adventist college build-
 ings and grounds to the east, claim only a
 look, for time is short; a few minutes talk
 with Mrs. Salisbury, of the "Salisbury
 Dress Reform Manufacturing Co." across

the way, on Mrs. Jenness Miller and
 dress reform is unconsciously
 lengthened into a half hour and we are
 informed on our return to the general
 office that there are but five minutes before
 the hack will call for the 3 o'clock train.
 This we spend in "Sweden" and are treat-
 ed to a little kneading and shaking, after
 which we say good bye to the place of all
 others which we would patronize in an
 emergency should pocket-book permit.

CHRISTMAS FOR CHILDREN.

There is a period when the little one has
 outgrown the cotton-flannel absurdities
 and the big picture books with the paper
 covers, though the grown people of the
 family seem not to have real-
 ized that "the baby" would
 have liked something a little
 different—something a little
 more grown up. A little girl
 reminded me of this transi-
 tion period in this way:

"When you get my spring
 things this year, I don't want
 one of those baby caps again;
 I want a hat—a great, big one."

"Why?" I asked in amaze-
 ment. The sweet, baby face
 was framed in with
 the golden hair so
 like a picture, and in
 a baby cap had al-
 ways looked so
 cherubic. What had
 changed it?

"Well, I'm twelve
 years old, now, and
 I'm a miss, and misses
 do not wear baby
 caps."

That settled it, al-
 though she looked
 only seven to me. I
 had not taken the
 quick passage of
 years into account.
 So I thought perhaps
 there were some oth-

ers like her that still lingered in babyhood
 who possibly might have longings beyond.

If the cost of several small presents are
 put into one of more value it is often a
 much better plan. If she is going to
 school, what better than a tiny, silver
 watch that can cost six to ten dollars?

A good, silk umbrella of her own is
 prized by a careful little girl.

A writing-desk, furnished with dainty
 paper and other belongings, will perhaps
 give her an interest in writing to some
 one of the family. With us, the answer-
 ing of family letters is detailed to first one
 and then another of the children, so they
 may learn how to write, an art often ac-
 quired late in life, especially where the
 family has never been separated at all.

Good books that will always be valued
 as a nucleus for a library—Dickens' Child's
 Histories, Miss Proctor's Poems, and other
 such volumes of a character a little beyond
 the child, will be something for a child to
 grow up to.

A well-furnished work-box, a set of
 crochet or knitting needles, a dainty toilet
 set or traveling case, even if she only
 goes a few squares away to stay over night
 with a little friend.

A tiny shoulder-shawl to wear when the
 house is a little chilly, made of some
 pretty, pale flannel with pompons around
 the edge and finished with a briar stitch
 in silk.

A purse with a few dollars in it to spend
 for flowers, and a sweet sachet for her own
 particular drawer.

A box con-
 taining laces
 in black and
 white for
 the neck of
 her dresses,
 which she
 might have
 the pleasure of keeping in order herself.
 Also a few new ribbons for her hair.
 Although not approving of jewelry for
 a little girl, yet they often prize a ring or
 pin that was given them in childhood
 more than one in after years. In this case
 let it be of good quality, so that it may
 not lose its value as the child grows older.
 Do not feel as if all presents to a child
 must either be something it needs or
 something cheap.
 L. L. C.

The Grand Old Woman.

That Mr. Gladstone remains at 80 unshaken in health and in the fullness of his mental vigor is largely due to the life-long care and devotion of his wife. Little is heard of Mrs. Gladstone. She is not a society leader nor a political woman. Nominally she is the head of the Women's Liberal federation, but her politics consists of an intense admiration for her husband's program. Mrs. Gladstone has not been conspicuous in any department of life in which her husband has won honors, but she has played a more important part in his life-work than is generally known. It is in a great measure owing to her that he has been able to accomplish all the work associated with his name. She has always regarded her husband's work for the nation as of the first importance and has relieved him from all trouble about business or household affairs. She has shielded him from all the petty worries and frictions of life. Blessed herself with a perfect constitution and unbroken health she has looked after her husband's health with the skill of a professional nurse and the vigilance of a guardian angel. She has been a most devoted help-mate, and the ideal wife for a great man, says *Harper's Bazar*.

When Gladstone first met the lady, then Miss Glynne, who was to share with him the honor of his triumphs, he was a young member of parliament and one of the rising hopes of the Tory party. Miss Glynne belonged to an aristocratic Welsh family. Her father was Sir Stephen Glynne of Hawarden, Cheshire. Young Gladstone had no aristocratic connections. He was a son of a Scotch merchant settled in Liverpool. It was not the fashion in those days for the daughters of aristocratic families to marry any one bearing the taint of trade, and Miss Glynne's friends were anxious that she should choose a husband from the ranks of the nobility. Her own charms and beauty were considered sufficient to win her a marquis, a lord, or a duke. What first attracted Miss Glynne's attention to young Gladstone was a remark made by an English minister who sat beside her at a dinner party at which Mr. Gladstone was also present. "Mark that young man," said he; "he will yet be prime minister of England." Miss Glynne keenly scrutinized the handsome and expressive features of the young M. P., who sat opposite her, but it was not until the subsequent winter that he made her acquaintance in Italy. Perhaps this courtship in Italy may have something to do with Mr. Gladstone's fondness for that country and his frequent visits to it.

After his marriage Mr. Gladstone went to live in his father-in-law's house, Hawarden castle.

Mrs. Gladstone has been an ideal mother as well as an ideal wife. She nursed all her seven children herself. She looked after them from infancy, and cared for them in every way. The girls were educated by governesses, and the boys went to Eton, and then to Oxford. There were seven children—four sons and three daughters. W. H. Gladstone, the eldest, manages the Hawarden property for his father. Stephen Gladstone is rector of Hawarden church. Henry Gladstone has recently retired from parliament. Herbert, the youngest, is in parliament, and is regarded as a bright young man who is likely to make a name for himself. Two daughters have married Church of England clergymen, and the other, Helen Gladstone, helps her father with his correspondence. Except when Mr. Gladstone is in London attending to his parliamentary duties, the whole family

each other at Hawarden.

Mrs. Gladstone often watches her husband at his favorite recreation— tree-felling—and goes on long walks with him. Both are excellent pedestrians, and believe in exercise in the open air. As already remarked, Mrs. Gladstone's first care is for her husband's health. She has been his best physician. She is now 77, and Gladstone is 80, and if either of them were to break down the work of the other would be finished. But the whole world rejoices that the sunset of the two honored lives is so glowing and peaceful.

While the help nes to snatch her meals when she can, put up with cold vittals, and jump up half a dozen times durin' the meal to wait on the young'uns or their mother. The sewin' girl hes her evenings to herself to go where she likes or rest, but work is hunted up for the help to do as soon as her tea dishes is cleared away, fur fear she might hev an hour to herself and so git sassy.

The sewin' girl hes her Sundays to herself, while a woman thinks she's doin' a mighty generous thing if she lets her help off for a few hours every Sunday. The sewin' girl knows that the more she works the more pay she'll git, while the help knows that no matter how hard she works she won't git any more pay for it—not even in the shape of thanks.

Now, is it any wonder that girls goes out to sewin' before sarvice? even if it ain't so good fur their health. When wimmen larn how to treat their helps better there'll be more of 'em and better ones too. Let a help hev her regul'ar hours to work in and give her decent time to eat her meals in; it'll pay let me tell you. Let the young'uns be learned to speak to her proper when they want any thing, and not order her about as if she was their slave. It's my oponion young'uns ort to be as polite to their help as they are to their betters,—that is, if they're raised up right. Some folks appear to think its real smart to order their helps about like old boot and let their young'uns do the same. I can 'em they're makin' a mighty big mistake, and it sarves 'em right if they have a heap of trouble to git a help to stay with 'em. It don't hurt any young'un boy or girl, to wait on theirselves, and if they was all larned to do this, there would be no need of so many hired helps.

There's a good many things girls should do besides playing on the pianny; and a good many things boys should do besides dressin' up in stripped soots and ridin' one of them are two wheeled things and playin' cricket. Parents make a big mistake if they don't see that their children is learned what'll be of use to 'em when they grow up to be men and wimmen. Jinks says it ain't none of my biz'ness how folks raises their young'uns, and says I had'nt ort to write about such things. But I say, if we see folks goin' the wrong way in this world, its our dooty to set 'em right—id we can. And I often think Jinkses mother did'nt of much to speak of when she raised Jinks the way she did. Appears to me, if I'd been her, I coulo hev made a better job of it, and turned him out a little better able to wait on hissself. As it is I've did my best with him, but its hard to turn a man when he's old and sot in his ways.

We'll, I guess I've said enough on the subject this time, and will conclude by sayin' that if folks would treat their helps a leetle more like human critters they'd git them easier, and if they'd larn to wait on, themselves, they would't feel it so much of help was scarce.—*Jerusha Jinks.*

RELIGIOUS LIFE IN THE NURSERY.

BY CHRISTINE TERHUNE HERRICK.

As many varying opinions may be found on the best means of inculcating children with religious faith as there are shades of denominational belief. In the usual manner, the theorists most firmly rooted in their diverse methods are those who have made the fewest practical trials of the workings of their creeds. It is easy to formulate dogmas when one has no array of obstinate facts living in his memory to controvert his brilliant hypotheses.

Those parents and instructors who have tested many methods and found them wanting—or the reverse—seldom feel themselves qualified to speak with the positiveness that characterizes the utterances of the mere observer. The former have learned at least that the saw, "One man's meat is another man's poison," applies in religious matters as well as in things material. The truths that presented in a certain way will reach and touch one child, will entirely fail to impress another of the same family or of the same age. It is a grave problem at what age children shall receive their first instruction on theological points. While every thinking Christian parent must deprecate leaving a child too long in ignorance of the main principles of religious belief, it may yet be questioned whether an equally serious mistake is not made in beginning the tuition at too early an age. A lack of reverence is often engendered in the little one who is familiarized with sacred words and topics while so young that he can in no measure appreciate their importance or solemnity. The babe who is taught to lisp the orthodox reply to the query, "Who made you?" when the phrase conveys no meaning to his mind, can hardly be said to derive any benefit from the words that he repeats parrot-like. And as he grows older, the fact they embody has become such an old story to him that its meaning fails to reach him as a living truth.

So, too, is it with most of the prayers "that infant lips can try." Generally they are no more to the little petitioner than would be the repeating of a verse from Mother Goose, or from any other nursery jingle. The natural effect is to create a careless, uncomprehending habit of prayer, if that may be called prayer which is simply lip service instead of the intelligent expression of a wish to which the asker believes a higher power is bending a sympathetic ear.

Yet would you bring up a child in a heathen-like state of ignorance? one inquires. By no means. But let the same common sense prevail here that exists—or should exist—in the imparting of other knowledge. Do not expect too much of a child. He cannot grasp the idea of things unseen before he is fairly accustomed to the natural objects with which he is encompassed. Until what may be termed the faculty of idealization is in some degree developed, it is wasting time to teach him a form of prayer on a question and answer scheme of theology.

Contrary as it may be to the usually accepted system of religious training for children, one must yet think that it is often better to postpone such instruction until the little one asks questions showing that his mind is beginning to go out into the unseen, and to ponder upon the mysteries of the life he sees about him.

When he queries who made the sun, the stars, the animals, the flowers, who made him and those he loves,

the mother has a matchless opportunity. She would choose wisely the words with which she tells him of the wonderful Being who created all things, and who loves and cares for them. Should the child be slow in coming to this period of inquiry, the mother should begin to speak of such things of her own accord, pointing out the wonder and beauty of God's works, and using the parental relation to illustrate that existing between the Deity and His children. But this should not come until the child is of an age to comprehend something beyond the immediate range of vision or experience. If he has lived in a Christian family, there is little doubt that he will have had his interest roused by watching the observance of religious duties, such as family prayers, the saying of grace, church-going, etc.

When he has once grasped the fact of his possessing a tender Heavenly Father who is to all His creatures what the tenderest earthly parents are to their dear children, the idea of prayer follows as a matter of course. Is it not natural to ask for what we want from those who love us and desire to see us happy, and who have the power of granting our requests? And if God cares even more for us than earthly friends can, is He not glad to hear us when we plead with Him for what we wish? Thus a habit of intelligent prayer is engendered that stays on in after-life better than any mere form of words could do.

Parents often make a mistake in rebuking harshly as irreverence the odd queries and speeches with regard to sacred things that children sometimes utter. In most cases these remarks are not provoked by any lack of respect for their subjects, but are simply the result of the workings of the busy little minds. That youngster who wanted to know what God's last name was, and if he was ever a little boy, was simply applying to celestial themes the knowledge he had gained from observation of his terrestrial surroundings. **The best way to make a child irreverent is to treat**

such inquiries lightly and repeat them in his presence as a capital joke. He would not be human if he did not again try to distinguish himself by the same style of remark that had given entertainment before. As ill-judged as to make a jest of such *mots*, is it to punish their utterance as severely as if they had been intentionally blasphemous, thus crushing the child's spontaneity, and making him afraid to turn to his seniors for information upon the points that perplex his childish brain.

Taking children to church and Sunday-school is too much neglected. If the custom of attending these places is not formed in early youth, it is not likely to be acquired later. Regular presence at such services should be regarded as a privilege by the little ones, not as a duty alone. The halo of early association often does more to endear religious observances to adults than all the eloquence of the pulpit. Children should also be taught texts of Scripture and stanzas of hymns, not crammed with them, Strasburg goose like, but instructed in their meaning gently and lovingly, in the hope that the words, now perhaps not fully comprehended, may come back to the learners in later years as messages of strength and comfort.

While the beauty and power of God's love cannot be too strongly impressed upon a child, he should never have his pure, happy thoughts tormented by visions of future punishment. The lake of brimstone, the bottomless pit, the fires of Gehenna, should be

rigorously excluded from nursery theology. The rule of love should hold sway here, not a terrorism that has no place in the kindness and pity of the Father, or in the protecting tenderness of the Elder Brother. The babies will learn of the terrors of the law soon enough. Let them rest while they can in the persuasion that they are lambs to be led or carried by the gentle Shepherd, not black sheep to be frightened into good behavior.

The parents of growing children must keep the strictest of watches over their own lips and lives. The keen criticism of childish eyes is hard to bear, and is made no easier by having been called forth by some inconsistency, some outbreak that may seem justifiable to older and more charitable observation. All the preaching in the world will fail to convince a clear-sighted child of the beauty and helpfulness of the religion of Christ, if he sees the lie given to precepts by the daily conduct of his teachers. The parents must bear always in mind that "God's possible is taught by His world's loving," if they would not have "the children doubt of each."

A Word of Advice.

Girls, there are more things in this world worth striving for than a husband. Very often the appellation "old wife," is harder to bear than "old maid." Do not make the great mistake of accepting the first offer just for the sake of being married and getting a home. If you do, you may be sure your sorest trials are to come. You will find to your cost there are worse things than living alone. There are many ways a woman can earn a comfortable living, and what is to hinder you from making a home for yourself, instead of waiting for some "rich man" to come along and condescend to offer you a home where you will ever feel the position of a dependent. It is all very fine to talk about girls learning to be good housekeepers so that they may make good wives for the men who will condescend to marry them, but they ought to know much more than that. They ought to know how to make their own living so that if the right one does not come along they will not be forced to marry for a home. See to it girls. Be independent. Do not think of marrying any man unless you feel that you truly love and respect him, and have not the slightest doubt that your feelings are fully reciprocated and that you will be perfectly happy with him. If this be the case, accept him, and be happy, for there is no earthly happiness like that of a well chosen married life, but no misery can be compared to the wretched life of one who marries for any other motive than that of true love.—*Daisy Drew.*

Our Girls—VI. Their Friends.

One of the most serious problems which confront careful parents is the friendships of their growing-up daughters. While the children are little it is easy to say with whom they shall and shall not associate; but as they grow older it is much more difficult to deprive them of the friendship or companionship of some one whom the parents may consider unsuitable, but whom the children fancy and desire to visit. Arbitrary commands seem unjust, except in cases of distinct and known unworthiness, and the breaking of an undesirable acquaintanceship requires considerable diplomacy, especially in those sad cases where parents and children are not themselves good companions and friends.

But there is nothing of more importance to a girl than her acquaintance and friendships, with both sexes. Girls should have all the friends and acquaintances possible, of both sexes, if they are the right sort: it brightens their lives, broadens their interests, and, in the case of the opposite sex, presents that safety which is found in numbers. The girl who has a dozen or more boy or young men friends is not half so likely to make a hero of one of them as the girl who knows but two. All parents should therefore do all in their power to make a circle of acquaintances for their daughter, and to encourage all her opportunities for gaining the right sort of friends. Girls must have fun; that may be laid down as one of the first laws of their natures, and wise parents will provide all they can in this line.

But it is of importance that the friends be of the right sort, and wise fathers and mothers will keep a watchful eye on their girl's friends. It is a notion that is happily fading out that the "old folk" should stay out of the way when the "young folks" have company; and while the mothers have usually many opportunities for studying the girl friends, it is certainly the duty of the father to make opportunities for finding out what manner of young men visit his daughter. How many an unhappy love affair and marriage could have been averted by a little proper trouble of this sort on the part of the father when an acquaintance is new, will never be known, but we may safely set them down as legion.

There are so many acquaintances which, while not really bad or immoral in any way, are useless, careless, without motive in life or any aim beyond the present amusement; these are not the friends which will make our girls better, stronger, or more fitted to make a place for themselves in the world, and as such are to be shunned.

The home should always be made pleasant for our girls' friends; an interest should be taken in them, and every occasion encouraged on which they can meet and "have a good time." There are houses which are ever remembered as places "where we had such a

good time when we were young," and there are houses where everything is so cold and forbidding that it is impossible to have a good time there. Do not let ours be of the latter sort. Encourage the friends, young men as well as girls, to come and have as pleasant a time as possible; make the good times for your girls at home, and they will not want always to be going beyond your ken.

As to the question of boy friends, it has always been my belief that the more nice boys a girl knows and is friendly with, the better; girls must have the acquaintanceship and friendship of boys in order to thoroughly enjoy themselves, and so far from discouraging such acquaintanceship, parents should encourage it, trying at the same time to know all their daughters' friends. When girls

know a number of boys, and, as they grow older, of young men, they have not the same feeling of romance and sentiment about them that they do when they know few or none; they do not dream about them in the same way and do not so soon have serious love-affairs. The more we help our girls make friends, the longer the girls will be *ours* instead of some one else's. L. E. HOLMAN.

Obedience Without Severity.

SEVERITY, says M. E. Sangster in *Harper's Young People*, is not an essential feature of home discipline, for little children need harshness no more than peaches require frost to ripen them and bring out the sweet juices. Not severity, but steadiness, the doing of the same thing over and over, the taking trouble to be obeyed when the pretty willfulness of the baby inclines to indulgent laughter, are what the mother should aim to cultivate in herself. Above all she should avoid little threats which never amount to anything.

"If Georgie cries, mamma will not go out with her this morning," says mamma, pinning her bonnet strings, as naughty Georgie, who wanted to wear her white dress instead of her blue, stands sobbing by the window.

Georgie continues to cry, and mamma, who very much desires to go out herself and to take her little daughter, pleads, argues, orders perhaps, if she be very weak yields, in the matter of the dress, and finally the two go out, Georgie victorious. A mother whose glance forecasted days to come would have simply taken off her own bonnet and serenely sat down to her sewing or her book. Unmindful apparently of the refractory little personage, she would have permitted the small tempest to subside, and then would quietly have said: "We could not go, dear child, because you cried. I told you if you did not stop crying we would both have to stay at home. I was sorry, but I could not help myself."

A few lessons of this sort, given in the gentle, half-sorrowful, yet undisturbed manner of one who is not angry nor even grieved, only ruled by the event itself, will help a little child to obey at once. The logic of the inevitable forces the little brain to the conclusion that rebellion does not pay in pleasure.

"It is mamma or it is papa?" called an anxious little voice across the garden's green length one summer day.

A half-dozen boys and girls were playing on the shore of the river, which rippled up to the edge of the lawn, and somebody wanted them at the house.

"Walter, Edith, Louise, come home!" sounded clearly from a vine-wreathed window.

"I wish we knew whether it is mamma or papa who says we are to come," observed one little laggard, hesitating, with wistful eyes on the boat he was ready to launch, and reluctant face turned to the drawing-room.

"What difference does it make? You are called and will have to go."

"We never mind mamma till she speaks three or four times, but we always go to papa the instant he calls," confessed the boy, flying like an arrow from the bow, as he now observed that it was papa and not mamma whose command had been issued. Papa exacted obedience, yet in that home papa was the more fondly beloved of the parents, for the mother's weakness awoke pity in the children.

The pastor of a church in one of our large cities said to me, not long ago: "I have officiated at forty weddings since I came here, and in every case save one I felt that the bride was running an awful risk. Young men of bad habits and fast tendencies never marry girls of their own sort, but demand a wife above suspicion. So, pure, sweet women, kept from the touch of evil through the years of their girlhood, give themselves, with all their costly dower of womanhood, into the keeping of men who, in base associations, have learned to under-value all that belongs to them and then find no repentance in the sad after years. There is but one way out of this that I can see, and that is for you—the young women of the country—to require in associations and marriage, purity for purity, sobriety for sobriety, and honor for honor. There is no reason why the young men of this Christian land should not be just as virtuous as its women; and if the loss of society and love be the price they are forced to pay for vice, they will not pay it. I admit with sadness that not all our young women are capable of this high standard for themselves or others, but I believe there are enough earnest, thoughtful girls in the society of our country to work wonders if faithfully aroused. Dear girls, will you help us, in the name of Christ! Will you, first of all, be true to yourselves and God; so pure in your inner and outer life that you shall have a right to ask that the young man with whom you marry shall be the same! The awful gulf of dishonor is close beside your feet, and in it fathers, brothers, lovers and sons are going down. Will you help us in our great work!"

DAUGHTER AND WIFE.

A bad daughter seldom makes a good wife. If a girl is ill-tempered at home, snarls at her parents, snaps at her brothers and sisters, and "shirks" her ordinary duties, the chances are ten to one that when she gets a home of her own she will make it wretched. There are girls who fancy themselves so far superior to their parents that the mere privilege of enjoying their society in the house ought to be all the old people should have the assurance to ask. While their mothers are busy with domestic duties they sit in the easiest chairs or lie on the softest sofas feeding on cheap and trashy novels, and cherish the notion that they are very literary individuals. The household drudgery is too coarse for such fine ladies as they. The business of their parents is to provide them with nice clothes, and be content with admiring their handsome appearance in the intervals of labor.

Girls of this sort are very anxious to be married that they may escape the disagreeableness of a home where they are held more or less under subjection; therefore they are smiling enough to obliging bachelors, quickly soothing down the frowns which alone they give to the members of their own families. A caller, who doesn't have a chance to see how they behave as daughters, may be excused for fancying them loving and lovable beings; but one who does see it is foolish if he commits himself by offering marriage to a girl of this sort. She is not fit to be the wife of a worthy man. If she will not assist her mother in the domestic labors, and badgers the servants, is she not likely to be equally slothful and ill-tempered when she marries? If she now thinks herself too fine to work, is it safe to expect that her views as to that matter will radically change if she becomes a wife?

Habit is a cable; we weave a thread of it every day, and at last we cannot break it. The chains of habit are generally too strong to be broken. To one who murmured because he rebuked him for a small matter, Plato replied, "Custom is no small matter. A custom or habit of life does frequently alter the natural inclination for good or for evil." After a series of years winding up a watch at a certain hour, it becomes so much of a routine as to be done in utter unconsciousness; meanwhile the mind and body are engaged in something different.

Burke relates that for a long time he had been under the necessity of frequenting a certain place every day; and that so far from finding pleasure in it, he was affected with a sort of uneasiness and disgust; and yet if by any means he passed by the usual time of going thither he felt remarkably uneasy and was not quieted until he was in his usual track. Our destinies go with us out of our cradles.

"Tis education forms the common mind,
Just as the twig is bent the tree's inclined.
Children, like ozers, take the hand,
As they first are fashioned always stand."

REPUTATION AND CHARACTER.

Reputation and character are two things which must never be confounded. The one is external, the other is internal. The one is determined by what other people say of us; the other is our inmost and real self. The one may vary with the caprices of the people; the other remains unaffected by the breath of applause or the mask of hypocrisy. A man may have a very good reputation, though his character is radically bad, and there have been cases in which the noblest men in point of character have been, just because they were acting out of their principles, in very poor repute.

Hired Helps.

To the Editor of *Ladies Journal*.

I've heard a heap lately about hired helps, and how scarce they be, and folks appear to be surprised about it, but, for the life of me, I don't see nuthin' in it to wonder at. In the first place, helps—the best of 'em—don't hev too easy a time of it. Their wages are small as a general thing, and folks—the most of them—act as though they couldn't git work enough for their money. Some folks git, on a good deal about girls goin' out as helps bein' better fur their health, and more respectable like than goin' out as sewin' girls. Well now, take fur instance a sewin' girl and a help, and see the difference in their lives. The sewin' girl don't, as a general thing, hev to git to her work before 8 o'clock in the mornin', while the help is considered lazy if s'ie ain't at work by 6. The sewin' girl sets down and eats her meals in peace, while the help

KEEPING NEWSPAPER CLIPPINGS.

In a recent number of the *Journal* a correspondent tells what she considers the best method of preserving newspaper clippings. Having discovered what I think "a more excellent way," let me briefly describe it:—

Select small, pasteboard boxes of uniform size, as many as are the subjects in which you are especially interested. On the front of each box write in plain letters one subject.

Arrange the boxes in any convenient place in the room in which you usually read and cut. A very nice way is to have them on one end of a book-shelf which has curtains.

They are out of sight and near at hand, and, when placed in alphabetical order, it is only the work of an instant to fold a cutting, with title uppermost, and drop it into its proper box.

We all know by experience how easy it is to cut out items of interest, and how irksome it is to paste these items in a book.

It is too much trouble to make paste each time, and paste will not keep sweet; mucilage is unsatisfactory for this purpose, while the "Mark Twain" scrap-book is expensive and not without disadvantages.

Then, too, a book large enough to include all the departments you wish, must inevitably be heavy and cumbersome, a decidedly inconvenient article to run for when you wish direction in case of accident or other emergency.

With the box system, on lifting the cover you find at a glance the very thing

you want, and have the benefit of it without being bothered with the hundred and one other things which will be useful some other time.

Convenient boxes can usually be obtained for the asking, from a merchant or manufacturer; or, they may be bought at slight expense at a paper-box factory.

If the *Journal* sisters will try this method they will surely agree that it gives the most satisfaction for the least trouble.

Let all who are mothers remember to have one box for games and other home amusements. It will be found a veritable treasure-box when the children are kept in the house with colds, whooping-cough or similar difficulties.—*Ladies' Home Journal*.

Home-Made Presents.

One of the comparatively few fancy articles that seem eminently appropriate to include among the Christmas presents for a business man is a case or portfolio, for holding telegraph blanks. Within it are straps for slipping over the book of blanks, and a little pocket for a pencil. The outside is covered with linen; the motto and suggestive device of telegraph wires are painted in brown.

An engagement record, which, with an appearance of impoliteness which its prettiness must palliate, turns its back toward the beholder. It is a charming and convenient little affair, made of white Indian silk with violets embroidered in silk. Upon the front of the record are seven divisions in the form of flat pockets, made by covering a strip of card-board with silk and sewing it up on three sides, the upper one being left open for slipping in cards or memoranda. The decoration of violets is repeated on the front, and the successive days of the week are embroidered in script on the top of each pocket.

A novel work-bag is composed of four silk bags, alike in shape and material, and sewed to a silk-covered square of pasteboard, which forms the bottom of the bag.

A child's table chair is divested of its usual severity of aspect and transformed into an ornamental addition to dining-room furniture by painting it with white enamel and furnishing it with cushions. The cushions for back, seat, and footrest are covered with white India silk powdered with dainty flowers. The ribbons attaching the cushions are pink, like the blossoms on the silk.

A lamp shade, which counterfeits a gorgeous butterfly, is made of closely crimped tissue paper carefully mounted upon card-board. The extremely realistic-looking body is formed of crimped paper stuffed with cotton wool and tied with bands of gold thread. The edges and markings, body and wings, are painted with gold paint.

A work-bag which has the merit of affording the possibility of keeping the contents from being involved in the hopeless tangles common to bag interiors has for its top a strip of silk gathered upon a rush basket shaped like a shallow bowl.

A pretty twine-ball case is made of leather cut into deep points caught with connecting ribbons at the sides, and pierced at the top with eyelets, through which the strings pass easily, and can be loosened at any time the twine needs renewing.

The safety-pin holder is shaped like a folding needle-book, with leaves for holding the different sizes of safety-pins. The leaves are white flannel; the outside is covered with white India silk, with white silk feather-stitching for a border.

A pair of baby's boots displayed on the seat of the chair are of soft chamois skin prettily ornamented with embroidery in pale blue washing silk.

A pretty trifle for a favor or to adorn a Christmas tree is a tiny basket with a bow of brightly tinted silk, and a lace-edged strip, forming a bag, sewed to its edge. The hollow may be filled with bonbons or with perfumed cotton.

A genuine eel basket, or eel-pot, as Cape Cod fishermen would call it, is converted into an umbrella stand. The effective decoration consists of a deep curtain fringe in variegated colors and a bow of satin ribbon.

On her part, too, she could not bear a glance at the picture last born of their line. On her part, too, she was at this mysterious fitting of the and Roundhood, gazing in wonder from their sound: York and Lancaster, Cavalier

very suggestive story is told of a little French boy's examination on the catechism.

The examiner asked: "What is man?"

"Man is a rational being," answered the boy.

What is a rational being?" asked the examiner.

The boy hesitated an instant and then answered, "Man."

What is an irrational being?" queried the examiner.

The boy hesitated again, then answered very unexpectedly, "woman."

Was the child wise beyond his years, or did he unwittingly echo the verdict of the centuries?

Surely the legal status of woman under the common law was that of an utterly irrational and irresponsible being, and up to a little more than thirty-five years ago, the common law defined the legal status of the womanhood of Michigan, as it does yet in some very odious particulars.

For a long time I have felt desirous of knowing just what the legal status of woman is today in our state, without having to go through a lot of law books to find out, with no certainty of having correct information when I got through, and when the State Equal Suffrage Association decided at its last meeting to have the law on this subject put into brief and understandable form, I was glad, and really hoped the thing would be done and the pamphlets ready for this occasion, but they are not, and when your corresponding secretary informed me that my name was down for a paper on the legal status of woman in Michigan, I was in a dilemma, from which, however, I was fortunately rescued by an able and obliging woman lawyer, Mrs. Elizabeth Eaglesfield, of this city, whom I chanced to meet in Lansing, where she was trying a case in the Supreme court, on the day when our Municipal Suffrage Bill met with its last defeat. The dear woman kindly and heartily volunteered to look up any questions that I might propound by letter, an offer of which I eagerly availed myself. Her replies to a half dozen leading questions form the basis of this paper, and I am glad to say that Mrs. Eaglesfield has become so much impressed with the subject that she is seriously considering the matter of writing a book about it.

I will treat my subject under four heads, viz: The legal status of woman as maiden, wife, mother, citizen.

LEGAL STATUS OF THE MAIDEN.

Up to within four years the "age of protection" for girls was ten years. Our girls can now consent to their ruin at the age of fourteen; to their marriage at the age of sixteen; to the disposition of their property at the age of twenty-one. In other words, they can sell virtue at 14, identity at 16, and worldly goods at 21. Virtue, identity, property—these three, and the greatest of these is property!

LEGAL STATUS OF THE WIFE.

My second division I will treat by questions and answers, hoping thereby to make facts clearer and more impressive.

be granted, equal for husband and wife?

Answer. Yes, Owing, however, to the great difference in the moral standard and the moral status of men and women, the preponderance of cases against husbands is enormous.

The court may compel the husband to pay expenses of the wife's divorce suit during its pendency. Of course, though the wife had grown old in the service of her home, no penny of the fruit of her life-work would be her own. Her time is her husband's.

The court may prohibit the husband from putting any restraint on the personal liberty of his wife during the pendency of a divorce case; which is but another way of saying that the husband may put restraint on the personal liberty of his wife when a divorce case is not pending.

2. Can a wife control her own earnings in this state?

Answer. A married woman cannot control her own earnings as earnings, merely, without the consent of her husband, or acts of acquiescence amounting to a waiver of his rights to the same.

The time, services, and earnings still belong to her husband the same as at the common law, except in so far as the time which may be necessary for the care and management of her separate estate. This much time is legally her own and this only. That larger class who have no separate estate, are to be pitied, poor souls, unless their husbands are better than the statute.

3. What important enactment was made in 1855?

Answer A law giving to a married woman complete and independent control over her own property, whether acquired before or after marriage, giving her the power to protect, control and dispose of it in her own name, and free from the interposition of her husband, the same as if she were unmarried.

4. Can a married woman legally make contracts?

Answer. If she has a separate estate, yes, but only in relation to her separate estate.

5. Is the promissory note of a married woman valid?

Answer. A wife's note given for property purchased by her is valid.

But giving a note or making a contract merely for the payment of money, creates no lien in her estate.

6. Is a wife's signature as security to her husband's note, binding, if she has property in her own right?

Answer. A wife's signature as security to her husband's, or any other person's, note is voidable (i. e. she can avoid it) though not absolutely void as at the common law.

In order to avoid the note it would be necessary for her to make a defense, i. e., contest it.

7. If a wife holds a joint deed with her husband, does the joint property pass into the ownership of the other, on the death of either?

Answer. Yes, it goes to the survivor even in the case of divorce unless court has

her husband's claim.

8. Do the joint earnings of husband and wife, if they leave no children, descend equally to the relatives of each, on their death?

Answer. No, they go to the husband's relatives only.

9. Do the female relatives share equally with the male relatives in this division?

Answer. Before 1880, no. Then, in case of father and mother, the father received all, the mother nothing unless the father was not living, in which case she shared equally with brothers and sisters.

Now, father and mother share equally, and in case one is not living the other receives all.

10. What other important legislation was made in 1889?

Answer. That of giving to the wife one-half of the real estate on the death of her husband in case there are no children, and of giving to the husband on the death of the wife one-half of her real estate if she possessed separate estate.

11. In case of injuries inflicted on wife, in whose name may damages be recovered and to whom do they belong?

Answer. The husband, being entitled to the services and the society of his wife, he is also liable for support as at common law. Hence damages for the loss of such services and society, resulting from injuries inflicted upon her, belong to him, and are to be recovered in his own name. Her obligation to render family services for him are co-extensive with his obligation to support her. I don't like to use that word "support" in this sense. It is equivalent to saying that marriage may mean to women under the statute, that she is legally bound out for her lifetime to work for her board and clothes. T. W. Higginson truly says:

"Either a wife should be in the domestic establishment a recognized partner, with the rights of a partner, or she should be a salaried officer, with the right which that implies. In no case should she be a mendicant."

There is another answer to this question. Damages for personal injuries sustained by the wife, as for assault and battery or other injuries to the person, or for defamation of her character, when received, belong to her and are a part of her separate estate, and she can in her own name release an action or discharge a judgment therefor, or transfer them free from the control of her husband. Here is a seeming contradiction but I am told that both are correct.

A husband can recover damages for loss of "services and society" and the wife for "personal injuries sustained." I was told a few days ago of an instance of this kind which occurred a few years ago, the parties living in Kalamazoo. The wife was injured by the cars, two suits were brought against the company, the husband and wife each recovering damages.

12. To what personal property is a wife entitled on the death of her husband?

Answer. Her own clothing and ornaments, her husband's clothing and ornaments, household furniture not exceed-

ing in value, which she may select, not exceeding \$500, in value. If the estate does not exceed \$150, over and above allowances to widow and family, the probate court has discretionary power to give her the whole.

The widow is entitled to remain in the home one year after the death of her husband without paying rent, and to reasonable sustenance from his estate for the same time. Oh the magnanimity of the law toward women!

If a woman has worked side by side with her husband for a long period of years and they have jointly amassed a considerable fortune, which in the order of things is in the husband's name, the wife is legally as incompetent to transact business as is a baby. She is, legally, except when she transgresses the law, an utterly irresponsible being except in so far as her signature is necessary to the disposition of real estate.

LEGAL STATUS OF THE MOTHER.

I had been under the impression that Michigan was one of the six states in which mothers are equal guardians of their children but to make sure of my ground I propounded the question to Mrs. Eaglesfield. This is her reply:

I should say "no." The statute says: "Every father may by his last will in writing appoint a guardian for any of his children, whether born at the time of making the will or afterward (what do you think of that?) to continue during the minority of the child. Provided the mother is alive, the appointment of guardian shall not be operative until approved of by the judge of probate after opportunity has been afforded the mother to show cause in opposition there to. In Michigan the father is held the natural guardian, has right to control the child, its residence, its earnings, etc. In case of the separation of husband and wife having minor children, the mother is entitled to the care and custody under the age of 12 years. The father is entitled to the care and custody of children 12 years or more of age unless otherwise ordered by a court of competent jurisdiction." (You see the mother is entitled to their care as long as they are a care and trouble; when they are of an age to be of some help or service the father can take them.

If the father dies without appointing a testamentary guardian and no guardian has been otherwise appointed, the mother may appoint a testamentary guardian.

The law puts a penalty on wedlock and a premium on unlawful cohabitation by giving the illegitimate mother complete control of her earnings, her children and her person, none of which privileges are given the lawful wife and mother.

LEGAL STATUS OF WOMAN AS A CITIZEN

As a citizen woman can pay equal or even excessive taxes on equal property and this without representation. She is nobody's constituent, you know.

She can receive equal punishment for

However, the right
of a jury of her peers.

She can vote at school meetings on equal terms with men, in districts organized under the general primary school law. I find it is the general belief that the qualifications are not identical for men and women at primary school election—that a man can vote, because he is a man, if he has resided in the district three months previous to a school meeting, whether he owns property liable to taxation or not, or whether he is a parent or guardian of children or not, but I am very happy to know this is not true. Here, we stand on an equal footing with our brothers.

This statute, however, says Mrs. Eaglesfield, is held not to control in election of members of board of education under a city charter, where such members are required to be elected at the annual city election and the act creating the board failed to prescribe the qualifications for electors who should vote for such members.

A woman can hold, by election, the office of school trustee in any district organized under general primary school law, and the offices of county school examiner and township school inspector. By appointment, any school district office in districts organized under general primary school law, and the offices of notary public and deputy county clerk.

This, in brief, is a part of the legal status of women in Michigan today. Have we "all the rights we want?" Surely those who think they have, are ignorant of the inequality of the law and the power which it puts into the hands of bad men. My little 7-year-old daughter said a few days ago at dinner, when this subject was under discussion, "I shouldn't think anyone but the men would dare to get married." There is a large class of women who have fallen into the pitiable state of that New England woman who, when asked by the authorities what shade trees she would like in front of her house, drew the corner of her apron across her eyes and said: "When he was alive I didn't have to know one tree from another."

There is an equally large class who would not think of buying a yard ofingham without asking "him." A soliciting committee for a free library once called on a wealthy old couple who had, by years of united toil and saving, amassed their fortune. The wife came to the door. One of the committee asked her if she would bake a cake or contribute a little money instead, for the free library supper. The woman meekly replied: "I don't know, he's a laym' down."

This irresponsible, dependent spirit in girls and women is the penalty, and a heavy one it is, upon poor humanity for disfranchised womanhood.

An unused faculty is a weak and dying faculty.

The mothers of a race cannot transmit to their children a quality which they do not possess.

women, they are women in the highest, truest meaning of the word.

They must be independent, responsible human beings, with a mind, a heart, a soul, and a pocket book of their own. The number of women whose spirits have been stung and crushed and broken, through financial dependence will never be known this side of eternity.

Law, custom, prejudice, everything has been on the side of woman's dependence, and will continue to be so until the ballot, the chief means of self protection in a republic, is in the hands of woman. Do you doubt the protective power of the ballot?

On the statute books of the only true republic in the world—Wyoming—there are not the unjust laws which deface our own. There, no girl can consent to her ruin before she can consent to her marriage. There, "equal pay for equal work" is regulated by statute. There, a wife's earnings are her own. The ballot is the citizens' self protector and self protection is as much the gift of God to all his children as is the air of heaven.

LEGAL STATUS OF WOMAN IN MICHIGAN.

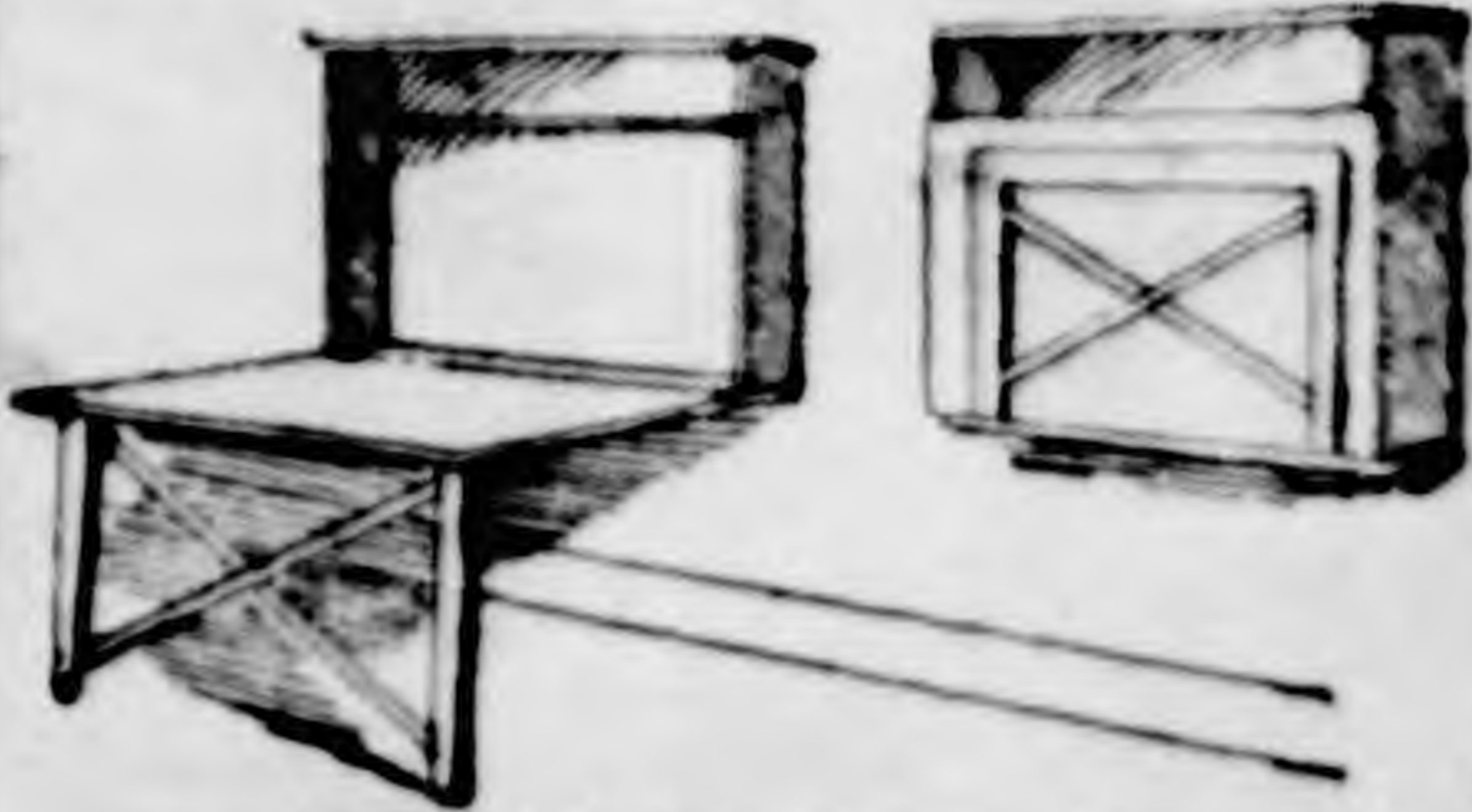
Household Department.

KITCHEN AND CELLAR.

Conveniences Which Lighten the Household Work.

**A Useful Pie-Board and Cellar Shelves—
How They Are Made and Put To-
gether—Every Family Ought
to Have Them.**

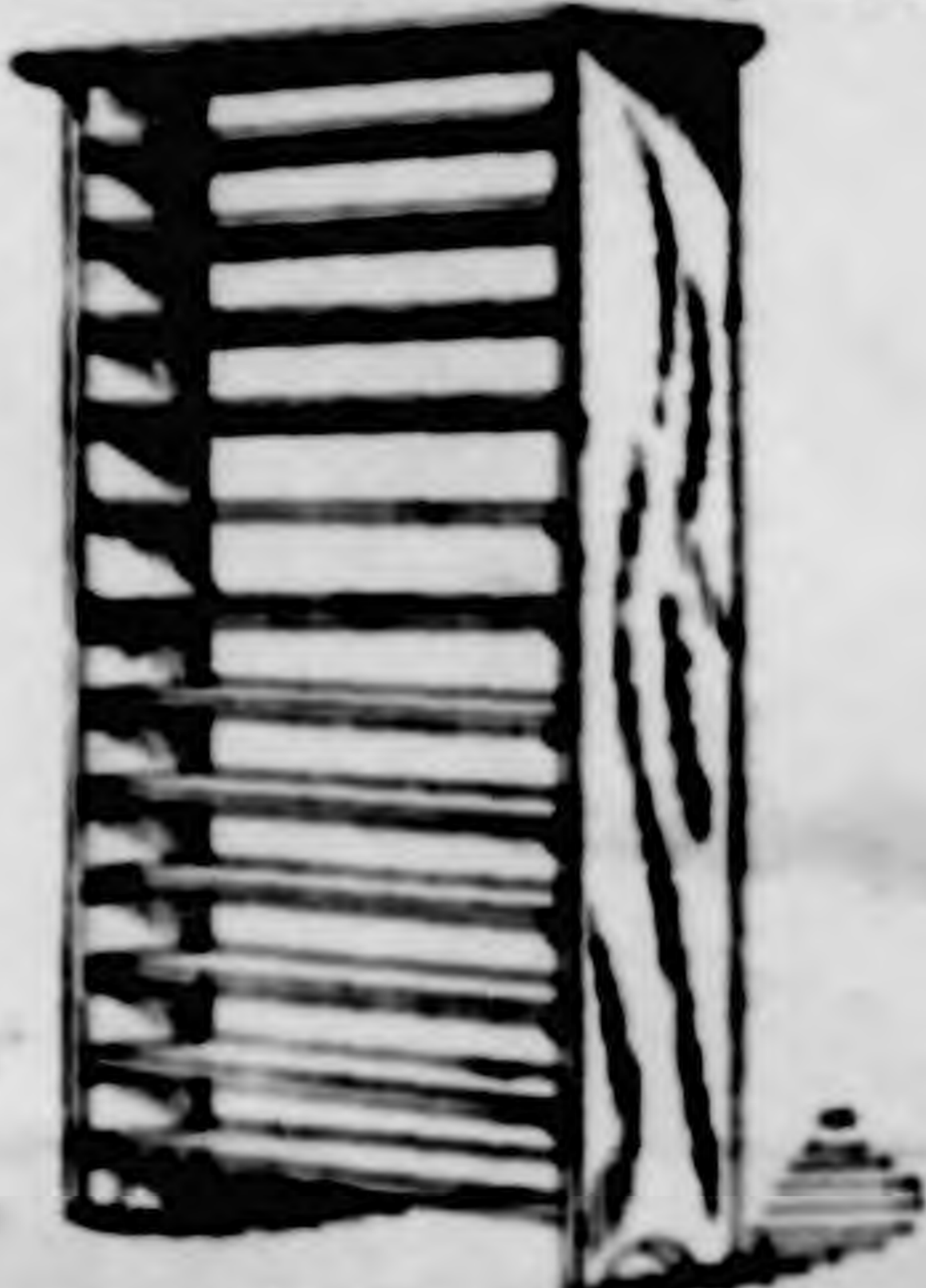
I mean the contrivances pictured in the cuts below. The first is a bread or kneading board, and is so convenient, simple and cheap in construction that no man can give his wife a laudable excuse for not having one made. This one is made of soft maple, is three feet deep by four in length, and has a strip



CONVENIENT PIE-BOARD.

of pine mortised at each end to prevent warping. This size gives plenty of room to roll pies and yet leave space for the pile of pie-plates, flour-dredger, sugar, lard, etc.; while on the shelf above is the spice box and bottles of flavoring extracts. The drawer below the shelf contains the rolling-pin and cake-cutters.

The cut speaks for itself, and shows accurately how the board is made, and how it looks when the supports are folded up and the kneading-board turned to the wall. The busy, economical housekeeper who often wishes to make the same fire answer for cooking a meal and baking a batch of pies, and yet dreads to get the kneading-board in the way while she is so busy, will appreciate the utility of this simple convenience; and if her men folks only knew it they would have many little luxuries they now do without, simply because it is too tiresome and laborious to lift and carry everything back and



CELLAR SHELVES.

forth from the pantry four or five times a week.

If you have a shady back porch, have one of these hinged tables fastened to the walls, and you will find that in summer you will do the major part of your work on it. Vegetables can be prepared for cooking and fruit for canning, while if you bring your gasoline on the porch also, half the terror of that operation is abated; dishes can be washed on it, and indeed you will find so many uses for it that you will wonder how you ever got along without it.

The second cut portrays a set of shelves for the cellar. So very simple are they that any man who can handle

Grandmother's Sermon.

The supper is o'er, the hearth is swept,
And in the wood fire's glow
The children cluster to hear a tale
Of that time so long ago,

When grandma's hair was golden brown,
And the warm blood came and went
O'er the face that could scarce have been
Sweeter then
Than now in its rich content.

The face is wrinkled and careworn now,
And the golden hair is gray;
But the light that shone in the young
girl's eyes
Never has gone away.

And her needles catch the firelight
As in and out they go,
With the clicking music that grandma
loves,
Shaping the stocking toe.

And the waiting children love it, too,
For they know the stocking song
Brings many a tale to grandma's mind
Which they shall have ere long.

But it brings no story of olden time
To grandma's heart tonight—
Only a refrain, quaint and short,
Is sung by the needles bright.

"Life is a stocking," grandma says,
"And yours is just begun;
But I am knitting the toe of mine,
And my work is almost done.

"With merry hearts we begin to knit,
And the ribbing is almost play;
Some are gay colored, and some are
white;
And some are ashen gray.

"But most are made of many hues,
With many a stitch set wrong;
And many a row to be sadly ripped
Ere the whole is fair and strong.

"There are long, plain spaces, without a
break,
That in life are hard to bear;
And many a weary tear is dropped
As we fashion the heel with care.

"But the saddest, happiest time is that
We count, and yet would shun,
When our Heavenly Father breaks the
thread,
And says that our work is done."

The children come to say good night,
With tears in their bright young eyes
While in grandma's lap, with broken
thread,
The finished stocking lies.

CHIMES OF THE CLOCK.

What says the clock when it strikes one?
 Watch, says the clock, oh, watch, little one.

What says the clock when it strikes two?
 Love God, little one, for God loves you.

Tell me softly what it whispers at three.
 It is, "Suffer little children to come unto me."

Then come, gentle lambs, and wander no more,
 'Tis the voice of the Shepherd that calls you at four.

And, oh! let your young hearts with gladness revive,
 When it echoes so sweetly, "God bless you," at five.

And remember at six at the fading of day,
 That your life is a vapor that fadeth away.

And what says the clock when it strikes eight?
 Strive, strive to enter in at the Beautiful Gate.

And louder, still louder, it calls you at nine,
 My son, give me that heart of thine.

And such be your voices, responsive at ten,
 Hosanna in the highest! Hosanna! Amen!

And loud let the chorus ring out at eleven,
 Of such is the kingdom—the kingdom of heaven.

When the deep strokes at midnight the watchword
 shall ring,
 "Lo! these are my jewels, these, these," saith the
 King. *Selected.*

How much a man is like old shoes?
 For instance: both a soul may lose;
 Both have been tanned; both made tight
 By cobblers; both get left and right;
 Both need a mate to be complete,
 And both are made to go on feet.
 They both need heeling, oft are soled,
 And both in time turn all to mould.
 With shoes the last is first; with men
 The first shall be the last, and when
 Shoes wear out they're mended now;
 When men wear out they're men-lead too.
 They both are trod upon, and both
 Will tread on others, nothing loath.
 Both have their ties and both incline
 When polished, in the world to shine;
 And both peg out—and would you choose
 To be a man—or be his shoes?

Helpers.

GEORGE COOPER

"I will be a little helper,"
 Leaps the brook.
 On its silvery way it goes,
 Never stopping for repose.
 'Till it turns some busy mill;
 In some nook.

"I will be a little helper,"
 Smiles the flower.
 By the wayside in the field,
 All its beauty is rev. glad
 Unto sad and weary hearts,
 Though skies lower.

"I will be a little helper,"
 Sings the bird.
 And it carols forth a song,
 Though the cheerful day be long,
 Bringing to some helpless one
 Some sweet word.

You can be a little helper,
 Child so fair!
 And your kindly deeds can make
 For the heavenly Father's sake,
 Sunshine, love and happiness
 Everywhere.

Gold-n Keys.

A bunch of golden keys is mine
 To make each day with gladness shine.

"Good morning!" that's the golden key
 That unlocks every day for me.

When evening comes; "Good night!" I say,
 And close the door of each glad day.

When at the table, "If you please"
 I take from off my bunch of keys,

When friends give anything to me,
 I use the little "Thank you!" key.

"Excuse me," "Beg your pardon," too,
 When by mistake some harm I do.

Or if unkindly harm I've given,
 With "Forgive me" key I'll be forgiven.

On a golden ring these keys I'll bind,
 This is its motto: "Be ye kind."

I'll often use each golden key.
 And so a happy child I'll be.

MABEL, TOMMY AND HAZEL.

Mabel's mother was ready to go to church
 one Sunday evening and this is what she
 said to Mabel, who was going with her:
 "Now you must sit as still as a mouse and
 not make a bit of noise, or a whisper, or do
 anything naughty, for if you do a big
 black man will come and get you."

Mabel's mamma is a devoted church
 member and seldom misses the Thursday
 evening prayer meeting.

When her little girl tells a falsehood,
 which she does not infrequently, the mother
 is severe in her punishment of the offense.
 Poor Mabel! Motherless child! Childless
 mother!

Tommy is a bright little fellow only three
 years old and is proud to do down-town
 errands for his mamma, the stores being
 only a little way from his home.

Tommy's mamma tells a neighbor that
 her little helper always returns promptly
 from his errands—because—turning to
 Tommy, "Tommy knows mamma will
 whip him if he don't come right home,
 don't he?" and the baby gives a double
 nod for, yes.

Hazel is a little runaway. The whip-
 pings and slappings which she receives
 every day could scarce be counted on her
 little fingers and toes at night. But she
 runs away just the same, and is developing
 a spirit of resistance and defiance that will
 rule the home some day but which will be
 a sad hindrance to the sort of rule she ought
 to be learning, the rule of herself.

These cases are every one from life, nor
 are they uncommon.

Truly, the important work of
 training immortal minds, is done in the
 most reckless and ruinous manner by
 fathers and mothers utterly incompetent
 for the work and who lack all due sense of
 their responsibility and unfitness.

The idea of a mother resorting to the
 most cowardly of falsehoods to terrorize
 her child into obedience! A so-called
 Christian mother! I tell you there is much

meaningless sentiment about the sacredness of motherhood when a motherhood of this sort is the rule rather than the exception.

If a child will not keep quiet at a public meeting without resorting to such means the child should not go to the meeting.

I attended a church service a few weeks ago and a boy of five or six years old grew sleepy and began to nod in his chair. The mother, instead of allowing him to go to sleep, which seemed to me a very proper thing under the circumstances, seemed greatly annoyed if not quite disgraced by the affair and gave her chief attention from that time on, to keeping her child awake and this in not the most amiable manner either.

But this is a distraction. If there is one thing more wicked than everything else in the punishment of children, it is peopling their imagination with hob-goblins which are ready to gobble them up in the darkness, or whenever they are left alone, and the mother who resorts to such discipline, if discipline it can be called, shows her utter unfitness for taking care of children.

The case of Tommy's mother is scarcely less harmful in its results.

The mother whose children are obedient "because she will whip them" if they are not, is going to have obedience as long as she can whip them and no longer. How much easier and how much nobler for the mother and how much better for the child, to teach obedience "because it please, mamma;" "because that is the way to grow up to be business-like and make people trust you;" "because you are strong enough to make yourself do the right thing."

What a different effect it would have had on Tommy's character-building if his mother had said:

"Tommy don't have to have mamma make him come right home when she sends him down town. Mamma's little man can make himself come right home, can't he?"

How much larger and nobler Tommy would have felt after such an appeal as this.

It is enough to dwarf and render ignoble

the character of the most promising child to have it unfold under such conditions.

And now for our poor little runaway.

If a reasonable amount of whipping (if any whipping can ever be called reasonable) would bring about the desired result it would not be the painful case it is.

I know that mothers are often sorely tried by their runaway babies and all babies have the runaway stage, or age.

I remember an unhappy experience of this sort with my own child and the baby was cured by a whipping—just one and that the gentlest whipping that could be inflicted and give it the name whipping. A whipping seemed to me to be such a cruel thing that my whole nature rebelled against the infliction, but I knew not what to do and I put all the intensity of my feeling into a fearful plea and a talk with my child. She never ran away again. I do not attribute it to the whipping but to the emotion and feeling which I exhibited over

her disobedience and the fact that I felt obliged to whip her. I can see now how much better I could have obtained a satisfactory result by appealing to her own power—to her ability to make herself keep from running away. I had not learned that method then. I did not know the value of appealing to self-control in the discipline of children.

There is another secret of much of the so-called mischief and naughtiness of children and that is just this: They must do. A healthy, growing child must do something most of the time and it is going to get along all right if it has a legitimate channel for the outpouring of its activity and mothers should plan for keeping the little folks interested and busy as religiously as they plan and prepare their daily meals. The secret of order in the school room is keeping the pupils busy. The secret of successful discipline is "something to do." The secret of success everywhere is usefulness, legitimate activity.

I think the contributors to this page could not do better than send some suggestions for keeping the little folks busy and happy.

B. M. P.

Smoking Under Water.

"It looks very strange to see a man go under water with a lighted cigar in his mouth, smoke calmly at the bottom and come to the surface with the cigar burning as nicely as if he were smoking in his easy chair. Apparently he defies all natural laws, but, of course, he doesn't," remarked an expert swimmer to a reporter.

"It is a simple trick, but it requires practice. Just as I throw myself backward to go down I flip the cigar end for end with my tongue and upper lip and get the lighted end in my mouth, closing my lips water-tight around it. A little slippery elm juice, gargled before going in prevents any accidental burning of the mouth. Going slowly down backward I lie at full length on the bottom of the tank and blow smoke through the cut end of the cigar. Just as I reach the surface again another flip reverses the cigar, and there I am smoking calmly. The reversing is done so quickly that nobody notices it."

Can't Be Fended.

For the past 400 years men have been seeking for a preventive of seasickness, but up to date, although a thousand things have been tried, there is nothing which can be guaranteed to protect a voyager from the awful feeling. It is like having a leg broken—one must get hardened to it.

No man is quar for his learning; it may administer matter to work in, or objects to work upon; but wit and wisdom are born with a man.—*Colman*

The Chinese have a saying that an elderly man dropped from the ladder can not be brought back again by pulling and all towns.—*Colman*

THE INVENTIVE GENIUS.

Quinine is now successfully manufactured in Madras.

It has been found that an electric current will sour milk.

Since 1880 over 700 applicants for patents for electric accumulators have been made in England alone.

The velocity of electricity has been found by the revolving-mirror method to be nearly one-half that of light.

An English physician has invented a cabinet for the generation of ozone for restorative purposes. The ozone is produced by electricity.

THE "ANTHROPOPHONE."

AN AMUSEMENT WHICH IS A FAD IN ENGLAND.

It is Outdone, However, By an Audacious Western Musical Genius with His Remarkable Swinette—Pigs Used for Choral Purposes.

Society is always starting some new game, and the last invention is one that causes quite as much amusement as Mrs. Jarley's wax works used to do. The inventor is a lady and it was first attempted at her house in Gloucestershire, England. The performers range themselves upon a small platform, or rather some on the platform and some on the floor, and the dozen heads of different shape, size and make appear as if hung in midair. This idea has been christened the "anthropophone," and it is simple to a degree.

A large framework is erected and covered with white calico. Across this five strips of black material are sewed, representing the lines of the musical staff, these being about eight inches apart. The sign of the clef is then added, and lines to indicate the stem of each note. There are holes in this strip, placed at various distances, and through these holes pass the faces



BEFORE THE CURTAIN.

of the performers. The female performers stand on a raised platform behind the framework, while the male stand on the floor. A musical instrument is played, and each performer has to follow as his turn comes. The chief difficulty consists in the performers being unable to keep their risible faculties under control. The thing is ludicrous in the extreme, and to face an audience bubbling over with merriment, and keep in time and tune, is by no means an easy task, if es-

pecially one of the sexes is seized with a sudden desire to sneeze. This, of course, means a burst of laughter from the fair notes, and false chords as well. A few rehearsals, however, are sufficient to get the singers well in hand.

So far in England the choruses have been highly appreciated and have been in great demand among hostesses who



BEHIND THE SCENES.

are in search of some new idea. Perhaps the most ludicrous part of the whole performance is a peep behind the scenes as the decapitated forms of those taking part are elevated at different stages on the platform.

But in the western States early in the century an audacious musician invented the swinette, a harmony-producing instrument that far outranks the combination portrayed above. It consists of a large box, ten or twelve feet long, varying in height from three feet to one foot, and in breadth from five feet to one foot eight inches. It was divided into eight compartments—a full octave—of different sizes. Into these boxes eight hogs, of ages ranging from 5 years down to 1 month, were placed. The tail of each animal was passed through a small hole in the end of each compartment and a neat knot tied therein. When the operator desired to play he merely pulled the appropriate tail. Here's a picture of the instrument:



THE SINS OF YOUNG WOMEN.

By "THE DUCHESS."

Sins there are of omission, scarcely less worthy of condemnation than those of commission, of which many girls and young women are guilty. Mild sins, some of them, no doubt, yet deserving of censure. The tight-lacing question is so old that we have all decided on consigning it to limbo. And a good thing, too! In spite of all the doctors who have sworn enmity against it, I don't believe tight-lacing has created the havoc among growing girlhood that it is supposed to have.

The real sin of the present age, with regard to dress is the desire to overdo it! They overdo everything nowadays, but in the matter of dress they quite distinguish themselves. Be the girl or the young married woman never so poor, she will still gown herself according to the latest fashion and in the latest, the most expensive texture, whether her purse will run to it or not.

This means vice of a mean sort. If you can't afford to stand up in raiment that makes your richer friends glorious, you should make up your mind to the fact that such luxuries are not for you. You should take a lower seat, and confess yourself beaten. To the ordinary mind such confession is painful. It battles with it, argues with it, and finally gives way to the lust of the eye, and orders the dainty Parisian gown, with a sure, if suppressed knowledge, that the wherewithal to pay for it will never be forthcoming.

DRESSING ONESELF INTO DEBT.

Hence arises that dull fiend called Debt—a fiend that swallows up not only one's self-respect, but one's peace of mind. If girls would *only* believe that they look as lovely in a well-made cotton as in a *chef d'œuvre* of Worth's, half the heart-burns of society would be done away with. But to establish this belief would be a task before which that of Sisyphus would sink into insignificance.

Too sternly bent on fashion is the young woman of the present day. Laces, flounces, fripperies of all sorts occupy the time that might be more advantageously given to study, or even to those lighter arts that upraise and render beautiful the mind. And yet to be too accurately *à la mode* has its disadvantages. A charm in a young girl's dress is the freedom from constraint that it *should* suggest—the embodiment of all the "sweetness and light" that belongs of right to youth, and youth only!

"A careless shoe-string, in whose tie
I see a wild civility,
Does more betwitch me than when art
Is too precise in every part."

Thus sang Herrick, sweetest of poets, over two hundred years ago.

Debt is a fault of commission, but as we are on the subject, let us look at the faults of omission, where dress is still the matter in hand.

ANOTHER EXTREME.

Some women—too often the young women—go to the other extreme, and while taking credit to themselves for being beyond the pale that marks the extravagant dame, fall into an error not less despicable than the one they condemn. Extravagance is one thing, slovenliness another. No true woman should despise

adornment. What makes her lovely in the sight of her fellow should be dear to her. Adornment a that is, within certain limits. But often the eye is offended by the clever, the interesting woman—the woman whose intellect is far above the average—the woman, in fact whose mind is so delightful that one feels her body should be akin to it, and yet who so unmercifully neglects the latter that one is compelled to shudder at her want of taste as one gazes at her.

To admire the beautiful is a common instinct implanted in all breasts. To desire it is an acquired taste. And money is not everything where personal adornment is in question; as I have said before, the young girl—"the young person," as they call her in England—can, if she has a sense of harmony born within her, so manage a slender income that she may present to the passing eye as fair a vision as her sister, the millionaire, who moves languidly hither and thither through the crowd, clad in priceless silk and laces.

Enough of dress; a far more important fault remains behind.

A QUESTION OF MANNERS

The question of dress is in a measure trifling when compared with that of manners.

Here comes the brusque girl! who thinks "honesty" as she designates rudeness, a real virtue. To say what you think—to live in an eternal "Palace of Truth"—is, she imagines, to be above the average, and to soar in a realm from which less virtuously minded people are excluded. This girl, as a rule, forgets that to be rude is not always to be honest! Better are the slovenly ones of the earth than these last. For though, as Theophrastus has it, "Slovenliness is a lazy and beastly negligence of a man's own person, whereby he becomes so sordid as to be offensive to those about him," still it is not so unforgivable a fault as the churlish determination to square all the corners of life, and forbid a kindly curve anywhere.

The clever girl, who poses as a social Solon and aspires to give wisdom to all men, is only—if she knew it—a social bore. "A word to the wise is sufficient," and therefore I would say to all would-be savantes that to place their cleverness too much on evidence is a fault scarcely to be condoned by the present generation. We all like to think ourselves clever, and to be put down and made to feel small by a chit of a girl raises wrath irrepressible in the bosoms of most of us.

Of all girlish types, however, the loud and noisy one is among the most inexcusable. The noisy girl makes a room all her own. She enters it with a loud laugh and leaves it with a scream meant for merriment, but suggestive only of discomfort to the unhappy listeners. She is invariably a pursuer of men. She cultivates the saying of fast things, and believes herself singularly successful when she has brought the blush of shame to the cheek of the very young man, who has just launched himself upon the waters of society, and is hardly prepared for naval engagements of this kind. Nobody cares for her and generally she winds up her career by marrying a curate of the mildest kind, who has accepted her proposal of marriage because he has been afraid to say her nay.

THE DELILIANS OF MODERN TIMES.

I here is, however, something worse than the fast and noisy girl. This is the fast, but insidiously silent, married woman! The moral blot! who creeps

through society with a demure and seemingly innocent face, but with a soul cankered and vile. No one is safe from her evil influence. Unfaithful to the man she has sworn before heaven to respect, she is still more unfaithful to herself and a very pit of destruction to the younger members of the opposite sex whom she may elect to honor with her regard.

Hundreds of these Delilahs contaminate our centres year after year. Immorality grows among the lower and the "higher" classes; the middle class can hold its own where virtue is in question. This sounds severe, but the intelligent observer will acknowledge that there is truth in the remark.

The factory girl, minus education, minus food very often, may be forgiven for moral delinquencies, but the woman of good birth, with all the accessories of wealth and comfort round her, who deliberately betrays her husband, what is to be said of her? who is there to find excuse for her? Yet, like a leprous spot, she settles now here, now there, as chance leads her, and spreads contagion wherever she goes.

From all such, may Heaven defend us! But it is idle to suggest that such things may not be. The tendency toward immorality in the present age is unhappily strong. The tide drifts that way. We should—men and women alike—so set our faces against it, build so many piers, breakwaters, barriers against it, that presently nothing should flow into our quiet harbors save Faith, and Peace, and Love.

OUR SISTERS' KEEPERS.

THE season of shopping is upon us, and we hasten with joy to its attractions, or drag ourselves sorely against our will to choose our garments. Too often no thought but of our own interests enters into our minds. We do not see how far we are responsible for imposing burdens on those who should find in us help. We buy the bargain with no thought of the injustice that probably made the bargain possible. This injustice may be the wage of the seller who has but this choice or beggary and starvation. We cry out in indignation against the wrong, the suffering of our wage-workers, but we do not act as though their suffering were possible of alleviation did we take our stand on their side. If we know a house deals unjustly with its employees, let us show, by refusing to patronize it, that we condemn its action. Let us not make injustice permanent by giving indorsement to methods that work injustice.

A woman who has studied one phase of this question writes on what she terms "Morality in Shopping"—words that are worth pondering as we wend our way through the busy shops:

"There has been talk about the contractors and middle-men—creative they call them in England—who force down the wages for women's work to starvation prices, giving the work to that lowest class of all, who live in such squalor and filth that a low wage represents to them a living price. These men are not the creators of this condition of things, but cause as a result, supply a demand. Political economy says all wages tend to the lowest point that will be accepted; that this lowest point tends to pull down all to its level, and so fix the scale of prices. Then, we see, we must begin at the bottom, if we propose to accomplish permanently this great work of elevating houses and raising wages.

"First, we must get at the individual workman, and show her that it is for her personal interest to join an organization. Take her from her isolation, which may be

that of selfishness or ignorance, and group her with fellows. Bring her into the open day of public opinion and so raise her ideal of life and scale of living. If she is a foreigner, can we not get some one speaking her tongue, or perhaps in race sympathy with her? We should do this as thoroughly as possible; we shall, as far as we can, see that no woman landing on this continent should enter into this lowest class of ruinous competition.

"Our work will still be but half done. Let us supplement it, let us enter, as well, on a course which may give a quicker result. Let us look again at the Political Economy, and analyze the causes of value, which regulate prices. Of course, what enters most of all into all value is the cost of production; that includes the cost of materials and the wages paid for work. But the distance of final cause of value is demand and supply. It is the artificial demand for cheapness that hampers the production of things. It is our needs and our desires that regulate a large part of production. In our country, how many of our little money go far, are we not too careless of the claims of those who make for us, or stand behind the counter which we face? When a badly made garment is offered to us as 'cheap,' do we stop to ask in whose hands is the cheapness?

"There is an old story of a shirt sold to England, beautiful to look on, but which burst in the hands of the buyer.

"Look at the hems of the poor workers' coats at the thronged shops, at the faces of the exhausted, weak, or overworked girls behind the counters! What are these shops? who are the women whose wages support them? Can they not be reached and helped?

"It is the women's little battle of life that they paid wages who supported the buying power. They say that they are not rich enough to go to the shops, but they must wait for 'great bargains in the market,' and then they can be made to understand something of the value we get down by some lines of appearance and quality in the country towns who do their shopping long long before them with a 'great, magnificent' bargain. Are we not all doing our bit of work in the world? Are we not all doing our bit of work in the world? Let

each woman to make this matter of buying a thing not dismissed as a matter of little consequence, but demanding earnest and conscientious thought. *She says:* 'What right have you to set the thoughtless upon her life or mine, and then say, as we perish: Had I thought, all would have gone otherwise.' Where it is a possible thing, let the buyer come into personal contact with the worker. Let each woman buy her material of a little better quality, with none of the deceptive stiffening, unbleached, perhaps, as our ancestors did. Then let her go to the home of the worker, and pay a fair price for the making, giving loving and sisterly interest and sympathy into the bargain.

"Suppose a thousand women were to do that, many of them with children to clothe! What a beginning that would be, and who can calculate its far-reaching effect? All women would be bound together in loving service, and a block of civilization would be lifted to a higher plane.

"Out of this new set of conditions would spring, whenever it seemed to simplify, co-operative centers, whose success would be assured.

"No weary waiting for custom, none of the heart sickness that attends risk. The market secured would be the cause of each industrial group."

More About Battle Creek and the M. W. P. A.

The meeting of the Michigan Woman's Press Association for 1890 has been for some weeks a thing of the past, and these columns have contained a somewhat detailed account of its proceedings. Circumstances have prevented the completion of the story as far as regards the munificent entertainment of the association by the citizens of this beautiful town. Fortunately, this is something that can not cease to be timely reading, no matter how much delayed. The account, as a recital of interesting incidents, will interest all readers, and especially those who participated in the welcome given to this organization in Traverse City a year ago.

The coming into Battle Creek for the first time, is to one who has previously known nothing of the place, a revelation. There is an air of quaint picturesqueness about the town that attracts from the first glimpse. It is beautiful for location, lying in the valley of two charming streams, the Kalamazoo and Battle Creek, a name suggestive of early Michigan history and the Indian wars. As the train sweeps into the town and begins to cross its shaded streets, one gets a glimpse of a stately building like a great castle, on the rising ground to the northward, overtopping the many handsome houses and green clusters of groves

that lie between. The first thought is, "I wonder if that is not the Sanitarium?" For it is this great institution, known all over the United States that gives Battle Creek its fame beyond that of other Michigan towns. So when first thought proves to be a true thought, one is pleased to find one's self right, when the carriage taken at the station winds up the hills and stops before the lofty entrance of this great building. For it is here that Battle Creek hospitality begins, and here that the association is to be most royally cared for, with restful rooms and bountiful board. Its hostess is Mrs. E. E. Kellogg, the wife of Dr. J. H. Kellogg, manager, medical superintendent, and, in brief, soul of the Sanitarium,—a man of note among the kings in his profession, and widely known beyond it for his intellectual ability and his powers of keen research into the hidden things of nature's great mysteries. His wife is his fitting helpmate, supplementing her mental work with a woman's warm loving heart, and with it all being the presiding genius of a beautiful home.

Time and space are neither sufficient to give an idea of this great institution, devoted to "the healing of the people." Examination resolves it into many large buildings instead of one. In fact, it is a little city in itself. The Sanitarium building proper, has a capacity for the treatment of many hundred patients and it is seldom that it is not full to its last room. In it are to be found every modern appliance for the treatment of every ill that human flesh is heir to. The surgical operations performed under the personal supervision of Dr. Kellogg are many in number daily. All kinds of baths, electricity, the Swedish movement cure, and many things that are even unknown to most of us as used in treatment of diseases. Withal, it is a beautiful home, where the weary who are not sick, but only tired with life's battle, can find sweet rest.

But, as said before, there is no time to tell what the Sanitarium is. Suffice it to say that to the Women's

Press association it was for three long, midsummer days, a most charming home.

The HERALD'S representative at this meeting was obliged to leave Battle Creek before the last day, which was given more exclusively to entertainment; so is unable to give its record of her own experience. It happens, however, most opportunely, that Mrs. Belle Perry, of the Charlotte Tribune, and the present president of the association, in the last issue of that paper, which has just come to hand, has given a most excellent account. This we copy here, assuring the readers of this article that they are the gainers by having the benefit of her bright pen. It is only necessary to add that all the members of the association will ever remember gratefully beautiful Battle Creek and its hospitable people.

"At about 9:30 Thursday morning a dozen double carriages lined the drive in front of the Sanitarium and the M. W. P. A. was treated to a delightful carriage drive about the city by the Review and Herald Publishing Co. under the management of Captain Eldridge, and to a visit to the numerous large manufacturing interests of the city. The first place visited was the Review and Herald publishing house, the largest publishing house in Michigan and a place of wonderful interest, where books in every process of making are to be seen, and where books and periodicals are published in every living language, for this is headquarters for the publication of the Seventh Day Adventist literature of the world, and 1,000 finished books are turned out daily.

"It was hard to leave this place. Not one hour, but many hours, are needed to properly see and appreciate the many processes of book-making.

"It was a little world in itself where you find people of every nationality superintending and performing the work of type-setting and proof-reading in their own lan-

guage. One large room is furnished as a chapel, where devotional exercises are held by the employees before beginning the work of each week, and where are also held regular prayer meetings. This is perhaps the only manufactory in the world which thus provides for the spiritual growth of its laborers.

"The offices of the company are in a separate building, perfectly equipped and the whole business is managed with a system that is wonderful. Branch houses are in Toronto, Canada, and Atlanta, Georgia, to both of which places Captain Eldridge, president of the company, makes frequent trips.

"As our story is becoming long drawn out, and the half has not been told we must hasten on. A call at the before mentioned printing house of William C. Gage & Sons, was followed by another at Nichols & Shepherd's great threshing machine manufactory where they make 33 separators and 12 engines a week. The ladies happened to be just in time to see a separatory loaded on a flat car by means of pulleys and tackle, the operation reminding me of the unloading of hay with a horse fork. We were introduced to Hon. E. C. Nichols, of the firm, who invited us into his private office which is a gem of art and reveals not a little the tastes of the man. Mr. Nichols gave \$500 a few days ago to a person who called on him in the interest of the Orphan's home which is soon to be erected by the Sanitarium Co., and the location for which is already purchased. Mr. Nichols gave the caller this sum, he said, just to pay for the call, and the donation is to come later.

"A visit to the well-known school-seat factory, formerly under the management of our Mr. Smith, vice president of the Review and Herald publishing Co., but now under the management of Spencer & Stone, though hurriedly made, was of sufficient length to see the immensity of the institution and the fine grade of work done, not only in desks but in office furniture of all kinds.

"The Cox Duplex Flat Bed Perfection Printing Press manufactory was the next place of interest, and a place of interest it was indeed. The press is almost noiseless, it prints both sides of a paper at once and sends it out folded. The inventor is a resident of Battle Creek.

"The site of the Orphanage was the last place visited. This worthy project is one for which Dr. Kellogg is responsible, for he believes that if children have a fair chance after they are brought into this world, they will be very likely to become good citizens, and so he proposes to establish a place where fifty children can have this chance and be trained later to some bread-winning occupation. Five of the children at present in his own family will be put into the home when it is ready.

"Mrs. G. E. Tyszkiewicz, a young woman of remarkably beautiful character, and daughter of Judge Lancaster, formerly U. S. senator from Oregon, has given \$5000 to the institution and is interested heart and soul in the project. She lost her own little son about a year ago and she has consecrated her life and fortune to unfortunate child life, as memorial of her lost darling. Her rare sweetness of manner and helpfulness of spirit won the hearts of every member of the M. W. P. A. After witnessing such nobility of character and of purpose as was manifested in this pure woman, and indeed as is seen on every hand in greater or less degree on the part of all connected with the Sanitarium—physicians, managers, attendants, nurses, waiters, everyone, it opens a vision of worthier living which purifies and helps everyone who comes under its influence, whether as visitor or patient. A newspaper woman said to me, "I have never before been brought much into the society of Adventists, but if it is their religion which makes these people what their every look and movement indicates, there must be something beautiful about it."

M. B.

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POMPEIAN CLEANLINESS.

A RECENT letter from Pompeii to the *American Architect* says: "One thing is difficult to conceive without seeing it, and that is the gorgeousness of the interiors of the private houses. The colors are now faded; the columns are broken; the mosaics of the floors are generally nearly destroyed; the fountains do not play; the flower beds are destitute of flowers; yet, even as it is, one is continually amazed by the brilliant effect of the interior vistas. In one house, the view from a triclinium across two courts, both surrounded by gayly-decorated Corinthian columns standing before walls painted from top to bottom in a variety of colors, is really dazing to the eyes. The old Pompeians lived in a rainbow atmosphere. Another striking thing is the absolute cleanliness. You may say that the dirt has all been taken away by the Italian government. That is true; but it is quite evident that, in the old times, it never was there. Our modern houses are not made to be clean as were the Pompeian residences. The walls, the floors, every corner of their homes were finished with the most admirable workmanship. In their rooms no plaster ever fell, for it was of such excellent material, and so well put on, that it soon became like marble. They had no wooden walls, no cracks where dust could penetrate. Water for cleansing was found in every part of the house, and ran off through perfect drains. All the tables and bedsteads were of marble or bronze, and even the well-curbs and the borders of the flower beds were of hewn stone. Hygiene must have come naturally to the old Pompeian. He evidently had no chance to get a typhoidal attack. The only class of diseases he could not provide against was the eruptive, and one of these carried him off at last."

Waste-Barrels.—A foul-smelling waste-barrel ought never to be permitted; in fact, it is far better to burn all leavings and table refuse as fast as made, which may be done without smell or smoke by opening all the back drafts of the kitchen range, and placing on the hot coals to dry and burn, as they will in a few minutes. If the table refuse must be saved, the receptacle should be entirely emptied, and very thoroughly scrubbed every day with hot suds and an old broom. Never pour the chamber slops in with the kitchen waste; and above all, never allow them to be emptied on the ground in close proximity to the well. Any lady would be horrified to find her servant pouring slops into the well, but she does almost as bad when she pours them on the ground or into a drain leading to a cess-pool only a few feet from the well, since the porous soil allows them to filter through into the well.

Kitchen Garbage.—A writer in the *Sanitary News* makes the following excellent remarks respecting the disposal of waste accumulating from the preparation of foods:—

"The suggestion was recently made in a morning paper that all kitchen refuse should be burned at once, and the health department was quoted as recommending this plan. The article called forth a reply from a correspondent who said the plan was wholly impracticable, as in many houses the kitchen stoves are replaced by oil or gas stoves during the summer, and that in a majority of houses people could not afford to keep a bright fire after the meals were prepared for the disposal of refuse. The removal of the kitchen stove means, in many families, the removal of the only means of heating the house during the warm weather, and is a most foolish and dangerous proceeding. If it is done to obtain more room, as the writer affirmed, it would be much better to give up the parlor or the dining-room. In view of a possible epidemic, people should be made to understand that heat is the best purifier, and the kitchen stove can be made to answer the purpose of cooking, heating in the damp mornings, and disposing of garbage, at a small expense above the oil stoves. If the stove is not used, it should be left in place for the purpose of burning the waste matter. The market papers and scraps that are picked up every day about the house will serve to kindle the fire, and if the dampers are opened, the work can be quickly done without any perceptible odor. It is not necessary to keep a clear, hot fire for the work, if a little thought and care are taken in the beginning. I have in one end of my sink a wire dish-drainer, into which all the potato-parings and cuttings from vegetables are put. If they are wet, the water quickly drains from them, and they are ready to put into the stove, where even a little fire soon reduces them to harmless ashes. A pan may be kept for such waste matter in the warming-oven, or even on the back of the stove, when it is not in the way; and few people know how much material for a good hot fire there is in a pan of potato-parings. This method will not take half the time and steps that it does to carry the refuse to the alley, but it will take a little thought until it becomes

Household Dirt.—A writer in the *London Times* calls attention to a much neglected subject in the following paragraph:—

"The dirt of an ordinary house, the dirt which may be wiped from the walls, swept off the furniture, and beaten out of the carpets, would be sufficient, if it were powdered in the form of dust over the patients in the surgical wards of a great hospital, to bring all their wounds into a condition which would jeopardize life. It cannot be supposed that such dirt is innocuous when it is breathed or swallowed, and it certainly possesses the property of retaining for long periods the contagious matter

given off by various diseases. Instances without number are on record in which the poison of scarlet fever, long dormant in a dirty house, has been roused into activity by some probably imperfect or bad attempts at cleansing."

—In some homes, a close closet catches all the soiled clothing until wash-day. No worse plan could exist for health. An airy loft or room is the place for such clothing.

THE EDUCATION OF OUR DAUGHTERS.

WE had new neighbors—the Mertons. My first call had been quickly returned and Mrs. Merton was so cordial and friendly that we were soon quite neighborly. Having finished my morning work earlier than usual, one day, I stepped over the way for a friendly chat. As I passed up the walk, Mrs. Merton came to the door, nodded a cheerful "good morning," invited me in and then turned to a little girl, seven or eight years old, playing under the trees, and said:

"Come, Millie, it is time for your work now."

The child dropped the pet kitten she was fondling, and followed us into the house. I was curious to know what was expected of a child so young, but my curiosity was soon satisfied. The little girl hung her hat on the rack in the hall, and then said:

"Mamma, shall I arrange the sitting-room?"

"Yes, dear," replied her mother, "that is your work for this morning." The room had been thoroughly swept a short time before, and was now ready to be dusted. Millie found a soft cloth, and getting on a low stool, began removing the bric-a-brac from the mantel. The dust was carefully wiped from each article, the mantel nicely dusted, and then the little hands arranged the ornaments back in place, re-arranging some of them, evidently to her own taste, for she would occasionally pause, as if thinking where the delicate vase would look best, or if the bisque image would show its pretty face better peeping out from the soft scarf drapery in the corner; but finally it was arranged to suit her childish taste. The picture frames and books came next, and were carefully dusted; then, shaking her cloth, she exchanged it for a furniture brush which she used to dust the chairs, lounges, stands and all the heavy furniture. Having done this, she arranged everything back in place, and then asked:

"Is this all, mamma?"

"That is all, Milly," said her mother; "now you may go to your play."

After the child had skipped away, I said to Mrs. Merton, "You are teaching your child to work young."

"Well," she said, "it may seem so, but I think it best. Every day she has her work. I do not confine her for a long time to the same kind, but change often, thus giving her variety, and in this way she will soon learn to do all kinds of housework. As she gets older I shall instruct her thoroughly in everything which pertains to housekeeping. I do not intend to neglect her education in books; this shall be thorough and systematic, but it shall not be allowed to take the place of the knowledge of housework in all its details."

I suggested to her that her ideas of educating and training girls were quite different from those of most mothers of the present age. "Most daughters," said I, "are trained for the piano and paint-brush, with a smattering of French and German, while they are in absolute ignorance of all that pertains to practical housekeeping."

she replied, "Yes, I know this is true; but I think it is a great mistake. The destiny of the majority of girls is to become housewives and mothers; and shall we mothers make the grievous mistake of allowing them to enter upon their life-work totally unprepared? My own heart answers no; for my own experience in this respect has been so trying that I have resolved that Milly shall profit by it and thoroughly understand all that her mother was in ignorance of."

"Weren't you taught housekeeping, when you were young?" said I, in amazement, hastily scanning her well-kept rooms.

"Ah, no," she said with a sigh; "not until I was forced to have the care of a house did I realize how utterly incompetent I was to attend to the various duties of housekeeping."

A portion of my own history will best explain to you why I am so emphatic upon the subject of training girls for housework and home life. Will you pardon my personal references?"

"Certainly," I replied, "I shall be much interested to hear an account of your early life."

She picked up her sewing and began.

"My mother was an excellent housekeeper. My father was a quiet, scholarly man, who left the entire charge of his house to his wife, and always deferred to her judgment in matters of household economy and home management. I was an only daughter, having two brothers younger than myself. I had been carefully educated, and could paint well, but music was my specialty. I loved it passionately, and was very desirous to attend a conservatory in a distant city to complete my course of study. But with all these accomplishments I could not bake a loaf of bread, or prepare a meal. My mother, when expostulated with by friends for not teaching me housework, used to say:

"Oh, Kitty is young yet; there is time enough for her to learn. She must attend to her music now, care comes soon enough to the young."

"So I grew up to the age of eighteen with no practical knowledge of domestic affairs. She was like many mothers now, who let care rest too heavily on their own shoulders, that their daughters may be spared, when it would be far better for both were the burdens divided. But one day a shadow darkened our household. Mother was sick. Like many another strong, resolute woman, she had worked beyond her strength for some time, but unwilling to complain, had not taken required rest, and in a few days the fever which burned through her veins had taken her strength and life."

The tears gathered in Mrs. Merton's eyes as she said:

"I cannot tell you how dreary home was. Only those who have been thus bereft of a mother's care and influence can realize such grief. Some seemed to have lost all that made it homelike. My father was almost heart-broken, and my brothers sadly missed the loving counsel and ready sympathy, while added to my own grief was the knowledge that their comfort depended largely upon me."

and I was so incapable of doing what seemed to be my duty. After the first few days of grief had worn away, I began thinking what must be done. I knew that my beloved project of obtaining a superior musical education must be given up, for conscience plainly told me my duty was to remain at home and be my father's housekeeper and make a home for my young brothers. It was not without many a heartache and pang of regret that I came to this conclusion, but it was final, and when one evening father said, 'Kitty, I want to consult you about our future,' I told him I had decided to remain at home and be his housekeeper. An expression of satisfaction overspread his countenance, as he said:

"I had scarcely hoped that you would be willing to do this; I had hoped to have gratified your often expressed wish and given you a thorough musical education, and were I only concerned, now, I would try to still do so, but there are the boys. They are of an age when a pleasant home and loving friends have much to do in forming their future characters. It will be a hard trial for you Kitty, for you have had no experience in household affairs."

"I know this," I answered, "but I can learn, and by hiring the heavy work done, will try to do the best I can."

"May God bless you, my daughter," exclaimed father, "we shall sadly miss the dear mother," and his voice grew tremulous, "but trusting in God, we will do the best we can."

Thus our future was arranged. I cannot tell you with what an aching heart I resumed my place as housekeeper. I procured receipt-books and tried to cook. Sometimes I succeeded, but oftener failed. In my inexperience it seemed to me that my duties were manifold, and my work never done. Father never complained, but I knew that he sadly missed his well cooked meals, and my young brothers tried hard to make the best of sister Kitty's well-meant efforts to satisfy their boyish appetites. I found I needed some one to instruct me thoroughly in all the *minutiae* of housekeeping, and one evening, while thinking over the events of an unusually trying day, I resolved to write to Aunt Catherine and ask her to come and stay several weeks with us, and take me for her pupil in household affairs. She was my father's elder sister—a woman of tender sympathy and wide experience. After consulting father concerning my proposed plan, and receiving his approval, I wrote at once to her, and received

an answer that she would soon be with us. I shall never forget how good her dear old face looked to me, one morning, as I ran down the steps to meet her. I was her namesake, but my parents had shortened the old-fashioned name Catherine to the diminutive Kitty. However, by Aunt Catherine I was always called by the name in the original form in which it was given.

"Dear Catherine," she said, as she grasped my outstretched hands, while the tears came into her eyes, "trouble comes to all of us at some time in our lives, and to you has come a great trial at the dawn of your young womanhood; but we must always do the best we

can. When God gives us burdens to carry, He fits us to bear them with patience, if we are only willing to listen to His teaching."

"I told her all; how little I knew of any kind of work, and how many times I had failed to do anything satisfactorily. She did not tell me I should have known these things, nor did she question my mother's wisdom in not teaching me. She only said:

"Catherine, if you are willing to learn, and from what you tell me, I am sure that you are, we will soon have a good housekeeper of you."

"I was a most willing pupil, and under her careful directions I soon became quite successful in cooking and all other kinds of work.

"Be a home-maker, Catherine," she would say, "as well as a housekeeper. Let your house be tidy and well-kept, but do not sacrifice the comfort of its inmates to your own love of neatness and a desire to keep everything in perfect order. In a home where there are growing boys there must be something to interest and satisfy their young minds at home, or they will seek amusement elsewhere. Allow them to have games as well as books, and innocent amusement at home with their young friends. By this way your influence for good over them will be far greater than it would if you were to keep them under a constant restraint lest their boyish ways disturb you. Do not neglect your own music and reading. It is a duty you owe to yourself and society to make yourself as cultivated as you can."

"After a stay of a few months, Aunt Catherine returned to her own home. I missed her dear presence and good advice very much, but she had been an excellent teacher, and well had I profited by her instruction. There were times when the boys with their rollicking ways, disturbed me, and I often felt careworn and old beyond my years, but when tempted to complain, Aunt Catherine's words 'Be a home-maker,' would return to me, freighted with all their tender significance, and I would resolve to have patience with the boys, and try harder than ever to make father, in his declining years, as happy and contented as he could be, without her for whom he had never ceased to mourn. For seven years I kept my father's house. At the end of that time his health failed rapidly, and we knew he would soon join mother. One evening, a short time before his death, he said to me:

"Kitty, you have been a loving, dutiful daughter, and in my motherless boys have shown a mother's interest. May God bless and reward you, and when I am gone and you go to a home of your own, remember, it is with a father's blessing."

"To hear these words from my father was sufficient reward for all I had sacrificed. A short time after my father's death, I was married to Charles Merton, to whom I had been engaged for some time. My brothers had gone into business for themselves and were respected, honorable men. My duty to them had been discharged, and as I entered upon the responsibilities of a home of my own, I felt thankful for the discipline through which

I had passed, and resolved if I had daughters, they should be trained for domestic duties, as well as fitted for useful members of society. I have related this," said Mrs. Merton, "knowing you were a young housewife and mother, and I wished to impress upon your mind the value of early home training for the girls, under the watchful eye of a careful mother."

I thanked her for her life-story, and as I returned to my home, I resolved to practice the lesson I had learned, and educate my two young daughters to be home-makers and housekeepers.

MARGUERITE.

TRUE ECONOMY.

BY MRS. C. F. WILDER.

WE have warped the word "economy" into conveying a meaning very far from its true one. In our use of it we have made it signify "sparing" or "saving;" as, economy of money to mean, saving money; economy of time, saving time. Ruskin says that this is a barbarous use of the word; barbarous, with a double meaning, for it is not good English, is bad Greek, and worse sense.

Economy no more means saving than spending. It signifies the administration of the house: its stewardship: spending or saving. That is, using money, time, or anything else, to the best possible advantage. Crystallizing this thought, this definition, into action, as worked out by a human being, it would be, a life filled with work rightly directed, and gain wisely applied. By this we may know that whenever we see want and degradation there has been idleness, or the result of labor misapplied; where there should have been frugality of time and means, there has been waste.

Using the word as we have has brought it into dispute with many. To say that a person is economical, to the average mind, conveys the idea that he is parsimonious, that he denies himself the good things of life and begrudges to give to his neighbor. If a person is wasteful and extravagant he is spoken of in commendatory terms as "open-handed." We have heard servants and washerwomen—people who have never had even the comforts of life because they had not learned the first principles of true economy—cast an insidious upon some wealthy housekeeper because she patched her garments, or was unwilling that wholesome food should be thrown into the garbage barrel. If the right ideas of pride and prudence could be instilled into the minds of all the children in our public schools, in a few generations abject poverty would cease to exist.

"Pride can live in three rooms and wear plain clothes; can eat beans and potatoes; can talk or sit silent; can travel on foot or can stay at home," says Emerson.

It is vanity that spends all, or more than all, of the income; which borrows with no expectation of paying, and gives for the sake of having it known and talked about. 'Tis vanity, and not pride, that ruins the lives of millions of our people; and it seems as though the misuse of this word—economy—is helping to foster vanity. To many minds, to speak of a person as economical is considered as almost derogatory to his character, and many vain persons have been wasteful where they should have been prudent, because they feared the criticisms of the world in this respect.

The secret of success in life is not measured by the income, but by the outgo. The more one has, the more

one wants, and "Want is a giant whom the coat of Have will never be large enough to cover."

A wealthy friend whom I had not seen for several years was showing me her elegant garments. As she laid them out for my inspection—furs, velvets, satins, silks, wools, dainty laces, all rich and elegant—this suit for the street, that for the opera, this for a lunch, and that for a ball—I asked if, with all these things, she was satisfied.

"No," she replied, as she lifted her large, eager eyes, full of wistfulness and soul hunger; "I was more contented when my garnet cashmere dress, with the bonnet to match, was the only good suit I had."

A trait known in children is this: wanting everything they see. When we have outgrown this we have taken a long step toward real manhood and womanhood. As soon as we know, and are content in the knowledge, that we do not need, and that we cannot have everything that others have, we look upon life through rose-colored glasses, and seek our happiness in a direction best suited to our individual needs.

Economy and thrift, as taught in New England, was a matter of principle. But one grows narrow if one lets economy grow into parsimony. The plain living and high thinking that Wordsworth so much valued is a cheering ideal. When the world gets to looking at economy in its true light, and obtains that pride which will make us respect self, covetousness, self-seeking, and vanity will be banished, and the ideal life will be a thing of reality.

There is quite as much foolish saving as foolish spending, but the naturally prudent mind does not at first see this. The wisest way to obey Ben Franklin is not to "care for the pence" by hoarding them. The cheapest is not always that which costs the least money. It is poor economy that saves at the market and pays the doctor. The books that cost the least are not always the most economical to buy. The overwork of the house-mother, when the children are young, to save the wage of a servant, and in old age be able to live only

at a "poor, dying rate" with always a nurse or physician in attendance, is a poor way to make the "pounds take care of themselves." To bend over the children's garments until sight and health fail, to save the price of a few pairs of French kid boots going to a seamstress, is neither economy, frugality, nor common sense. The starving the intellect by putting the price of a few books where it will "draw interest" is a poor economy of the means given for to-day's use. True economy is a wise spending as well as a wise saving. Economy is a virtue; parsimony a vice. The one who practices the first is rich; the one who practices the latter, though he have millions, is always poor. The one who practices the first will eat wholesome food, and wear as comfortable garments as he can afford, all the while feeling that what he cannot have he will not want. The other will invite dyspepsia at fifteen-cent lunch counters, look like a walking advertisement of an "old clo's" dealer, constantly wanting what he will not procure, and pass his time in a continual worry lest he spend his old age in the poorhouse.

As we go over this road but once, we must get all the comfort out of life to day that we ever expect to get for this day. Our children are never children but once, and if their lives are made hard and barren that we may practice for them a false economy, saving for some future day, which they may never see, the day will surely come when we shall wish that we could undo what time has taken from our reach.

Real poverty is to go through life starved for the good things of this world. But let us not mistake what the "good" is. We are not thinking of riches, or fame, or beauty, or dress, when we use the word "good." We were thinking of the books almost within one's reach, and for which the mind hungers with a keener sensation than that experienced from physical hunger; of the hunger for church privileges, denied because the tolling and spinning of the six days has made the body so weary that entire physical rest for the Sabbath is an absolute necessity. Starved for a comfortable home—as simply comfortable as one may devise—and all through life sit upon a hard chair, look upon bare walls, and walk upon dingy floors: we know of men and women who do this that they may accumulate more land, more stock; that they may tear down and build larger. Economy is a wise saving; economy is a wise spending. The miserly moral proverb, "Take care of the pence, and the pounds will take care of themselves," may be true, but it is true, also, that there are many who in trying to save life only lose it.

The Art of Cooking.

BY EDWARD ATKINSON, LL. D.

[Extracts from a practical paper read at the Brooklyn meeting of the American Public Health Association. Copied from the *Health Journal*.]

My Aladdin ovens, so called, are adapted to methods of cooking corresponding to broiling, roasting, baking, and braising; but they can also be used for boiling and simmering.

My Aladdin cooker, so called, in which the heat is conveyed through water, is devoted wholly to boiling, stewing, and simmering, especially the latter. I neither attempt or desire to fry anything in either kind of apparatus. About nine-tenths of all the cooking of my somewhat large family has been done with this apparatus for nearly two years, and I also have an office lunch-room for the use of about twenty employes, in which no other apparatus is or can be used. My summer kitchen at my sea-side house is fitted with a grill which is very seldom used; it proves to be most convenient to use the cooking stove, heated with hardwood chips, for boiling the water for tea and for occasional frying.

My winter kitchen is a large one, and it depends upon the range for warming it. The range, therefore continues to be used to some extent for cooking, mainly for preparing breakfast, but I contemplate substituting a special stove without any oven, which will heat the room with much less coal, the top of the stove being fitted for cooking in the ordinary way. Neither the oven of the stove in summer nor the range in winter are now used for cooking; therefore, the kitchen is never overheated and the food is never spoiled. We have occasionally failed to

cook a large joint of meat a sufficient time, but we have never spoiled a dish in the process of cooking since the pulp or jacketed oven was adopted.

What, then, are the simple principles of the science of cooking? I think they may be stated in a few very plain terms:

1. The heat should be derived from fuel which can be wholly consumed or wholly converted into the products of complete combustion without any chimney except that of the lamp or burner.

The same may be said of illuminating gas when used in one of the burners of the Bunsen type which supply an excess of oxygen and yield the blue flame.

The combustion of oil and of gas can be brought under absolute control by gauging the size of wick or burner to the work to be done.

2. The oven in which the food is to be subjected to this measurable and controllable source of heat must be so constructed that the heat imparted to it may be entrapped and accumulated up to a certain measure or degree and then maintained at that temperature without substantial variation until the work is done. This can be done by jacketing the oven in a suitable way with material which is incombustible and also a non-conductor of heat.

3. There should be no direct communication between the true oven or receptacle in which the food is placed and the source of heat, lest the food should be exposed to being, in places, burned or scorched.

These three conditions are all accomplished in the two somewhat crude and probably incomplete inventions which I have named the "Aladdin Cooker" and the "Aladdin Oven," in both of which the heat derived from common lamps, such as are used for lighting, may be stored or accumulated so as to do the work of cooking in a very perfect manner. In the cooker the heat is imparted to water in an attachment to a metal-lined wooden box corresponding to the water-back of the common range or stove, and the work is done by the contact of the hot water with the outside of the porcelain vessels in which the food is placed, or by the steam generated when the water is heated to the boiling-point.

In the oven a column of heated air is carried from the chimney of the lamp to the inside of an outer oven made chiefly of prepared wood-pulp, but outside of the inner sheet-iron or metallic oven in which the food is placed, which inner oven is separately ventilated.

I do not claim originality in these simple principles or in the idea of jacketing an oven with non-conductors of heat. All these matters are well understood by every intelligent stove-manufacturer, but it is practically impossible for any one to apply them in making stoves such as will meet the demand of the market, for two reasons:

1. The greatest demand for stoves is that of people of very moderate means, who are too much controlled by the price in making a choice, making the common error in confounding cheapness with low price, an error which leads to great waste not only in the matter of stoves but in many other ways.

2. The absolute and imperative preference of the public for a stove in or upon which the work can be done very quickly. The custom of cooking quickly is in part a matter of choice, and in part due to the necessity to which a great many working people are subject to cooking their meals quickly or else to go without hot breakfasts and dinners.

Another great obstruction to improvement in the art of cooking is the almost universal misconception that the finer cuts of meat are more nutritious than the coarser portions, coupled with the almost universal prejudice among working people against stewed food. This prejudice is doubtless due to the tasteless quality of boiled meat; boiling toughens each of the fine fibers, and deprives the meat almost wholly of its distinctive flavor.

All these blunders and misconceptions must evidently be removed before any true art of cooking can become common practice.

The more necessary, however, does it become to invent apparatus in which meat can only be simmered and cannot boil, as in the Aladdin cooker, and also to invent a stove or oven in which neither meat nor bread can be overcooked, dried up, or rendered indigestible by too much heat, as in the Aladdin oven.

Next, people must be persuaded that a better and more nutritious breakfast can be made ready to eat, as soon as the family are out of bed, by putting meat, stews, oatmeal, brown bread, and many kinds of puddings, into the cooker and simmering all night by the use of a single safe lamp, than in any other way.

People must be taught that the dinner can be put in the oven, when the husband and wife go to the mill to work, and so treated that it may be found perfectly cooked at noon, without requiring any attention in the interval.

People must be taught that the best of bread raised with good yeast, can be mixed and kneaded between 12:30 and 1 P. M., placed in a bread raiser, which will raise it ready for the oven at 6 or 7 P. M., and that this bread may be perfectly baked in two hours by the heat of the evening lamp, which at the same time serves to give light for reading or sewing. All this can be accomplished with my crude apparatus, but, until some skilful stove-maker takes up these inventions and makes the ovens in large numbers at low cost, my own efforts must be directed mainly toward ameliorating the condition of the rich, saving the houses of the well-to-do from the heat and smell of the present bad methods, and in this way creating a demand for my ovens which, while made in small numbers by hand-work, are too costly for general use, although in an ordinary family they will pay for themselves in six months.

TABLE MANNERS.

Good table manners are founded on habits of punctuality, neatness, and order, united with that politeness which springs readily from a kind heart.

Everything at the table should be done moderately.

Do not be impatient to be served, or fidget while eating, that you must hurry and get through so that you can rush off to something else. This is bad enough when it is necessary, it is almost unexcusable when it is not.

Avoid all unusual noise when eating. Never fill the mouth very full nor talk with the mouth full.

Never have the table with food in the mouth.

Never sit a foot off from the table, nor slumped up close against it.

Never soil the tablecloth if it is possible to avoid it.

Don't be greedy, and don't try to eat all the good things you can, and don't carry off anything in your pocket to eat afterward.

Don't speak of it if you see any one else greedy. It is never polite to appear to notice faults of others in company.

Do not encourage a dog or cat to play with you at the table.

Do not cut your bread—break it.

Never express a preference for any particular part of a dish, unless requested to do so. When asked what part of a chicken you will have, save other people the trouble of choosing for you, and say what you will have, making some choice, though really not particular, as you ought say.

Never hold bones in your fingers while you eat from them.

Cut the meat with a knife, and do not make an effort to clean your plate or the bone you have been eating from too clean.

Do not attract attention to yourself by calling loudly for anything, or by any boisterous conduct. We have seen children who made their wants known by giving two or three loud knocks on the table with handles of their knives, calling at the same time, water! butter! potatoes! milk! or whatever else they happened to want at the time.

We have seen others sit at the table, and while carving was being done, rub their fingers on the edge of the plate in front of them and feel around the inside of the tumbler also, that when a plate with food upon it was exchanged for theirs, the person receiving it felt unpleasantly. Don't be like such children.

Never handle dishes unnecessarily at the table, or play with your spoon, knife, or fork. "A man is known by his company, and his company by his manners."

Do not pare an apple, peach, or pear for another at the table without holding it with a fork.

A FEW FACTS FOR THE SISTERS

If windows are wiped off once a week on the inside with a slightly dampened cloth it will save washing so often.

A dampened cloth is better than a dry one for dusting furniture.

A small, toy broom is handier for cleaning up dirt around a stove than a large broom.

A scrubbing brush, warm soap-suds and plenty of elbow grease will do wonders for an old dingy oil cloth.

It is not safe to use rubbers on fruit cans after they are stretched out and yellow.

A refrigerator is a very profitable investment, when one can obtain ice and has not a handy cellar.

White dishes can be marked with one's name on the back, with a common pen and ink and it will not wash off for a long time.

A cotton flannel case for silver knives and forks is the best thing to keep them in when they are not used every day —
Sister Lottie in Household.

Table Manners.

However highly I may estimate real science, true culture, I must regard table manners as among the "accomplishments" as worthy of regard as such that is studied in our boarding schools. Indeed, too many of these schools are places in which trifling girls pass away the time in but little less than "nonsensical pursuits, having more of gaudy attire than brains.

These "manners" do not mainly relate to the supposed proper use of the fork, the spoon, the order of the "courses" which some officious personage has decreed to the folding of a napkin—or its use, even—but to eating properly, like a human, intelligent and responsible creature, one who eats to live, rather than one who lives to eat. We come to the table, then, not simply to gratify our love of eating, like the swine in the pen, but to take food which will give us strength for labor and study, to make us more useful, the purpose for which we were sent into the world. We should come that we may eat properly, eat like responsible beings, and not like the lower orders of the brute creation, as rapidly as possible. We can eat properly by imitating even some of the brute creation, the "patient ox" can have good table manners, by eating slowly, thoroughly chewing all of our food.

The necessity for this is indicated by the fact that an abundance of moistening fluid is prepared in the mouth—the saliva amply sufficient for the moistening of all of the food needed for our sustenance—such "manners" will require no hot tea or coffee to wash down the food, for none is really needed, if we would eat naturally. If our girls will learn to eat in this way, not forcing their food down with heathenish haste, we shall have fewer dyspeptics, fewer half-created children, fewer pale and puny creatures, such as now drag out a miserable existence.

The Breakfast-Table.

Breakfast, in many families, is a dull and hurried meal. The father, absorbed in business and anxious to get to his office, hastens through both the newspaper and the meal, in silence, and rushes to catch the cars.

The children are thinking of the half-learned lessons, and wondering if they can look them over again and enjoy a little "play" before the nine-o'clock bell. The nervous mother, who has already encountered several mishaps in the kitchen, finds herself occupied in satisfying the calls of her hungry children, and thus allows her hurrying husband more time for his paper and food.

Yet breakfast might be made the occasion of beginning the day not only

well, but with an elasticity that would carry each member of the family joyously through the day.

The late Dr. Bushnell thus began it. He was one of those rare geniuses who had a talent for making the breakfast-table the pleasantest and most profitable resort of the day. He was full of bright and witty talk, and gave the widest range to the conversation. The morning paper was the text-book for an infinite variety of short and telling sermons. His daughter says:

"He was not of those absorbed and silent readers of gossip who, after an hour spent over the list of casualties and murders, hand you the paper with a yawn, and the assurance that there is nothing in it. He brought to the reading all his resources—his thought on social philosophy; his knowledge of geography, chemistry and geology; his love of adventure, of mechanics, of architecture, and of engineering in its various branches; and throwing his own light on every subject, evolved from the daily telegrams a fascinating panorama of the world's life for the last twenty-four hours. Under his magic insight the most commonplace events assumed an unlooked-for meaning, and took their place in relation to all other events and histories.

THE SENSIBLE HOUSEKEEPERS OF THE FUTURE.

I wish that it were in my power to persuade young girls who wonder what they shall do to earn their living, that it is really better to choose some business that is in the line of a woman's natural work. There is great repugnance at the thought of being a servant, but a girl is no less a servant to the man who owns the shop where she stands behind the counter all day than she is where she waits upon the table or cooks the dinner in a pleasant house; and to my mind there would not be a moment's question between the two ways of going out to service. The wages are better, the freedom and liberty are double in one what they are in the other. If, instead of the sham service that is given by ignorant and really overpaid servants to-day, sensible New England girls who are anxious to be taking care of themselves and earning good wages, would fit themselves at the cooking schools, or in any way they found available, they would not long wait for employment, and they would be valued immensely by their employers. When one realizes how hard it is to find good women for every kind of work in our houses, and what prices many rich people are more than willing to pay if they can be well suited, it is a wonder more girls are not ready to seize the chances. It is because such work has been almost always so carelessly and badly done that it has fallen into disrepute and the doers of it have taken such low rank. Nobody takes the trouble to fit herself properly, but women trust to being taught and finding out their duties after they assume such positions—not before.—Sarah Orne Jewell, in *Congregationalist*.

WHOLE WHEAT BREAD.

Letters received from different places ask for information about this whole-some article of food. The old-fashioned graham bread, in spite of ridicule, has conquered for itself a place in American cookery. It seems that the bran, acting on the lining membrane of the intestines, promotes their peristaltic action and prevents all ordinary constipation. Thousands of persons have been relieved by it from what had been a very sore trouble.

It was subsequently seen that the same result would follow from the use of clear wheat bran, taken in connection with the ordinary food, and that this was, in some respects, the best way to secure the desired results, since one could not always depend on getting good graham bread, but could easily lay in a permanent supply of good bran.

But science revealed the fact that bolting, which gives to flour the whiteness so much desired by our American housekeepers, throws out its most important constituent, namely, the phosphorus, which enters so largely into the composition of the brain and nerves. This is contained in the dark layer of the wheat which lies next to the hull. Hence, white flour and bran are far from imparting the full value of bread as the staff of life.

The lack of this rejected constituent is now believed to account largely for the fact that our American population suffer so greatly from nervous troubles; besides much of the constipation simply results from the weakness of the nervous centers, which preside over the action of the bowels.

Within a few years, improved methods of manufacture have secured an article of flour greatly superior to the graham called whole wheat flour. It reduces the hull to very fine particles, retains all the constituents of the flour, and by the cold blast process, guards against all heating.—*Food's Companion*.

Hints for the Housewife.

Rice and Pear Pudding.—Three cups boiled rice, two eggs, one cup sugar, one cup milk, stewed or canned pears. Stir the beaten eggs, the sugar, and the milk into the rice; put a layer of this in the bottom of a pudding mold, and cover this with a stratum of pears; follow this with more rice, then more pears, and continue thus until all the materials are used; set the mold in boiling water and boil for an hour. Eat the pudding with a hot custard sauce.—*Harper's Bazar.*

Citron Preserves.—The citrons can be pared, cored, and sliced, or cut into fancy shapes with cutters which are made for the purpose. To six pounds of the citron use six pounds of sugar, four lemons, and a quarter of a pound of ginger-root. Put the slices of lemon into a preserving-kettle, and boil them for half an hour, or until they look clear, in a little clear water; then drain them. Save the water, and put slices into another dish with a little cold water; cover them, and let them stand over night. In the morning wrap the root-ginger (bruised) in a thin muslin cloth; boil it in three pints of clear water until the water is highly flavored, when take out the bag of ginger. Having broken up the loaf-sugar put it into the preserving-kettle with the ginger-water. When the sugar is all melted set it over the fire; boil and skim till no more scum rises. Then put in the pieces of citron and the juice of the lemons. Boil them in the syrup till all the slices are quite transparent. Do not allow them to break. When done put them into the cans or jars, pouring the syrup carefully over them. If one desires to imitate the West Indies ginger preserve, the slices of lemon may not be added; yet they are a pretty addition.—*Practical Cooking and Dinner-Giving.*

THE HOME.

**The Duty of Health—Sweeping Carpets—
How to Roast Meat—A Crocheted Skirt—
Hanging Pictures—Household Hints.**

THE DUTY OF HEALTH

The mothers of our day are careful to provide good teachers for their daughters, and more girls now than ever before are sent to schools of higher education. Music and dancing, too, are considered indispensable. The more sensible mothers do not stop here, but train their daughters to become good housekeepers. But how many mothers have taught them that health is a duty, or paid any attention to their physical culture? How many are taught to be ashamed of a headache or backache, a narrow chest or round shoulders, or how to avoid each or all of these? A recent writer has said that a mother ought to blush for these defects in her daughter quite as much, or rather more, than she would if they did not know how to read or write.

There is no question as to our duty to make home happy. Volumes have been written as to woman's duty in the home. There is a wide difference of opinion as to her duties in other spheres, but here, at least, all are agreed. She is to be the central sun, the bright particular

star, from which shall radiate all the genial and loving influences of the home. Let us make an inventory of the duties of the wife and mother—I mean the generally accepted duties, which no one questions, and which the husband is sure to expect. She must be loving and cheerful, patient and sweet-tempered, sympathizing and unselfish. This is the ideal which every young man has in his mind when seeking a wife, and all these qualities depend largely on health. I do not mean to imply that these beautiful traits are sure to follow in the train of health. I know that the grace of God is needed for their full and perfect development; but I do say, and reverently, that even God is hindered in His workings in a diseased body, for morbid conditions of the physical being bring correspondingly morbid states of the mental and spiritual life. Some of us, at least, know how hard it is, to be loving and cheerful while suffering with a sick headache, or to be patient and sweet-tempered, with even an ordinary backache. You all know we generally excuse an exhibition of unlovely traits of character in our friends by saying: "They do not feel very well to-day," and when our sick ones are peevish and irritable, we take it as a matter of course. How many a tired and overburdened mother has sent her husband to his store or office, and children to school soured for the day by her irritable words; and then, alone with her God has wept bitter tears of anguish over what she could not seem to help. Whereas, if she felt, deep down in her conscience, that health was her first duty, she would study to know the causes of her nervousness and irritability, and abandon everything likely to develop those conditions. To be sure, her vanity might have to suffer, and the children's garments as well as her own, might have to do with a few hundred yards less stitching. That strong cup of tea or coffee would have to be laid aside, and some self-denial would have to be required in regard to diet; but in the end she would feel more than repaid. I think you will agree with me that if it is woman's duty to measure up to the high standard I have set forth, health must be the first consideration.—*Selected.*

SWEEPING CARPETS.

Every housekeeper knows that there is no part of her duty that is more wearying, more to be dreaded than the sweeping of carpets. Most housekeepers make this work peculiarly hard by the way they do it. They usually take one day in which the entire house, the unused rooms as well as the rooms constantly in use, are thoroughly swept. Of course, this thorough sweeping implies the dragging about of all furniture, which in itself is harder than the task of sweeping. But, in fact, there is really no need of so much hard work. A spare chamber, for instance, need not be thoroughly swept when unoccupied, oftener than once a month. Indeed, a light brushing every week, and a thorough sweeping monthly is all that any chamber needs, and for this kind of work a good carpet sweeper is much better than a broom, although for sweeping thoroughly, the broom still stands at the head of all other inventions. For a slight brushing of tapestry, Brussels or any of the heavy grades of carpet, the carpet sweeper does the work as well, is less fatiguing to use than the broom, and raises but very little dust. For the latter reason it is particularly useful for an occasional brushing of a room in which there are many small ornaments, as they need not be removed, and this alone will save a good many steps and considerable time.

To sweep a room thoroughly, all articles that can be conveniently removed take into another room. Cover up all ornaments and furniture remaining in the room, roll up the curtains as far as they will go, close all the doors, and open the windows. If the wind is strong and blows into the room, it will be necessary to open the windows at the top only. Take Indian meal and dampen it so that will adhere nicely together, but be sure that it is not too wet. Test it, by squeezing it tightly in the hand, and if every particle is damp so that it clings together, and yet no water can be squeezed from it, it is ready

for use. Scatter it all over the carpet, using plenty of it, and being careful not to step on it when sweeping, as it may make an ugly spot. With a good broom commence to sweep at one corner and work toward the door going out. Some aver that you should sweep with the wind, but as this is usually done to carry off the dust, there is no reason for this rule applying where the Indian meal is used properly, as it gathers up the dust, leaving very little to rise and settle anywhere. After the room has been swept thoroughly, take up the meal and dust on a dust-pan. Never brush the sweepings of any room into the entry or another room, but take up each room's sweepings separately. Close the door after taking up the sweepings, and allow what little dust there may be to settle before dusting anything. Going over the carpet with a cloth or sponge wrung out tightly of ammonia water, rinsing it often, will brighten the colors, but unless the carpet is very dirty the meal will do the work very well. To be sure where there are any grease spots, the meal will have no effect on them, and the ammonia is just the thing. Saturate the spots with pure ammonia, and rinse off with clear water. This usually succeeds in removing them. Some prefer to encase the broom in a damp cloth when sweeping, claiming that it does not raise any dust. This is a very good plan for an invalid's room, and in this can not be too highly recommended, but for a living room it is not good. In the first place, the corners and along the walls the carpet must be swept with a dry broom, for if not everywhere the damp broom touches on the paint, after being on the carpets, will make a muddy streak, which will necessitate a wiping of the mop-

boards after sweeping. Then, unless the cloth is taken off and rinsed often, the damp dust becomes mud, and must of a necessity be worked back into the carpet. There are other objections, and on the whole the plan is not a good one even for light sweeping. A carpet swept in this way will look dull and muddy, and though it may keep the dust from settling on the furniture, it will in a short time ruin the carpet as far as looks are concerned. Too promiscuous sweeping of the carpet should not be indulged in, for it wears out both the carpet and housewife.

HOW TO ROAST MEAT.

Mrs. Emma P. Ewing, of the school of domestic economy at the Iowa Agricultural College, says:

In roasting meats of all kinds the method adopted should be the one that in the most perfect manner preserves the juices inside the meat. To roast beef in the best possible manner, place the clean-cut side of the meat upon a smoking hot pan, which must be over a quick fire. Press close to the pan until seared and slightly browned. Reverse and let the opposite side become similarly seared and browned. Then put it at once in the oven, the heat of which should be firm and steady, but not too intense, and leave it undisturbed until cooked. The time that should be allowed for cooking beef in this manner is twenty minutes to the pound, if it is to be rare, less half an hour deducted from the aggregate time on account of searing. In other words, a five-pound roast of beef will require an hour and a quarter, a six-pound roast an hour and a half, and so on.

If the oven is not too hot the beef requires no basting, and is better without it. When the oven is at the proper temperature, and the cooking is going on all right, the meat will keep up a gentle sputtering in the pan. If, upon opening the oven door, this sputtering is not perceptible, more heat is required. But if addition to the sputtering, any smoke is discernible in the oven, the heat is too intense, and should be lessened. Unless the heat of the oven is too great, the drippings in the pan will burn and smoke, and when the meat is cooked there will be a thin coating of brown jelly in the pan where the meat rested, which, by the addition of stock or water, will make a delicious gravy.

A roast of beef should never be washed, and if it has been accidentally wet or moistened, it should be carefully wiped dry before it is seared or put to cook. Searing almost instantly coats the cut side of a piece of meat, and prevents the escape of juices in the after-process of roasting,

while a firm, steady heat gently but thoroughly cooks it, and thus both juices and flavor are preserved. Basting is a troublesome, as well as a damaging, process. And as salt and water have a tendency to toughen and extract the juices of meat, they should not be used on it while roasting, if it is desired to have the meat sweet, juicy, and tender.

A CROCHETED SKIRT.

Skirts crocheted of yarn are much warmer than those of flannel, and ought especially to be made for little girls. Take dark red or scarlet wool; first make chain stitch long enough to pass loosely around the waist, and go back over this in double crochet stitch. Then make single crochet in first three stitches, three single crochets in fourth stitch, single crochet in next three stitches, skip eighth and ninth stitches, single crochet in next three, three single crochets in next stitch, single crochet in next three, skip two, and so on around. Continue the same until eight rows are worked, then widen by making an extra stitch both sides of the points, that is where the three stitches are worked in the same hole. Widen every third row until there are eight stitches between the top and bottom points; then work until of the length required. Finish the edge with scallops. Pass a ribbon through the row of double crochet stitches at top to fasten around the waist.

Wristlets of silk or woolen are quickly knit or crocheted and make a very pretty and acceptable present for either a lady or gentleman. A nice present for a lady is a white apron. It should be made straight and full and come nearly to the bottom of the dress. We have seen some very handsome ones lately made of white, cream, and cream-colored muslin, trimmed with very wide crocheted lace and insertion. The strings should be about six inches wide, long enough to tie in a bow and fall nearly to the bottom of the skirt and trimmed to match the apron.

HANGING PICTURES.

Considering how many pictures were probably given and received as Christmas presents, perhaps a few suggestions on hanging them may be appreciated:

No picture ought to be hung higher than the height of the average human eye when the owner of the eye is standing. It is the most universal rule in our houses to hang pictures much above this level, and they cannot be enjoyed there. If the picture is a portrait, or it has human faces in it, the eyes should look as nearly into ours as possible; and if there be no such simple guide, perhaps a good rule will be to have the line that divides the picture horizontally into equal parts level with the eye. If one starts to hang pictures with the determination to place them so that they can be easily seen and enjoyed without stretching the neck in the least, or stooping the body, he will be pretty sure to do well.

In remote farm-houses and country taverns we often see pictures, particularly portraits, skayed as high as if their owners had been academy hangers, and the painters young rivals of a new school. I suppose that the reason is that the owners think a picture such a precious thing it can not be hung too securely out of the reach of meddling hands. They are often not clear in their minds as to what the picture is meant for, and not finding it in any particular relation to human life or society, they treat it with reverence and put it where it will disturb them as little as possible. But as people come to enjoy pictures, and to get some intellectual, spiritual nourishment out of them, they want them, as they want their books, where they can see them and use them.

TABLE MANNERS.

BY MRS. S. O. JOHNSTON.

GOOD manners at the table are of the greatest importance, for one can, at a glance, discern whether a person has been trained to eat well, *i. e.*, to hold the knife and fork properly, to eat without the slightest sound of the lips, to drink quietly, and not as a horse or cow drinks; to use the napkin rightly; to make no noise with any of the implements of the table, and last, but not least, to eat slowly, and masticate the food thoroughly. All these points should be most carefully taught to children, and then they will always feel at their ease at the grandest tables in the land. There is no position where the innate refinement of a person is more fully exhibited than at the table; and nowhere, that those who have not been trained in table etiquette feel more keenly their deficiencies. The knife should never be used to carry food to the mouth, but only to cut it up into small mouthfuls, then place it upon the plate at one side, and take the fork in the right hand, and eat all the food with it. Sometimes a bit of bread can be held in the left hand, and employed to push the food upon the fork. But adults do not need such assistance, yet for children it comes into good play. Be careful to keep the mouth shut closely while masticating the food. It is the opening of the lips which causes the smacking which is so disgusting, and reminds one of the eating of animals in the pig-sty. Chew your food well, but do it silently, and be careful to take small mouthfuls.

The knife can be used to cut the meat finely, as large pieces of meat are not healthful, if swallowed as the dog swallows them. At many tables, two, three, or more knives and forks are placed on the table, the knives at the right hand of the plate, the forks at the left. A knife and a fork for each course, so that there need be no replacing of them after the breakfast or dinner is served. The smaller ones, which are for game, dessert, or for hot cakes at breakfast, can be tucked under the edges of the plate, and the large ones for the meat and vegetables are placed outside of them. Be very careful not to clatter your knives or forks about your plates, but use them without noise. When passing the plate for a second helping, lay them together at one side of the plate.

Soup is always served for the first course, and it should be eaten with dessert spoons, and taken from the tips of them, without any sound of the lips, and

not sucked in the mouth audibly from the side of the spoon. Never ask to be helped to soup a second time. The hostess may ask you to take a second plate, but you will politely decline. Fish chowder which is served in soup plates, is said to be the exception which proves this rule, and when eating of that, it is correct to take a second plateful, if desired.

Drink sparingly while eating. It is far better for the digestion, not to drink tea or coffee until the meal is finished. Drink gently, and do not pour it down your throat like water turned out of a pitcher.

When seating yourself at the table, unfold your napkin, and lay it across your lap in such a manner that it will not slide off upon the floor. Do not tuck it into your neck like a child's bib. For an old person, however, it is well to attach the napkin to a napkin hook and slip it into the vest, or dress button-holes, to protect their garments. Or, sew a broad tape at two places on the napkin, and pass it over the head. When the soup is eaten,

wipe the mouth carefully with the napkin, and use it to wipe the hands after meals.

Finger-bowls are not a general institution, and yet they seem to be quite as needful as the napkin, for the fingers are also liable to become a little soiled in eating. They can be had quite cheaply, and should be half filled with water and placed upon the side table, or butler's tray, with the dessert, bread and cheese, etc. They are passed to each person when the dessert is placed upon the table. A leaf or two of sweet verbena, an orange flower or a small slice of lemon is usually put into each bowl, to rub upon the fingers. The slice of lemon is most commonly used. The finger-tips are slightly dipped into the bowl, the lemon juice is squeezed upon them, and then they are dried softly upon the napkin. At dinner parties and luncheons they are indispensable. The mouth is never wetted from the finger-bowl in society, but in one's own home, where the finger-bowls are used for the children, there is no breach of etiquette in washing the child's mouth, at the same time that its fingers are cleansed; while for adults the finger-bowls will also be found most useful, as many a housekeeper rises from the table with fingers that would be greatly benefited by a dip into one of these pretty glass bowls.

No noise should be made at the table, such as drumming on the cloth with the handle of spoon or fork, or hitting the chair with the feet, or in any way disturbing the harmony of meals. Yet no one would desire that meals should be eaten

in silence. The old maxim says that "chatted food is half digested," and like most old saws, it is full of wisdom, and pleasing conversation is of the greatest benefit to digestion, and will prevent dyspepsia. A dinner eaten in sullen silence, or accompanied by the bitter sauce of fault finding, can never be of the service to the brain, blood, bones, nerves, muscles, etc., that a dinner eaten amid

"Quips and cranks and wanton wiles,
Nods and becks, and wreathed smiles,"

such as Milton tells us accompany mirth and good humor.

Therefore, study, my fair friends, to make the conversation of our tables jolly and mirthful. Strive to keep from it all things that would distress or annoy your husbands and beg of them not to relate any occurrences that would startle or disquiet yourselves. If there is any fault-finding to be made with the cookery, it had better be passed over till later in the day. If there is any ill news to communicate, let the table not be the place for its announcement.

Another old proverb states that "a man's body and his mind are like a jerkin, and a jerkin's lining, rumple the one and you rumple the other." So we must take care that the brain receives no shock while the stomach is receiving food, else we shall surely suffer acutely.

It is an excellent plan for a family to have an understanding that each member shall relate something he or she may have learned that day. Some pleasant incident, or some anecdote connected with history, science or art. Or, if nothing better can be obtained, let each child repeat some item of news, or of events from the daily, or even weekly newspaper.

In a certain village school, the teacher told her pupils to commit to memory some short sentences from the news of the day, and repeat it after prayers, every morning. It was the most excellent training in memory, and whether it were prose or poetry, the child who learned it would never forget it. She left the selection to the children, and they chose historical events, items of politics, scraps of poetry, and also of nonsense, but as

"A little nonsense now and then,
Is relished by the best of men,"

she never reproved the repeater of it.

So parents can educate both themselves and their children at the table, and while table etiquette is strictly maintained, the mind can be fed as well as the body.

Do not let your children reach across the table for food, but make them ask politely for what they desire; and not talk while their mouths are filled with food.

In many families there is no waitress, then every thing should be placed upon the table before the family are called, and

the dessert can be put on a little table at your right. Always make your eldest daughter set the table, and do it neatly. Lay the cloth straight, and put the salt cellar and the butter plate, with the tumbler or cup, at the right hand of each person. Have crochet or macramé twine mats to keep the table cloth from being soiled, and at the head and foot of the table place a napkin cornerwise to the center, or straight as one prefers. This will prove a great saving of table cloths, and the napkin can be renewed often. Then tell her to look carefully over the table to see that not one thing is omitted. Look at your place, and see that there are enough cups and saucers placed neatly at the left hand, for breakfast or tea, and that the sugar bowl is well filled, and the cream and milk pitcher are prepared for use. Have a stand of metal at the right hand, to hold the coffee or tea pots, and the water pot, and a spoon cup should be placed beside the sugar bowl, with the teaspoons and sugar spoon in it. Also see that the carving knife, fork and steel, are laid beyond the plates at your husband's seat. And have these plates well heated, and all the food as hot as possible. It is a decided annoyance to have this child or that one, asked to leave the table to procure needed appliances, that ought to have been upon it. No child should be permitted to rise from its chair without asking: "May I be excused?"

The more visitors you have at your table the better it will be for your children, as they ought to learn something pleasing or agreeable from each guest.

Many of us only eat to live, yet while we eat we should all make the best of living, and not make our children ask that most prominent question of the day: "Is life worth living?"

"Is not the life more than meat?" asked He who was wiser than any one who ever lived on earth.—*Exchange.*

Systematic Housecleaning.

THE season is at hand when the "broom-and-bucket brigade" will gird on their armor, and begin the annual onslaught upon dust-laden dwellings. The average housekeeper possesses an imagination which is capable of transforming a handful of dust into a mound of tremendous proportions. With feverish impatience, she awaits the arrival of the period when she can, figuratively speaking, "tear the house down and put it together again." Vivid remembrance of previous seasons of discomfort prompt masculine lips to utter a mild remonstrance against cleaning house so early in the season; the protest is, of course, unheeded, so Tom, Dick, and Harry retire to the background, and endeavor to bear with becoming meekness the visitation that visits them of comfort, and transforms the cosy domicile into an abode of sepulchral dampness.

Among the various methods of cleaning

house, the opening of every window and door, and the removal of every carpet at the same time is by far the most unsatisfactory. A house that is in confusion from garret to cellar proves but a sorry abiding-place, and the epidemic of aches and pains that usually follows the cleaning season, where this method is pursued, gives evidence that there is room for improvement in the management of domestic affairs in that particular household.

"How lucky that I succeeded in finishing the spring cleaning before *this* siege commenced," growls the worn-out housewife, as she spreads a plaster upon her aching side.

"It's the cleaning that has put us on our backs, Maria," growls the masculine martyr who lies wheezing in an adjoining room.

Systematic housecleaning is not by any means an impossibility. Closets should be thoroughly overhauled during the early part of April. Clean one room at a time, beginning at the top: put down the carpet, and place every piece of furniture in position

before commencing the cleaning process in the next room. Before taking up the second carpet, beat and dust the furniture, bedding, etc., and place the articles in the apartment already cleaned. Close the door securely, and fill cracks and keyholes with paper to keep out particles of dust.

Woodwork is frequently injured by the injudicious use of soap and brush. Warm water containing ammonia or borax, and a soft cloth, will remove dirt and grease, and restore paint to its original brilliancy.

Before cleaning the parlor, dining-room, and kitchen, make a tour through the cellar. If rubbish of any description has been permitted to accumulate during the winter, gather it together carefully, dump it in the back yard, or on an open lot, and apply a match to the pile. If the cellar is damp, scatter lime and charcoal along the side of the wall. The air that rises into the house can be purified in this way. The shelves in the kitchen cupboard, as well as those in the china closet in the dining-room, should be thoroughly scrubbed, and sprinkled with spirits of turpentine. An ounce of prevention is worth a pound of cure where roaches and ants are concerned; for, when those pests succeed in gaining a foothold, it is almost impossible to get rid of them. Brussels carpets should be taken up and cleaned once in two years; if it happens to be the "off year," remove the tacks, turn up the carpet along the edges, and wash the floor. Remove furniture from the room, beat with a rattan paddle, and dust with a soft cloth.

To guard against the depredations of moths, sprinkle the under part of each piece of furniture with turpentine. Dip a small camel's-hair brush in spirits of turpentine, and moisten the pieces of felt attached to the inside portion of the piano keys. Costly instruments have been ruined by the depredations of these silver-winged pests, that create such widespread havoc wherever they find a lodging-place.

It is a good plan to clean the dining-room early in the day, so that it will be in perfect order when the evening meal is served. It is a mistake to undertake the cleaning of silverware, etc., while the room is in disorder. The process of polishing the articles is necessarily slow, and the monotonous rub, rub, will have an irritating effect on the housewife when she begins to realize that her work is, to use a familiar expression, "getting ahead of her." After the supper has

been cleared away, spread a cloth upon the table, pile your silver upon it, and the children will enjoy the fun of trying to "out-shine" each other in cleaning the silverware.

Kitchen closets should be cleaned before the kitchen itself is attacked. The work will be greatly facilitated if pots, pans, and kettles are washed, scoured, and put in their proper places, and the doors closed upon them. The pantry containing the flour barrel and baking utensils should be scrubbed and aired, and receive a coat of whitewash. Work newspaper into a pulp, force it into the mice and rat holes, and the rodent will be sure to give that portion of the house a wide berth.

A bath and a few moments rest late in the afternoon will refresh the tired housewife, and enable her to quickly recover from the fatiguing effect of the day's labor.

The systematic plan is sure to work admirably if it is properly tried, and if, perchance the few words of advice given in this article prove the means of helping a struggling sister to lighten the labor that so often discourages the strongest heart, the individual thus assisted can conscientiously make known the precepts of the new method, and demonstrate by faithful practice her belief in the power of a system that is free to all.

M. A. THURSTON.

PROFESSIONAL MENDERS

Something over a year ago we called the attention of our readers to a new field for women's labor in undertaking the work of mending in families. We are now assured that in many instances women in Eastern cities have adopted the trade and found it fairly remunerative and not laborious work. The woman who follows it has for her customers a dozen or twenty households, each of which she visits weekly, and spends a few hours in doing up the family darning and mending, including ripping and cleansing of old gowns. Her engagements are systematized, and she never lacks work. Some of these members make a specialty of repairing lace and other delicate fabrics. The pay is fairly good, and the professional member is a great blessing to busy housekeepers with large families.

There are unquestionably in Chicago more than 50,000 families who would be glad to employ such a person as this once a month or oftener. It is not an exaggerated estimate to state that fully 1,000 women might find employment in this line immediately, and did they prove themselves capable their work would be very soon in demand, and they would never be in want of customers. In fact, the whole secret of this endless discussion about working women would be solved, were the ambition of the would-be wage-earner, primarily, to make herself of use. The woman who can do some useful work, and do it well, need never be long without a fair and certain wage, unless she persistently, and with malice aforethought, insists upon trusting herself where her work is not needed. There is work enough in the world if women would only go where it is and learn to do it well. Learn to do something first; be sure that it is something the world wants; after that you can let the question of living wages take care of itself. It will take care of itself; the energetic, capable women are not the women who call upon us for pity and charity. And apropos of the menders, it may be said that the field of work that provision for the daily, simple need of humanity opens is practically limitless, and it is always in need of more workers.

Literature in the Kitchen.

There was once a woman who had the strongest faith in the value of home missions. She put a contribution for the conversion of the heathen in the plate at church once or twice a year. She belonged to several boards of ladies who managed charities, and she read a great deal of literature written to show just what was wrong with society, and just how it should be set right. But all the while, she confided to her husband, she was more interested in domestic missions than in any one of these stirrings after a general millennium, and her principal mission station was in her own kitchen.

"Now, you know," she said, to that sympathetic person, who used to listen to reports of mission work after dinner, "that there are several members of our board who are greatly interested in the question of improving the tenements. They are trying to get new ones built where there will be lace curtains and pots of geraniums at the window, which will elevate the tenants and set a standard of beauty and cleanliness for them. I think it's a very good idea, and I mean to apply it in my own kitchen."

In course of time there were hung at her kitchen windows little curtains of dotted muslin that could be easily washed, and though no geraniums were put on the window sill, because they would be in the way there, there were two pots of fresh scarlet and green in cheap swinging iron brackets that could be turned out of the way when the window was raised. Three or four small rocking chairs that cost but little had their tops tied with bows of bright ribbon, and across the mantel was a strip of crash with a bit of outline needle-work upon it. The missionary reported that this has as good an effect in the kitchen as it possibly could have in tenements, that the maids had begun to pin up on the walls some of the prints from the magazines, and that they had bought two more pots of flowers and a canary. Pursuing this idea farther, the missionary bought a book shelf, and filled it with books.

"I observe," said she, "that all people who follow an industry are supplied or supply themselves with the literature of their trade. But no one supplies house-servants with books to tell them how to improve their service, and yet most of them know how to read."

So she bought several cook books, including Juliet Carson's, and books of advice to young house-keepers, and books that tell how to live on five hundred a year, and selections from the large supply of excellent matter that experienced housewives write for the benefit of those less experienced, and finally she subscribed to a magazine devoted to such matters. It was suddenly revealed to her that the mistresses had been reading these things all the time, while those who were in far greater need of instruction never had an opportunity to improve their minds. This literature had not the sudden success of a Virginia authoress's novel, but in course of time the gay bindings and pictures attracted attention, and the book shelf got patronage. The effect was not long in appearing. The magazine was looked forward to and read with interest, and a thousand new suggestions as to possible ways of doing and improving their work were gathered and acted upon. —[Harper's Bazar.

What i

AND WHAT IS NOT.

If one were to get a hundred reputed good housekeepers to come together and give their ideas of what constitutes good housekeeping, no two would agree upon all points. There are essentials which every one recognises, but there are many things which one housekeeper considers of the greatest importance, whereas another may think the same things of minor consequence or of no consequence whatever. It is a sad fact that some good housekeepers are not good home-makers. The housekeeper should bear in mind that while it is essential that the home should be clean and orderly, and the food well cooked and regularly served, this does not make the home. One can get all these things in a well-conducted hotel or boarding-house, but the man or woman is to be pitied who has no higher ideal of a home than what is furnished by a hotel or boarding house, no matter how sumptuous. A selfish woman can make a good housekeeper, so far as the keeping of the house in perfect running order is concerned, but it is difficult for a selfish or lazy woman to make a home. A woman who would make an ideal home must possess some judgment and a heart in which charity and sympathy have a large place.

My idea of good housekeeping is where a woman keeps her home sweet and orderly; provides simple, well-cooked food; makes her home so restful and cheerful that all who come into it shall be better for breathing the atmosphere of kindness and cheerfulness that pervades the place; and where the household machinery always runs smoothly because of the constant thoughtfulness of the mistress of the house. A place like this is truly home, and the woman who makes such a home deserves the respect and admiration of everybody. I have seen such homes among the rich, and among the poor, for neither wealth nor poverty prevents the right person from filling with the atmosphere of comfort and happiness the house of which she is mistress.

A housekeeper's duties are many, and, to the nervous and fretful, exhausting. What seems to the woman of good digestion and steady nerve a mere trifle to be laughed at and forgotten, may appear to the delicate, nervous woman a calamity to be wept over. Much of the irritability from which women suffer is due to their expectation of too much of themselves and others. If women could be reconciled to the inevitable they might make everybody about them much happier. A choice bit of china may be broken. It is like the fall of Humpty Dumpty:

All the king's horses and all the king's men
Can't put the pieces together again.

Is it worth the while to make the whole household and yourself miserable for what can not be helped? A dish may be spoiled in the cooking. It will not help your digestion or that of the family to fret over it. You may be naturally very orderly, but some members of the family may not. Is it worth the while to make them and yourself uncomfortable by worrying over the matter? If your servant or any other member of the

household does not come up to your standard, throw the mantle of charity over the faults that you can not remedy, and pray that others may be equally charitable to

The good housekeeper will certainly look well to the ways of her household, but her eyes will be those of the kind, just woman. She will not look for miracles; she will not expect to get the best supplies and service when paying only the lowest price; she will not hope to make something out of nothing; she will be brave enough to live within her means, even if they be small; she will not be afraid to do her work honestly and well; and, finally, she will be so true to herself at all times and so adjust and simplify her domestic duties that she will not exhaust body and mind in trying to do two persons' work for the sake of "keeping up appearances." How many families lose all the comforts of home life in this senseless effort! If you stop to consider what this "keeping up appearances" means it puts the people in a very unenviable light, for it simply means that people want to give you a false impression of their possessions. No member of the family is so much injured by this deceptive life as the housekeeper. All her power of body and mind is bent to the task of making the best possible appearance with the smallest amount of expenditure. Intellect is cramped in the battle and all repose is gone from the home life. No matter how good the housekeeping, the spirit of the homemaker is not there. No woman has a right to dwarf her life for such a purpose. Let her make the most of the means at her command, but let her never sacrifice her physical, moral and mental well-being to a desire to make a display disproportionate to her circumstances, for that is not good housekeeping.

To do up Cream-Colored Curtains.

Cream-colored curtains, so much used at present, require a little coloring matter in the starch at every washing, because otherwise they soon become entirely white. Tea and coffee have both been used for this purpose, but the result is not satisfactory, because the tint thus given is brownish rather than the one desired. The cream-colored starch sold in stores had also better be avoided, as it sometimes happens that the curtains stiffened with it assume a decidedly salmon hue. A lovely ivory tint is obtained through the use of boiling rhubarb. The species referred to is the *Rheum officinale*, in such common use as a medicine, and may be bought at any druggists. Buy ten cent's worth of Rhubarb and pour upon it a pint of boiling water. Then let it cool, and stir it into a bowl of ordinary starch until the hue is exactly what you desire. The curtains must be dried after the dirt is washed out of them, and then be starched, once more dried, and then be ironed with a very hot iron. Indeed, it is better instead of sprinkling them in perfectly, to dip the curtains quickly into a tub of clear water, and folding them up smoothly, lay them between folds of cotton cloth until they are in the proper condition for ironing. With the above-mentioned quantity of rhubarb four to six small or two large pairs of curtains can be done up. One needs proportionately less rhubarb for a good many curtains to be starched at the same time. By careful attention to the above directions, curtains when done up, will look as new. — [Harper's Bazar.

STUFFY HOUSES.

HOW TO AVOID HAVING THEM.

Sight is too often lost of the influence, mentally and physically, of the atmosphere of the house. It is almost impossible to have a healthy body or mind in a house which is not well aired and into which sunshine is not freely permitted to enter. Sunshine and pure air are such important sanitary things that a house which has an ample amount of each has two of the greatest aids to health and cheerfulness. Of the many causes of stuffiness in a house, these are a few: The rage for decoration and ornaments, useful and otherwise, has filled many a house to overflowing with all sorts of things that catch and retain dust, besides making the matter of cleaning a room one which demands much time and labor. The temptation is great to omit the frequent sweeping and dusting which are necessary to the sweetness and wholesomeness of a room. The large number of portieres, rugs, cushions, etc., used nowadays should be frequently shaken in the open air. Only such ornaments as can be properly cared for should ever be kept in a room.

"Keep a thing seven years, and if you have no use for it, give it away," has been the motto of many a housekeeper, with the result that rooms and closets are packed with what are of no use to the owner, collecting dust and, perhaps, moths; making the work of cleaning and airing a burden to the housekeeper, when the same might be of much value to somebody else. Think of the coats, vests, trousers and other garments that have been cast aside by the men of the family which would be a welcome gift to some poor woman to make over for her boys; and think also of the dresses and other clothes discarded by the women of the family, which would be of value to some hard-working mother for wear by her children! Such things often hang in closets or lie on shelves until they become moth-eaten and worse than useless. When you no longer need a garment, give it away where it will be of use.

Well-worn white cotton and linen clothing that is no longer of value to the household, except as cleaning-cloths, should be sorted, folded, and sent to some hospital, reserving, of course, enough to use in case of sickness or accident. Old linen and cotton can not be bought, and so much of it is needed in sickness that it is a valuable gift to any hospital. The charge of becoming stuffy can not be brought against old cotton and linen, but being of such value in an institution or among the poor in time of sickness, they should not be hoarded nor wasted in house cleaning.

Many houses are always in order, and one fails to detect dust or dirt; yet they lack the freshness and sweetness which should be a part of every home. In such houses the carpet-sweeper or the small brush-broom and the dust-pan are used to remove all the perceptible dirt from the floor. The sunlight is shut out, lest carpets and furniture coverings be faded; the rooms do not get a thorough airing every day, and this is why a visitor feels oppressed on entering. A woolen carpet will absorb not only the dust, but also all the gases and unpleasant odors which come in contact with it. The carpets or rugs in a sitting-room should be swept or shaken once a week at least, and these rooms should be thoroughly aired every morning.

Straw matting or hard-wood or painted floors are sweeter and more conducive to health than woollen carpets. It is, therefore, a pity that anything but matting is ever used for covering a bedroom floor. Small rugs that anybody can easily shake may be placed beside the bed and wash-stand and, indeed, wherever one would like a mat to give an air of warmth and comfort to the room. Many persons object to matting because, they say, it does not wear well. The best quality will, however, outwear an ingrain carpet. Cheap mattings are expensive at any price.

There should be nothing in a bedroom that is not washable, and the furnishing should be so simple that it can be cared for without too much time and labor. The beds should be thoroughly aired every morning; the sheets, blankets, pillows and mattresses so disposed that there shall be a current of air about them; and if possible they should be exposed to the sunshine. All closets should be thoroughly aired daily.

The kitchen and cellar must be as carefully watched as any other part of the house. How often the bad odors and much sickness could be traced to the kitchen or cellar! A few decayed vegetables or fruit left there may cause an unpleasant odor that will penetrate every part of the house and often bring on serious illness. In the kitchen there must be a daily inspection of closets and a thorough airing several times in the day. The windows should be dropped a few inches from the top all the time, in this way keeping the air pure and, as a matter of fact, keeping the whole house sweeter. It is a misfortune to have an enclosed sink, because the closet is, as a rule, a receptacle for damp, dish, sink and floor cloths, all of which should be exposed to air and light instead of being thrown into a dark corner until wanted again.

Another important thing to keep in mind is the plumbing. The more conveniences a housekeeper has in the way of set-bowls, bath-rooms, etc., the greater the cares; for these modern conveniences may be a source of the greatest danger. It is singular that but few understand the necessity for a thorough flushing of the pipes once or twice a day. Some folks think any use of water beyond what is actually necessary is a waste. A constant leakage is a waste, but there should be a perfect rush of water through all the pipes at least once a day. Once a week all the pipes should have poured through them boiling-hot soda water—half a pint of washing soda dissolved in two gallons of boiling water. When bought by the quarter-barrel soda is very cheap.

Three or four barrels of charcoal set in different parts of the cellar will be of great help in keeping the house sweet.

In damp weather in summer a fire should be lighted in some room in the main part of the house and the doors in all the rooms be opened, in order that all the house may be kept dry. If we have sweet homes we must be prodigal in our use of water, fresh air and sunlight.—[Maria Parloa, in "Good Housekeeping."

A CHEAP BATH MAT.

Have you tried taking a sponge bath in your bedroom? And have you noticed how impossible it is to avoid "slopping" carpets and rugs? Perhaps you have wished for the rubber bath mats, so useful in preventing all the trouble, but often too expensive for the average purse. If so, try this substitute.

Get a yard and a half of wide table oilcloth—the sixty-inch is best. Also get enough rather large-sized rope to go around the square. Fold the edge of the cloth over the rope, and sew it firmly all around. You will then have a waterproof mat with a raised edge that will catch all drippings. The mat may be cut round if one prefers it so.

When not in use it may be folded up, and occupies but a small space. It is not too large to be placed in the trunk when travelling, and with its use one need not miss much the often absent bath tub.

STOMACHIC MORALS

MAN'S very vices and weaknesses grew out of his stomach. Adam's fall was, in a measure, due to his appetite. The devil, who knew man clear through, even as his wife does, tempted him with something to eat. Duty, obligation, happiness and Eden our parents threw away with scarcely a debate when they were bribed with refreshments. Conscience was smothered in the folds of the stomach. After the expulsion, man coveted his neighbor's capboard before he coveted his wealth in mine, or field, or herds. Abraham and Lot, when their substance was so great they scarce could count their flocks, quarreled to the fighting point over pasturage, because the sheep could eat the grass, and they could eat the sheep. Satan's first temptation laid before the Saviour in the wilderness, was the suggestion to His hunger: "Command these stones that they be made bread." Possibly his thought was going back four thousand years when he threw the first Adam so easily with a handful of fruit. Greedy, shrewd, observant Satan. Millions of banquets has he attended; and after a careful study of man with a thousand temptations at his command, he has fallen into the habit of ordering up "the old guard" for the first charge, if not, indeed, for the preliminary skirmish. When he fails to knock a man out by a blow aimed fairly at his stomach, his brimstone majesty is always a little puzzled. He says: "Why, here is a remarkable man; here is an extraordinary man; here is a man who doesn't think of something to eat three times a day." And he has to scratch his horned head and think a little before making the next assault.

PASTES FOR FITTING LABELS ON GLASS.—

No. 1. Take gum of arabic 1 ounce, boiling water and glycerine 2 fluid ounces, each. Make a solution.

No. 2. Take of gum arabic and powdered gum tragacanth $\frac{1}{2}$ ounce each, water $1\frac{1}{2}$ ounces, acetic acid 20 drops. Mix. The acid is used to prevent chemical change, although a stiff paste made of tragacanth alone is not inclined to spoil by fermentation.

Kitchen and Table as Home Missionaries.

The act of eating, when regarded as the mere gratification of an appetite which mankind holds in common with the brute creation, has in it not one element of refinement. Yet the history of every age offers to us, as a criterion of civilization, the choice, the cooking, serving, and partaking of food. From the coarse profusion of rudely-cooked viands to the stately ceremony of a repast, to furnish which all climes and many crafts have been laid under contribution, is a steady progress upward. He who spoke of the "noble art of dining" may be justly accused of affectation, but he grazed a great truth. Without further evidence than the authorship of the saying, we rate him ninety degrees higher in the scale of humanity than the Tartar, who cooks the flesh of the just-slain sheep by binding it upon the naked back of his horse, strapping the saddle over it, and riding at full gallop for twenty miles, then tears the meat apart with fingers and teeth.

"I eat to live; I do not live to eat;" was a favorite quotation with the greatest glutton it was ever my ill-fortune to meet. The man who does not care what he eats, so long as there is enough of it, suggests to him who appreciates the dignity of the kitchen and table other creatures whose opinions, presumably, coincide with his, and whose tastes are gratified by trough and sty.

The kitchen may be called the heart of the house. As aptly may the dining-room be styled the pulse of the household. Other things being equal, the way in which people eat is usually their way of thinking. He who despises conventionalities to the extent of thrusting his knife-blade down his throat, gulping his coffee audibly, laying his bread upon the cloth to butter it lavishly with the action of a mason spreading mortar, and swabbing his plate with a crumbly bit of the slice, may be a Christian. He is not a nineteenth-century gentleman.

They have a proverb in England that two generations are required to make a lawn, and three to make a gentleman. However well-founded may be the adage respecting the turf, I assert confidently that it is in the power of one American mother to make as many gentlemen as she has sons. Moreover, that in no other department of home-training is careful tutelage more important than in the matter of table manners, and that in no other do the kind and amount of tutelage manifest themselves more decidedly. Right behavior at table, like swimming, once learned, is never quite forgotten. Perhaps the same may be affirmed of the wrong way of eating, as a habit that crops out in unguarded moments in spite of subsequent rubbing down and polishing up.

The family meal in too many dwellings is degraded into a "feed" upon ordinary occasions, and a "spread" upon extraordinary. Almost invariably in these abodes demoralization extends to the fashion of assembling about the board, treatment of fellow-feeders while there, and the time and mode of departure, when each has thrown into himself, as a stoker pitches coal into the maw of an engine, as much food as he can conveniently

THE SCIENCE OF KEEPING A HOUSE CLEAN.

The present is called a scientific age. The spirit of the times is shown in asking not only *how* to do, but also *why*. Reasons and principles are studied as well as, if not more than, methods. He who asks only "How?" must pack away in the memory a thousand and one facts, while he who asks "Why?" applies a few principles as tests and judges by them the worth of each new method, or finds for himself a method better than any.

Perhaps no one profession needs more to be founded upon a thorough knowledge of scientific principles than that of home-making. The real home-maker is the superintendent of so many widely different departments that every science and every art is made to pay tribute to her progressive demands. Does she not need inspiration to progress in her often unappreciated profession? Let her snatch a moment's converse with the great Milton. He will tell her—

Not to know
Of things remote from use,
Obscure and subtle, but to know
That which before us lies in daily life
Is the prime wisdom.

With this motto she will need no excuse for her search into the "philosophy of cleanness"—philosophy being, as an old writer has said, "the science of sufficient reason."

At the present stage of biological science, ideal, that is, sanitary cleanness, is found to be the preserver of both health and property. A clean soul, associated with a clean mind, living in a clean body, in the midst of a clean environment, would place no question mark of doubt after the old adage, "Cleanliness is next to Godliness." Such cleanness would be purity itself. Morals, intellect, body, and surroundings, then, furnish the four roads along which philosophy and science must travel to reach the ideal.

In this discussion we must confine ourselves to the narrow side path of cleanness in the house. The arch-enemy of cleanness is dust. It is everywhere, a constant trouble, never entirely vanquished. The scientist looks upon the earth as dust deposited during indefinite ages. Ever since there was an earth, natural forces have been wearing it away, grinding down its mineral constituents, pulverizing its vegetable growths, and mingling them with the wastes of animal life. Each or all of these waste pro-

ducts of life may cause irritation in the sensitive membranes of the body, disturb their functions, and give rise to inflammation—while the mineral dust, by friction, mars or destroys property; yet all these results together do not equal the harm which may be caused by the other ingredient of dust—the real plant. These dust plants are invisible to the naked eye and can be studied only under a powerful microscope. They belong to the botanical groups of Fungi, and are divided into three great divisions—bacteria, molds, and yeasts. Few yeasts are found in the dust of our houses, but the others are seldom absent.

The bacteria are the smallest, simplest, and most numerous of all known living things. Their natural home is the soil, from which, clinging to other dust particles, they are carried by the winds into the air. They are heavier than the air and, therefore, settle from still air of the house and may lodge upon every inch of surface. Molds are lighter than the air. They, therefore, take longer to settle and the air of a room is seldom free from them.

Bacteria are nature's scavengers. They also act a large part among the world's manufacturers. To their action is due the maturing of fruit and the production of many flavors, as the "June flavor" of butter and the "ripening" of cheese. If, then, these dust plants are nature's appointed agents for the removal of dead and useless matter on the one hand, and are among her chosen producers on the other, why should not their presence give satisfaction without anxiety?

There is no community so perfect in its laws and life that some disagreeable or disreputable person does not gain admittance; so among the bacterial communities, some individuals destroy our property and a certain few cause disease or even death. Such are the germs of tuberculosis, diphtheria, and others not so viru-

lent in action. Here, then, is a sufficient reason for concerted action on the part of all persons, especially all housekeepers, toward keeping the person, clothes, and house as free from dust as possible. Visible dust is disagreeable, irritating, perhaps harmful; the invisible dust may destroy both property and life.

Were dust alone the cause of all uncleanness, it might be fought with comparative ease, but in our houses are many vapors—the products of heating, lighting, and cooking. These, if not quickly carried out of the house by sufficient ventilation, spread throughout it and condense upon all surfaces, carrying with them the dust in the air or holding firmly the dust already settled. This film of greasy, smoky, or other vapors, combined with dust, forms the cloudiness upon hard, smooth, or polished surfaces and the often odorous soil, visible or otherwise, on fabrics.

Prevention is the watchword of modern sanitary science" a recent publication has impressed upon us. How can the home-maker prevent the enemy, whom, so long as the earth stands, she cannot hope to rout?

Bacteria must have moisture in order to grow and to reproduce. Most of the species found in dust, especially the disease germs, are retarded in growth, if not killed, by sunlight. Here, then, is a preventive measure. Let the house be built not only upon a dry, well-drained foundation, and of well-seasoned materials, but also where it will be bathed in sunlight, that it may be kept dry and subject to whatever disinfecting principle the sunlight may contain. Let the home-maker not forget her watchword "prevention" when she furnishes her sunny, and therefore, already dry and cheerful house.

Smooth and polished surfaces show dust and, therefore, are more likely to be cleaned. They may also be cleaned more easily and thoroughly. Surfaces that are most likely to be dust-laden and less likely to be kept clean should be finished in such a manner that there may be frequent renewal. Carved, embossed, or intricately molded surfaces, however beautiful when new, are not attractive when gray with dust and grime.

The floor being the lowest and largest horizontal surface in the room must collect the most dust. If covered with a woolen carpet, the dust shows less, but it is there just the same, and cannot be so thoroughly removed as from the smoothly finished wood. The carpet also absorbs odors which reach it in the form of gases from cellar, kitchen or bathroom. The hard-finished floor, protected by rugs, which may be carried into the open air to be freed from dust and odors, requires perhaps a little more daily care, but that care results in a state of cleanliness which the carpet can never have.

Heavy, upholstered furniture, "tufted and fringed to the floor," is a storehouse for dust, and, because of this, will soon become the home of destructive insects. The maternal moth-miller knows well the advantage to her future babies in the mixture of dust and grease such furniture affords. She always chooses dirty places in which to lay her eggs, knowing there will be a rich food supply.

Sweeping is a process for the removal of coarse dirt, not for dust, except that which clings to the dirt particles. Thus a broom used upon a carpet removes some dust, but because a quantity of the nap is taken off to which the dust clings. Sweeping is a dust-spreading, more than a dust-moving process.

Dusting should result in the removal of dust from the house, not in stirring it up from one place to settle elsewhere. The feather duster will sweep but cannot dust. Dust should be wiped up and carried away on a cloth, not spread about or shaken again into the air. Less sweeping and more proper dusting will result in

The carpet which is often wiped with a dry or slightly dampened cloth is freed from dust without the sacrifice of its soft nap, and the dust is not driven by the broom among the fibers or through the meshes to the floor beneath, to be raised again into the room by every footfall. When the dust collected by sweeping has been burned and the cloths laden with the wiped-up dust have

been washed in hot, soapy water and dried, when possible, out of doors in the sunshine, the housewife may rest assured she has vanquished two detachments of the dust enemy's forces.

A well-ventilated kitchen and cellar mean less "cloudiness" and uncleanness upon the woodwork everywhere else in the house. This soil consists mostly of the condensed greasy or smoky gases of combustion or cooking, mingled with dust. The materials used to break up this greasy film, that it and the entangled dust may be removed, must be chosen with reference to the finish upon the wood. Strong alkalis, coarse friction, or standing water will soon destroy the beauty of any finish.—*S. Maria Elliott in Chautauquan.*

Kitchen Aids.

Brushes can be used in many ways about the kitchen. Those of the proper size are convenient for scouring the kitchen sink or cleaning beets, turnips, etc., before they are pared. Discarded tooth brushes may be used for cleaning the burners and other metal parts of lamps.

If you wish your screen doors and windows to look like new and last twice as long as they usually do, give the wire netting a coat of black or green paint, when they are taken down for the winter. Keep them in the barn loft or attic where they will not rust when not in use.

Wall paper that is badly soiled can often be cleaned and made to look quite well. Remove every particle of dust by sweeping it with a broom covered with two or three thicknesses of soft cloth. Mix up a dough of flour and water and knead it until it is as stiff as it can be made. Take a piece in your hand and rub the wall with downward strokes. When the dough gets dirty cut off a thin slice and proceed with the work until you have gone around the room. You will find it greatly improved in appearance. But better still is the prepared paper cleaner.

If you are troubled with ants, water bugs or other insects in the closet or pantry, remove the contents and clean every nook and shelf thoroughly. Dry the shelves, sprinkle powdered borax over them and cover with clean paper. If it is necessary to scour the shelves during the weekly cleaning, apply

the borax again after they have dried.

A good silver polish can be made by mixing a few drops of ammonia with whiting and adding enough water to make it the consistency of cream. Put it in a bottle and cork it tightly. Apply it to the silver with a flannel cloth and it can be polished with very little rubbing.

Many a good piece of floor oil cloth and has been ruined in a short time by soda, lye or other strong chemicals.

carry. The system, or want of system, ruins the health. Every body admits that. Comparatively little attention is paid to the fact that manners, and incidentally morals, do not escape damage from the same cause.

The house-mother's ethics on this point should be clear and pronounced, and she must be ready to assume her full share of pains and labor in the momentous task. Does it sound absurd to say that a monotonous succession of boiled and baked joints and fried meats, supported by a limited repertoire of vegetables, each prepared, for fourteen days in every fortnight, exactly in the same way, weakens the hold of home upon husband and children.

That, if these edibles, be flung upon ugly dishes that are in turn flung upon a creased, spotted, or crooked cloth, another step in the evil work taken.

Lest my moralizing in the abstract should be mistaken for un-republican fastidiousness, we will come to closer quarters. Our first illustration presupposes a homelier menu than a dinner of herbs: to wit, the American housewife's road to her unpolished husband's heart by way of the palate—"a boiled dinner." The pivot—the leading principle—the *piece de resistance* of this rural bulwark against besieging hunger, is, I need hardly mention, corned beef. The accessories—the allies, the satellites, of the central idea—a few every vegetable the garden in Summer and the cellar in Winter can supply. She who sees no further than the bald facts that human beings are empty at stated seasons, and that her allotted duty is to fill them up with that which will keep them quiet until next feeding-time, has but one "way" of connecting this means to that end.

She puts the meat into a big pot with as little thought of sentiment or grace as she would have in tossing a stone into a puddle; covers it with cold water, and sets it over the fire where it will soon boil up. After a time she tosses in all the esculents she has at hand, tough and tender, hard and soft, great and small, together. When she "guesses" that "it ought to be about done," the meat is forked up and lodged in the middle of a platter, and the satellites succeed the principal in the case, just as they bob up to her fork or spoon. They drip with hot water and reek with hot grease; some are firm, some like mush—some, not at all, so far as their identity can be established.

This is esteemed in farm-houses, and by "plain" city people, a satisfactory dinner upon occasions when a "feed" and not a "spread" is in order. Utilitarianism of a crude type is expressed by it, and usually the manner of disposing of the "dinner" accords with the manner of manufacture. The mother can not consistently complain that what she has made ready because stomachs must be replenished with something, and a boiled dinner "goes further than anything else she can think of," is eaten with disrespectful speed, and, in Summer, by the men in their shirt-sleeves. The meat is slashed into chunks, the vegetables "shunted" upon plates that stand not upon the order of their coming.

"Poor people must put up with poor victuals" is not an incontrovertible axiom, albeit it is dinned into our ears as a truism. Pursuing the subject of our illustrative boiled dinner, let us see what foresight, just taste, and firm purpose to bring up the standard of domestic life in all its details can make of the materials enumerated.

Cut strips of fat salt pork (you can do it without having so much as heard the word "lardoons") as thick as your little finger, and as long as your piece of meat is deep. Make incisions in the meat, and thrust these in so that they show at top and bottom. Bind the meat about with tape or string; if it be very salt leave it in cold water for an hour; put into the pot; cover *deep* with warm—not hot—water, and bring slowly to the boil, after which cook slowly fifteen minutes to the pound. When the meat is half done skim free of scum and add the peeled vegetables, or all except the potatoes and tomatoes. The potatoes must be cut into square dice, and cooked by themselves, or they will impart a rank taste to the rest. Tomatoes should be peeled, cut in half, and stewed about twenty minutes seasoned with pepper, sugar, and butter, then left until it is time to serve the meat. Cabbage must be quartered and parboiled before going into the pot with other vegetables.

When the meat is done, leave it in the pot to gather richness from the broth, while you take out vegetables. With a sharp knife slice them rather thick, then score into dice, keeping each kind separate as you go on, and as they are ready set in the open to keep hot. Transfer the beef to a heated platter, and heap the vegetable-dice, each variety by itself—turnips, carrots, string-beans, lima beans, tomatoes, etc.—about the base of the beef. They should have been carefully drained before they are dished.

I do not jest in insisting that there is more influence in a "boiled" dinner thus prepared, and the "mess" usually served up under the same name. The incongruity of setting the good meat with the environments of orange, cranberry color, green, and red vegetables upon a discolored cloth, would glare into any woman's eyes. I saw this experiment tried by a bright woman and enjoyed with her the success of the same teacher. Her farmer-husband's comment was the first sign that the leaven had begun to work.

"But aint that a picture, Jack! Seems to your hands ought to be cleaner when mother gone to the trouble to get up such a pretty dish for us."

Let us assume that the difference between common and a dainty dish represents at each meal half an hour of a busy woman's time. Can ninety minutes per day be given to the education of a whole family in genuine refinement, in appreciation of the beautiful, in love of home and fond admiration of the home-maker, be more profitably expended? The woman who cares for the things of her household in wisdom and tenderness, esteems nothing trivial that can help her children at home and make them happy when there. She can not overlook the truth that any

which makes up the united life of the family goes on over the meals to which she summons them three times a day. Then she has her entire brood under her hand. Whatever she would undertake in order to bind them into a harmonious whole must be attempted then and there. Kitchen and table are altars at which she is priestess. The silent evidence of his mother's love and thought for him in particular, offered by his favorite delicacy at dinner or supper, goes to a boy's heart more ~~effectually~~ than fifteen minutes eloquent declaration that she carries him in continual remembrance.

If so-called "progressive women" who fret and grill at the waste and wear of noble powers in domestic drudgery would rise—not sink—to this view of the mission of the home-keeper, American housewifery would become a fine art.

"What you do," says Emerson, "sounds so loud that I can not hear what you say."

Comfort is the first grade of happiness in home-life. I would rather express my attachment to a hungry husband or son in the hieroglyphics of clear coffee, tender beef-steak broiled to a turn, and a Sally Lunn like a golden sponge, than a Tennysonian verse penned while Bridget spoils the breakfast for which they are waiting.

The college son of a prosaic woman told me a little story the other day, which I report as faithfully as memory will allow:

"I was awfully 'seedy,' don't you know? after six weeks' cramming for the spring exams. Savage as a starved tiger, head humming like a top, the ends of nerves cropping up all over. She came to my room at midnight, and found me grinding away for all I was worth. She had a tumbler of cold tea on a tray, with lemon, sugar, and a plate of graham wafers. I detest tea, and so I said.

"'I'm going to brew you a jorum of punch a la Russes Ameriques,' says she, as jolly as a grig. 'You'll confess it is better than a cock-tail.'

'Not a drop of liquor went into the 'jorum,' but it was fun to see her go through the motions, don't you know? even to squeezing the bit of fresh lemon-juice into spray over the surface, to 'give the bouquet,' she said. When she brought me the tumbler it was nectar! the genuine Olympian brew, you know. I don't tinkle, but I've tasted bar-tender's stuff and watched them mix it. It's done by contract, don't you know?—cheap, tawdry business, served alike for every man that can pay for it. But when a fellow's mother leaves her bed on a cold winter's night to compound for him such a 'toner' as brought me up to concert pitch on that occasion—why, that's poetry.—
Marie Perle.

But the nutrition of the family is not measured by the grocery bill. We must first reckon with the cook, who is capable of turning the best materials into a mess utterly lacking in food value; and then we have another great factor, the assimilative power of the individual.

Here we have a problem not so easily dealt with. Why is the foreign laborer who eats his noon luncheon by the roadside well nourished on his beans and bacon, and that day after day, while the sedentary student of somewhat delicate tastes would starve on such a diet? Why is the peasant used to one dish at a meal, fully satisfied and nourished by it, if it be of the right quality and quantity while for the man of cultivated tastes it has become well-nigh impossible to eat day after day enough of any one kind of food, however good, to keep him in a fully nourished condition? How could one Lewis Cornaro, as we are told, keep up his health, strength and vigor for fifty years on a daily diet of fourteen ounces of food, mostly vegetable, an amount quite inadequate for the wants of the ordinary man?

The only answer is that individual requirements as to food differ very greatly both as to kind and quantity, and also that the palate and digestive organs come in for their full share of the modifications that civilized life has brought upon us. Now shall we take civilization as it comes to our hand or shall we rigidly adhere to what we suppose we know of the needs of the human body on the basis of laboratory work or to the opinions of our ancestors, and condemn all longings for anything beyond as cravings for luxury? There are many set dietaries, and especially those of the ascetic type, like vegetarianism, that should be regarded from the physician's point of view as therapeutic measures, very useful under certain conditions for a longer or shorter time, but wrongly applied, sure to lead to mal-nutrition.

In the present state of our knowledge we cannot do much to matize about food. We can only be sure of certain broad principles, and for the application the individual must be studied, and especially the effect of different kinds of diet. We must repeat that access to abundance of food does not insure proper nutrition, and that there are large numbers of people in the classes quite removed from poverty whose needs in this respect are almost ignored.

Then, too, as to the number of meals. There are many people who, by reason of a small stomach, delicate appetite, or unusually active habit, seem to require food at shorter intervals than elapse between our regular three meals a day. For them the arrangement of meals prevailing on the continent of Europe seems better fitted. "I was traveling," said a lady, "with a rather delicate girl exertion. I became convinced that she was not eating enough, and I adopted the plan of taking her into a restaurant whenever she began to flag. 'But I am not hungry,' she would say. Still the chop or glass of milk swallowed under protest had all the desired effect, and aided by the fresh air and exercise a good quantity of food was assimilated, and the girl grew daily stronger."

The time will surely come when it will be the part of some medical or hygienic adviser to warn the man who is falling below the safe limit, and to prescribe food in the proper amount and variety, and also the surrounding conditions of the meal.

There are deep physiological reasons for the relish and no doubt good digestion that attended that ancient dinner of herbs at which love presided. This physician of the future will have it to say whether teacher and pupils are ready for their year's work and the drain it will be on their vitality; whether the pedestrian has the stored-up muscle, and the lungs trained to oxygenating large quantities of air that shall fit him to climb the mountain without dangerous draught on his forces; under his reign the school boy or girl will not be allowed to bolt a breakfast of doughnuts and coffee, with pie and cake and a lemon stuffed hastily into the school-bag as lunch, and pass all their growing years under a nervous strain that the physique is all unable to meet. Nor will the clerk who perches on the high stool of the cheap lunch counter be allowed to hold the delusion that he can safely scrimp on his food in order to buy theatre tickets. No wonder that part of this saving is directed to the saloon.

We know already how to feed the college athlete for success in football and boat race; it is the average man that needs more attention, and especially that increasing number of sedentary workers among us that they may be kept, not only in condition for work, but for some rational enjoyment of the pleasures of life. The physical condition that makes half of the temptation to drink must be more studied. Perhaps the same low state of vitality that renders a man unable to withstand the invasions of the tubercle bacillus makes the lights of the saloon so irresistibly attractive.

Whether a man yields to the longing for the temporary stimulus that whisky gives depends on many things; his enlightenment, his strength of will and the general surroundings, or it may be the more respectable morphine or chloral habit that ensnares him. But at best the being that is illly nourished and of debilitated vitality is a waste in our civilized life and is unable to hand down to his descendants the vigorous inheritance that is in itself a long step toward the virtuous life.

Ann Arbor, Mich.

What are Digestible Foods?

By Mary Hinman Abel

In Two Parts—II.

The cookery of the albuminous part of our food is a chapter in itself. Albumen, whether in the white of egg or the fibrine of meat, coagulates at between 170° and 180° F., and if the temperature is not raised above this point, the albumen will be a delicate jelly and not a horny, indigestible mass. Eggs, then, should never be boiled, but put into the right amount of boiling water, then tightly covered and removed from the source of heat for five or ten minutes. A quart of boiling water contains sufficient heat to cook ideally four eggs, if, by covers or wrappings around the vessel, the heat is kept to its work instead of being dissipated into the air. It is exactly the same with the cookery of eggs in made dishes, as puddings or custards. Take the whole line of milk puddings of which the so-called poor man's pudding is a model, where a small quantity of rice is slowly baked for a long time, in a large quantity of milk, until each grain of rice rests in a creamy bed. This pudding can be made of barley, sago, tapioca, or farina, but when eggs are added its digestibility is not improved, though they might be added after the pudding had been taken from the oven and partly cooked, so as to prevent the overcooking of the albuminous part of the egg.

We long ago learned to cook a custard very lightly because curdled egg is unsightly, but for some reason custards are not easily digested by the sick except in very small quantities. Here we have the most nutritious food-

materials, milk and eggs, perfectly cooked; it should be an ideal food for the sick, but is not. Perhaps it is the addition of sugar that works the mischief, for a custard in which the milk is replaced by chicken or other broth, and where salt instead of sugar is used as a flavor, stands in high esteem as a nourishing dish for invalids.

Perfect cookery of the albumen of meat is best attained by broiling—a method that can be applied only to tender pieces. The inside of a roast is also in proper condition for a delicate stomach. When the dark-red color has changed into the brighter red that we call rare, we know that the temperature for perfect cooking of the albumen has been reached.

The food of the sick is too often lacking in flavor. Now, all flavors are not wicked, and it is generally the proportion in which they are used that decides their vice or virtue. Many of them, as the sweet herbs, have no effect on the digestibility of the food, their sole action being to stimulate the flow of the digestive juices. All vegetable foods are especially improved by the right addition of flavors. It is the vegetarian who is afraid of salt, and it is the vegetarian most of all who needs it in his food. Salt has been found by experiment to aid the secretion of the gastric juice and the assimilation of food, while the effect of too large an amount is seen in the growth of the yeast plant in an oversalted medium. A little salt is necessary to rapid growth of the yeast, but as the strength of the solution increases the growth becomes languid and finally ceases.

So of all flavors and condiments; because a little is good, much is not necessarily better. It is the whole lesson of moderation in life. We need not go as far as did the sly Rebecca, who made the innocent lamb taste like wild game to please the taste of her elderly lord.

Pepper was a part of the ransoms of Rome, but, valuable as this condiment may be in its own small place, we need not make the whole kitchen sneeze with it, as did

Cream and sugar are good, but we need not eat them with the oatmeal, the baked apple, and the coffee, all at one meal, and then condemn oatmeal as an indigestible food.

Butter is our most digestible fat, but it will belie its reputation if eaten on bread at dinner with fat meats and sauces.

Some people do not even know the nutty flavor of good bread without butter, or the taste of grains and fruits without sugar. They need first to recognize and enjoy the flavors that belong to each kind of food.

In cooking for invalids and children, we have this to remember: that the invalid has a weak digestive organ, whose work must be made as easy as possible, and no food is to be given that remains long in the stomach. Starch-containing foods are more easily digested when well cooked and if partially turned into dextrine, as in toast, or by roasting a grain, as rice, before cooking it. Fats must not be soaked into the food, and animal albumens must be cooked at a temperature below the boiling-point. Foods must be given at their first cooking, the *réchauffé*, however economical and tasty, being rejected; and in all cases great care must be taken to have the food perfect in quality—no gamy meat, stale eggs, or withered vegetables. This applies to the food of convalescents; food in certain diseases can be directed only by the physician.

These rules apply also to the food of the child whose stomach is undeveloped rather than weak, and equal at first only to the digestion of milk, later to starch in its most digestible forms, and fruits well ripened or well cooked. As its bill of fare lengthens, the food should be chosen and prepared with the same care that is given to that of the convalescent.

ECONOMY.

SAVE your time by learning to do the right thing at the right time, and in the best, easiest, and shortest way possible. Save your strength in the same way, and also by using labor-saving machines. Take at least a few minutes' rest, when you are too tired to do your work well, for not to do work right is a waste of time and strength. Make it a pleasure for the children to "help mother," instead of a duty which they think is more than should be expected of them.

Save your patience. You may need it sometime when greater than the present trials surround you, and if you keep losing it in part every day, you can never get it together again. If you save your time and strength, much of your patience will be stored up for future use; will power must do the rest.

Save your breath; don't scold. You may "die for want of breath" sooner if you scold than you might otherwise.

Save the love of your little ones and the sunshine they bring into your home. Some day your life will be dark, when this sunshine has left it. Some day their love may go out toward someone beside you.

Save food by cooking just enough and no more, by avoiding rich pastry, cakes, etc., and choosing only that which is wholesome. Utilize cold victuals by making appetizing dishes whose origin is disguised.

Save clothing, not by merely buying the lowest in price, but the most durable and best looking that your purse will allow. Higher priced goods sometimes, in fact generally, prove to be the cheapest in the end, as they will look well if made over several times.

Save furniture by buying that which will stand long and hard usage, and depend on your artistic talents to brighten and ornament it. Let your thought in buying furniture be: First, comfort; second, use; third, durability; and last, style.

Save money. One who saves time, strength, patience, love, food, clothing, and furniture, generally has the knack of saving money, but as there are as many ways of saving money as there are of making money, it is useless to attempt to tell of them here. "A penny saved is a penny earned."
—Olive H. Hills.

Practical Housekeeping.

THERE are some things taught in the public-school kitchens in Boston* that might well be adopted by experienced housekeepers.

In the first place, no girl can begin the work of cooking until her hair is neatly covered with a white cap, and she has donned an all-enveloping apron. A holder is suspended by a tape from the belt of the apron on one side, and a hand-towel is pinned to the other side.

The important feature of the first lesson that is given is that of personal cleanliness, and this is repeated and emphasized in every succeeding one. The hands must be well washed and the nails looked after before any work is begun. Then the hands are washed as often as needed; and before any article of food is touched, they are wiped on the towel at the side. That is why the towel hangs there.

As for the holder,—well, every housekeeper knows that it has a way of hiding itself in all sorts of corners, and refusing to come out when it is needed. The holder fastened to the side is always at hand, and no time is lost in looking for it. It is the greatest convenience in the world; and, when once the housekeeper gets her holder "tied to her apron-string," she is not going to let it get loose.

In every school kitchen the list of duties for the housekeeper is printed plainly on a blackboard, so she knows what she and her assistant have to do each day. Here is the list that I took from School Kitchen No. 1, in Boston, where the lists were placed in October, 1886, and they have been found to work so well that they never have been changed.

NUMBER ONE.

This is for the morning.

Get kindlings and coal.

Build the fire.

Regulate the dampers.

Empty ashes into sifter.

Brush the stove, under and around it.

Blacken the stove.

Light the fire.

Polish the stove.

Regulate dampers.

Fill teakettle and reservoir with fresh water.

Wash the hearth and zinc under the stove.

Wash the cloth, and put it to dry.

Sift the ashes, and bring the cinders to the kitchen.

Then, after the breakfast is ready, regulate the fire, and replenish the kettles.

After breakfast is over, and the dishes are washed, wiped, and put away, polish the boiler, wash the dish-towels, scrub the sink outside and in with hot suds, wash the cloth, and put it and the dish-towels to dry in the fresh air.

Sweep the room, beginning at one side and sweeping toward one place. Hold the broom close to the floor, sweep with short strokes, and let the broom take the dust along the floor instead of tossing it into the air.

Dust the room thoroughly. Begin at one corner, and take each article in turn. Dust from the highest things to the lowest, taking up the dust in the cloth, but not knocking it off on the floor. Shake the duster frequently out of the window or door, and, when through, wash it and hang it to dry.

This is the system by which the public-school kitchens teach the girls, and it is a sensible one. I think it would not be a bad idea to have a similar set of rules, condensed for family purposes, printed and hung in every kitchen. It would be a good reminder to the young housekeeper, who is just beginning her duties in that line, and would help her not only to do the work herself, but to give correct directions to her assistant.

How to Keep Ice.

A very simple but little known method of keeping ice is to draw a piece of thick flannel tightly over some deep vessel, like a bowl, for instance, and fasten it there. The ice is placed on top of this drumhead and covered loosely by another piece of flannel.

In this condition the ice keeps cold and even freezes to the flannel. Thus a small piece of ice can be kept near the patient all night, so as to avert many weary marches up and down-stairs to the refrigerator.

To break the ice a sharp hat pin is the best thing. Force it in and you will be astonished to see how easily it will divide the ice.

TREATMENT OF FLOORS.

All floors that are not entirely covered with carpet need some special treatment suited to the uses of the rooms. A bare kitchen floor should be either painted, oiled or varnished, for this treatment will not only greatly improve the appearance of the room, but will also materially lessen the labor of keeping the floor clean. A plain painted, oiled or varnished floor can be wiped up with a flannel cloth and clear water, without soap, in a quarter of the time required to scrub a plain bare floor.

For an ordinary soft pine floor the best housekeepers advise several coats of good floor paint, such as may be obtained ready mixed in any paint shop. This paint may be had in any color, and it is usually put up in quart and gallon cans, so that there is no necessity for purchasing much more than the exact quantity required for the desired number of coats. In painting a floor, always use the brush lengthwise of the boards, making long, even strokes. It is impossible to produce a smooth surface with crosswise strokes. Three coats of paint are none too many for a new floor, and ample time should be allowed for each coat to dry before the next is applied. After the kitchen floor has once been thoroughly painted, one coat every Spring will keep it in excellent condition.

It must be borne in mind that hot soap-suds, and washing compounds that contain lye or its equivalent are very injurious to paint, and should only be used on painted surfaces when absolutely necessary. Warm, soft water, a brush and a flannel cloth are sufficient to clean any painted floor, unless an unusually serious grease spot needs attention, in which case a little soap may be rubbed on the brush and the spot lightly scrubbed until the grease disappears. If a painted floor is always cleansed with proper care, it will remain fresh and bright at least twice as long as it would if soap-suds were regularly used.

Stains of various kinds are always to be preferred to paint for hard wood, but it is rather difficult to use them with entire success on soft wood. However, if the directions given below are carefully followed, even soft pine may be satisfactorily stained.

For kitchen floors many housekeepers prefer the old spruce stain, which is prepared thus: The evening before the stain is to be used, place four ounces of light-colored glue in a quart of cold water in a tin bucket, and let it soak all night. Next morning set the bucket in a pan of boiling water on the stove, and when the glue is heated, strain it through a coarse sieve or cloth, and then add about three pounds of spruce-yellow paint. Stir the preparation thoroughly, and if it seems too thick to apply easily, add enough hot water to produce the proper consistency. Apply the stain while hot, allow the floor to dry thoroughly, and then lay on one coat of a finish composed of turpentine and linseed oil in equal parts, using a brush or a clean woollen cloth.

Grease spots will not show on a floor prepared in this way, and lust may be wiped up with a damp cloth. At least once a month the floor should be brushed over with a mixture of two parts of turpentine and one of linseed oil. This should be lightly applied with a flannel cloth or a paint-brush, and the superfluous oil should then be wiped up with a dry flannel cloth.

If a light stain is desired for a kitchen floor, use only the mixture of linseed oil and turpentine in equal parts, applying several coats. This will greatly improve both hard and soft wood floors. After laying on the first coat close the room tightly to exclude all dust; the next day apply another coat, and close the room as before; and so continue until the floor has been sufficiently treated. The oil-and-turpentine mixture is not really a stain, as it merely deepens the natural color of the wood. It may easily be darkened by adding burnt-umber, burnt-sienna and chrome-yellow in such proportions as to produce the desired hue. In tinting the mixture test it by applying a little on a piece of planed board, until the proper shade is obtained. The colors should be ground in oil, and may be procured in small cans at any paint shop.

Stains of many kinds, such as walnut, mahogany, ebony, oak and old English oak, may now be purchased by the gallon; and when it is desired to imitate a certain wood, it is better, perhaps, to buy the stain already prepared than to rely upon one's own skill to produce the proper tint. These stains are not very expensive, and a quart is enough to treat about twelve square yards of surface, soft wood usually requiring a little more than hard. When it is difficult to obtain ready-mixed stains by the gallon, pastes for making

them may be procured in pound cans and in quite a variety of tints. These pastes merely require to be thinned by the addition of equal parts of boiled oil and turpentine.

The appearance of a floor may be greatly improved by filling all nail holes and large cracks with putty before applying the stain. In a floor that is properly laid the cracks are narrow, and rather ornamental than otherwise; but when the boards are carelessly fitted or are not thoroughly seasoned when used, the cracks are certain to become unsightly-looking, and should be neatly filled. The putty should be perfectly soft and smooth and should never be allowed to extend upon the wood beyond the crevices or cracks. All disfiguring marks should be removed from the floor if possible. To erase paint spots, pour a little turpentine upon them and let it remain until the paint has softened, when it may easily be scraped from the surface of the wood.

After the spots have been removed, carefully wipe off all dust with a damp cloth; and when the floor has thoroughly dried, apply the stain, using either a brush or a flannel cloth, and always rubbing with the grain of the wood. Take two or three boards at a time, according to their width, and finish them without stopping. If this is not done, it will be almost impossible to give the floor an even tint. Apply one or more coats of the stain, according to the depth of color desired, and keep the room closed until the floor has dried, when it will be ready for polishing.

A thin coat of hard-oil varnish produces a very pretty finish, but the rather laborious process of polishing with wax yields much more satisfactory results. Whether the floor is varnished or waxed, care must be taken to preserve it from scratches. A hard-oil finish that is really a light varnish, may be obtained in many painters' supply shops, being sold in two shades. The white, which is the more expensive, is only suitable for very light woods; and the colored, which is not as dark as ordinary varnish, may be used on all medium and dark woods. One thin coat of this varnish evenly applied lengthwise of the boards will be sufficient to impart a fine polish, which with proper care, will be reasonably durable.

Wax for polishing floors may be purchased ready for use, or it may be prepared at home in the following way: To a pound of clean beeswax allow three pints of turpentine. Cut the wax into small pieces, place it in a pan set in another of hot water, and allow it to melt. Then pour it into the turpentine, stirring vigorously until the two ingredients are thoroughly blended. Place some of the wax on a clean flannel cloth and rub it on the floor, taking one board at a time and rubbing lengthwise; and proceed thus until the entire floor has been waxed. Then cover a heavy brush with flannel and with it rub the floor until it is perfectly smooth and glossy. A heavily weighted brush with a handle is made especially for the purpose, but a piece of flannel in the hands of one who is strong enough to use it properly is just as good.

A waxed floor requires about the same care as a varnished one, but it has the advantage that it may be more quickly freshened. Varnish must have time to dry, but with waxing the work is finished when the floor assumes the proper polish. It is usually the case that some parts of a floor are subjected to much more wear than others, and whenever possible small rugs should be placed at these points to protect the floor. When the polish has worn off in spots, it is only necessary to warm the wax, apply a little with the flannel to the bare places, and then polish in the usual way. If these small spots are carefully attended to, the floor will not be likely to require a complete polishing oftener than once or twice a year.

M. M. M.

How to Can Asparagus.

In reply to J. W. M. and T. A. N., p. 397, I would say: Select stalks of fine green asparagus of good and equal size; trim away the tough and bleached portions. Wash in cold water, then cut in lengths that will stand easily in a Mason's self-sealing glass jar.

Put the asparagus into boiling water, and scald ten minutes. Place the stalks in the can, tips uppermost, being very careful not to bruise or break them. When the can is full, set it on a cloth wrung from cold water, and fill it to the brim with boiling water, adding a teaspoonful of salt to each can.

Leave the rubber off and lightly screw on the cover. Set the can on a piece of wood or on a plate in a kettle in which is a quart or two of lukewarm water. When this boils fill to the neck of the can with boiling water. Boil ten minutes briskly, put on the rubber, and screw down tightly. Let the can boil in the water two hours and a half; take it out, open, and allow the gas to escape, leaving open not more than two or three minutes; then seal carefully. Tighten the cover as it cools. Wrap the can in paper—a paper bag will more effectually exclude the light, which is necessary to perfect keeping. Keep in a cool cellar. When opened, if care is exercised, the stalks may be removed entire.

I can see no reason why the stalks cut in pieces and then treated in the same way would not keep just as well, but I have never tried it.

If several cans are put up at a time, they may be set on a rack in a boiler, with cloths or wisps of straw between to prevent breaking as they boil, by knocking together.

Asparagus can be successfully canned if these directions are carefully followed. In trying any unfamiliar process, it is best to begin on a small scale. SARAH E. WILCOX.

— I give our experience of last year. The asparagus was packed as tightly as possible in quart glass jars with heads off. The jars were then filled with cold water, and the tops screwed on tightly. The jars were then placed in a boiler, into which was poured warm water to two-thirds the height of the jars, and allowed to boil gently for three hours. The jars were then opened and boiling water poured in till overflowing, and at once sealed as tightly as possible. When cool, they were examined to see if still tight, and then put away in a cool, dark closet. The experiment was a perfect success, and at our Christmas dinner the asparagus was pronounced quite equal to the vegetable fresh from the garden. A greater quantity will be put up this year. E. S.

Rockville, Md.

— Cut the asparagus stalks proper length to fit in the jar. Dip until slightly wilted in hot (boiling), slightly salted water. Put immediately into the jar, and fill with fresh boiling water. Put on rubber and cover, and fasten down. Bathe jar 30 minutes in boiling water; if stalks are white instead of green, a little longer. If there is any trouble in keeping, bathe still longer. S. H. D. *Roadside, Ind.*

Useful Things to Know.

Clean hard finished walls with ammonia water.

Rub whitewash spots with strong vinegar.

Darn thin places in blankets as you would stockings.

Rub soft grease over tar and then wash in warm soda water.

Straw matting is best cleaned with a cloth wet with salt water. Wipe dry.

If the drain to an iron sink becomes clogged with grease, have recourse to potash.

Pearl knife handles should be rubbed with a salt rag dipped in fine table salt, then polish with leather.

Put a saucepan of boiling water in the oven and the steam will keep the bread crust smooth and tender.

The best way to mend torn leaves of books is to paste them with white tissue paper. The print will show through it.

If gilt frames, when new, are covered with a coat of white varnish, all specks can then be washed off with water without harm.

When baking bread or cake, never bang your oven doors when closing them, as the sudden jar may make the bread or cake heavy.

Knee pads for boys may be made out of an old heavy, black sock doubled before cutting out. Bind with braid and add the fastenings from a worn-out pair of "protectors."

When threading a needle in a dim light, hold in such a way as to outline a white thread against your dark gown. If using dark thread, the hand or anything white makes a helpful background.

Oilcloth may be improved in appearance by rubbing it with a mixture of a half ounce of beeswax in a saucerful of turpentine. Set this in a warm place until they can be thoroughly mixed. Apply with a flannel cloth then rub with a dry flannel.

PRACTICAL FLOUR TESTING.

A Necessary Part of a Baker's Education.

Prepared for THE HELPER by David Chidlow.

The fetish of modern baking is technical education. A half hour's chat with an intelligent company of bakers rarely fails to bring the same subject and its probable results under discussion. There are fifteen to eighteen journals in the world published in the interest of the baking and kindred trades. All of these unite in extolling the good influence that technical—or more correctly technological—education is to have on the baker.

In Great Britain a growing system of science classes for bakers has been in vogue since 1890, and it is claimed with justice that this higher technology has raised the status and wages of the operative and made the business of the employer more profitable. In Australia the first series of lectures were delivered in 1892 and a very general interest was taken in them by bakers, millers, manufacturers of baking machinery, etc.

Perhaps the most practical parts of the various matters taught—not that any were valueless—were the methods of flour testing and treatment in fermentation and practical fermentation. The latter particularly, as in Australia all bakers make their own yeast. These two points are commonly credited with all the troubles of the bread department. If anything goes wrong it is either the flour or yeast,

Weights and measures are necessary. The system of weights and measures that are the most practical for this and other technical purposes, and the one in use for general scientific purposes, is the metric system. It is simplicity itself when mastered, and is easily comprehended. The unit of weight is the gram, usually abbreviated to gram. The unit measure of liquids, for technical purposes, is the cubic centimeter, shortened to c. c. The measure of a c. c. of water weighs one gram; hence if we weigh 100 grams of flour and it takes up sixty c. c. of water, that constitutes the per cent. of water. What could be simpler? If fifty grams of flour be used then multiply the water taken up by two will give the percentage; if 200 grams of flour be used, dividing the water by two, and so on. For the purposes of science there are made long glass tubes with stopper and a scale to measure the flow of water. This glass tube is

age of dry gluten, by this means. Flavor it is necessary to dry bake the gluten we also find the percent- sample of flour, the same sample that we may have already used for determining the gluten and water absorptive percentages. For *Color, stability, softness and flavor can be determined by a two ounce*

quickly. The determined percentage of the different flours remains constant so far as the calculation is concerned, only having to be multiplied by the number of packages used, sacks or barrels or pounds, and the sum of the gluten thus found divided by the total number of packages used to make the blend. At present I am only dealing with rough methods to insure uniformity of quantity of gluten in blends. And for general purposes I always advise the use of wet gluten as a basis of calculation because it can be determined so

6 barrels divided into 183.9 equal 30.6 per cent of gluten in the blend.

No. 1.	2 barrels @ 21.6 equal 43.2	43.2
"	1 " " 19.6	19.6
"	1 " " 35.5	35.5
"	1 " " 28.0	28.0
"	2 " " 56.0	56.0

Per cent. gluten

10

we should, therefore, need to vary the proportions to get us the required thirty per cent. of wet gluten:

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and with haphazard methods it seems impossible that it should be otherwise. Therefore this essay is an attempt to define better methods than are in common use for testing flour; and if it is successful let the success be a plea for the technological education of our bakers.

There is a money value in this knowledge. Different flours absorb a varying amount of water. This may vary to twenty per cent; or in other terms, a barrel of flour may absorb from 100 pounds to 140 pounds of water. The extra forty pounds of water is to be credited as nearly so much bread, adding to it, of course, the extra salt, labor, etc. Testing the flour enables one to determine accurately the difference between two flours, alike in general respects, but perhaps differing widely in the amount of water they can carry. Flours are bought and sold on brand, on the supposition that the flour as bought is uniform. But once a brand has established a good demand, its proprietor asks something extra over and above the flour for his brand; that is he quotes his flour, say ten cents a barrel above the market rates. Buying on brand is not necessary with proper methods of testing samples submitted for purchase; nor is a large sample needed. Two ounces is enough, though four ounces is better.

Then again, many bakers contract for eight or nine months' flour; and if flour goes up it will be unlikely the miller can supply the high grade contracted for, without losing money. How can the baker ensure the delivery of the flour he bought or reject it lawfully if not up to contract value? Flour tests answer this question. Flours are like men; they have a general resemblance, but in detail it is rare to find two alike.

A baking firm for whom I have performed a large number of analyses of flour submitted a three ounce sample of flour with a number of other samples, with a request to consider it specially, as it was offered at a very low price. It proved to be a high grade flour of dark color, of great strength and having a high water-absorbing percentage. I recommended its purchase in preference to the other samples even at regular rates. It was just such a flour as they needed to maintain a uniform blend. They bought all that was offered. In due course of time the first load was delivered, but was found, on testing, to be an entirely different flour—alike in appearance to the sample but differing widely in all other respects. Of course it was rejected, and it seemed for a time that I should be needed to appear as a witness in a civil case. Unscrupulous salesmen are doing this every day.

A California firm of bakers, who were in the habit of buying Kansas and Dakota flours to help out the soft Californians, informed me that their blend of flours cost them \$3.50 per barrel; but by adopting percental flour tests immediately reduced it to \$3.18; and as they used some 120 barrels weekly the gain was considerable.

Uniformity and regularity in bread are secured only by uniform flours. It is impossible to ferment all flours alike; that is an axiom. Some are so strong that they need a twelve to fifteen hours' course of fermentation, others are so weak that four hours' is sufficient. How shall we make blends that shall be uniform? In reply it may be stated that as the quantity and stability of gluten increases, so also the time required to make ready in the dough. Hence it is necessary to determine the quantity of gluten in flours and blend them to uniformity. Let us suppose that a baker makes up a blend which he finds turns out a satisfactory loaf with his particular treatment; by doughing up either one or two hundred grams of his blend and washing out the gluten we may find that it has thirty per cent. of net gluten of medium stability.

Now let us suppose that we have bought four flours whose gluten we have determined as to quantity as follows:

We have in 100 pounds of No. 1 flour.....	21.4 lbs.
" " " " " " " " 2 "	49.6 "
" " " " " " " " 3 "	35.5 "
" " " " " " " " 4 "	28.0 "

The total amount of gluten in the 400 pounds of flour is 134½ pounds. Now, if a blend were made by using a hundred pounds each of these four flours, and we desired to find the gluten value, we divide the gluten by four, the number of equal quantities used, giving us 33.6 pounds of gluten per 100 hundred pounds of the blend. In practice, we should, therefore, need to vary the proportions to get us the required thirty per cent. of wet gluten!

A NOVEMBER LUNCHEON

By Olive Perivol

One of the most successful of the novel luncheons, now so much in vogue, was given one afternoon in November, the death of the chrysanthemum. While everything was delightfully Japanese in suggestion it would have been inadvisable, if not quite impossible, for details to have been in strict accordance, the guests being all American girls, with no desire to sit through a luncheon upon a floor-mat, or to feast upon tiny bits of sugared radish or cakes of mingled fish and seaweed.

The dining-room of our hostess was decorated with a few branches of the pine one of the Japanese symbols of long life, and a few maple twigs. On the tables, mantel and floor were Japanese vases and jars, in which were effectively arranged single sprays of pine and choice chrysanthemums, which flower (appropriately enough) is numbered among the eight floral princes of flowery Japan. The experienced appreciate the difficulty of arranging a few blossoms in a vase and do not marvel at the Japanese woman who so patiently studies for many years the art of flower arrangement.

In the center of the table was placed a slightly washed square of yellow silk, upon which on a teak-wood pedestal, stood a vase which might have come from the Mikado's go-down, so beautiful was it in line, so dainty in coloring and decoration; in this vase bloomed a few chrysan-

yellow and the guest's name in pine-green letters. On the reverse side were bits from Japanese literature and from which were copied the following:

When the gods created the flowers, they chose the most superb.

Among which was the chrysanthemum. When you see a chrysanthemum you will be fortunate.

Japanese Proverb

What are those strangely-colored beings
Who move quietly from one spot of interest to another.

Like butterflies flitting from flower to flower?
These are Americans.

A pleasant surprise to the guest.
May you have good rest this night and may your
next day be great day.

The chrysanthemum, the emblem of the sun, un-

derstands
Its glory in the eleventh month
The moon on an autumn night
Making visible the very number of wild geese
Flying past.
With wings intermingled
In the white clouds.

Japanese Classic

Americans—they are as restless as the ocean.
In one day they will learn more of the city
Than an inhabitant will in a year.
Are they not extraordinary creatures?

When each had read aloud the quotation on her card our hostess was prevailed upon to tell us much of the queer, beauty adoring people, whose humblest member writes poems to the blossoming plum trees and hangs them upon the branches thereof, with no desire for praise nor fame, content to have made expression of the joy in his heart at beholding so much beauty.

As "Savonara" (good bye) was said to our hostess, we individually yearned to



A FLEUR DE LIS LUNCHEON.

Design by LOUIS SHERRY, New York's Fashionable Caterer.

themums, the best-beloved of all the Nipponese gods. Under the principal dishes were dollops or washed squares of silks and Japanese cotton crepe—these in yellow, white and blue, female colors (for in little Japan they are known as such), and of purple, pink and red, the male colors.

The table was set with dainty china, the major part of which showed the Mikado's crest as a decoration—the sixteen-petaled chrysanthemum. The tea-bowls, saucerless, of course, were exquisite bits of porcelain brought from Japan by our hostess herself. There were several sets, each consisting of the individual number of tea or of those sets of twelve, seven, and the most brought them to the luncheon in a lacquer box, each came up after the fashion of the Japanese. There were oranges, in a basket cloth of the Emperor's yellow and put carefully in a little washed silk bag. The scallion cups were of crimson lacquer and were beautiful bits of coloring on the sparsely decked table. Baked chrysanthemums seasoned with butter, pepper and salt and suggestive of cauliflower were served by a pretty maid whose under lip showed a spot of bright vermillion and whose name, judging by her pretty gown and big sash, might have been Pitti Sing.

At each plate, with the name-card, lay a sprig of pine, significant of our hostess's very polite wish that each might live long in the land. The name-cards were oblong bits of rice paper, one side showing the conventionalized chrysanthemum in royal

write poems to her and to hang them upon her hat-tree or lilac bush, in token of our appreciation of one of the most uniquely delightful afternoons of a lifetime.



WASHING MADE EASY.

Several years ago we published directions for washing, sent us by the Ladies Society, Brayton, Tenn. By following these directions the whole aspect of blue Monday was changed. We received hundreds of letters from all sections of the country thanking HOME AND FARM and the Ladies Society of Brayton, Tenn., for the good thus conferred on womankind, and the general testimony was that washing day had lost its terror. Since this was last published thousands of new friends have joined HOME AND FARM family and that they may enjoy all the privileges of membership, we republish the original directions, which appeared in these columns four years ago:

For one bar of soap, use three tablespoonfuls of coal oil, such as you use in the lamp. For a family of five or six, put enough water in the boiler to boil the clothes; add two tablespoonfuls of coal oil, and two-thirds of a bar of soap. Let it come to a boil. Wet your cleanest clothes in cold water, or lukewarm. If the wristbands are very dirty, a little soap may be rubbed on them. Put them in the boiling water and boil fifteen or twenty minutes. While they are boiling wet the next boiler full and if very dirty add another spoonful of oil and more soap. The last boiler will not need any more oil or soap.

It takes about as much soap as in the ordinary way, but it is all put in the boiler. After boiling in suds, rinse as in ordinary way.

Two things remember, have plenty of soap in boiling water, and have it boiling when the clothes are put in. If you fail the first time, try, try, again. We have washed this way nearly a year, and our clothes look nice and white, and we say let those rub who want to.

FURNITURE POLISH.--One half ounce bees-wax, one half ounce

white wax, one fourth ounce yellow soap. Shred each very fine, in

and pour over it half a pint of boiling soft water. When thor-

oughly melted and a little cooling, add half a pint of turpentine,

and stir ten minutes. Bottle, and it will be fit to use in

twenty four hours .

—Wooden ware is best cleaned with cold water and sand.

To Keep Lamp Chimneys Clean.—After filling the lamps and washing the chimneys, take pieces of newspaper, and roll in the form of a chimney and slip over the lamp and chimney. This will protect from dust and flies, and when the lamps are lighted, one will be rewarded by finding them as clean and bright as when first put in order.

—Pouring hot water over china tends to injure those pieces on which the steam falls most suddenly. In washing dishes, a careful person fills the dish-pan with water first, drains every cup into a slop-bowl, scrapes every plate and dish onto one dish, to be emptied afterward into the garbage pail; then, commencing with the least greasy, rubs some soap on her mop or dish-cloth, and dipping a glass, cup, or plate into the water, rubs it lightly and leaves it in to rinse while she rubs a few others with the same cloth. One coat of soap on a cloth will thus go rapidly over several pieces; these may then be taken out, drained, and more washed, not having a pile in the dish-pan at once. China or glass cleaned with soap suds without being rinsed, never looks as clear and sparkling as when rinsed; and dishes that are washed in a solution of tea, coffee, crumbs, and grease, neither look well nor feel smooth to the touch.—*Good Housekeeping.*

To Clean Bottles.—Put into the bottle some kernels of corn, a tablespoonful of ashes; fill half full with warm water, and shake vigorously till the bottle looks fresh and clean. Rinse thoroughly.

—To prevent smoke from a lamp, soak the wick in strong vinegar, and dry it thoroughly before using. It will then burn both sweet and pleasant, and will give a great deal of satisfaction for the trifling work in preparing.

To Clean Kitchen Tables. wet a soft cloth, leaving plenty of water in it, then so thoroughly wet the table or surface you are scrubbing, that water enough will remain to make a lather; now with the brush scrub the way of the grain of the wood, paying extra attention to all gray spots. Now rinse the cloth, wring it very little, for you don't want to scrape off, but to rinse off, the dirt you have just scrubbed out; if wiped off, the dirty water is only smeared over the surface again. Sop up the soapy lather, then rinse a second time with the water; wring your cloth as dry as possible, and go over it again, wringing the cloth dry as often as it absorbs water. Last of all, rub as dry as you can with a dry rubber; this removes the last of the soiled water, and helps the wood to dry quickly, which is a great point in making boards white.

Tables that have been neglected may be bleached by spreading on them a layer of wood ashes made into a mortar-like paste with water, and allowing it to remain over night; the next day brush it off and scrub. The same paste may be laid on floors when spotted with grease.—*Good Housekeeping.*

THE PHILOSOPHY OF DISH-TOWELS.

A WRITER in *Good Housekeeping* offers the following excellent remarks upon the subject of dish-towels —

“Of all things necessary to a well-arranged kitchen, the dish-towel is one of the most indispensable, and might as well be philosophic, as that is assuredly the way in which the little article is generally looked at. I say “little” for of all things I do detest a great big dish-towel that approximates the size of a table-cloth. The right size is a yard long and half as wide, with the ends hemmed. As to material, different housekeepers have different views; some stickle for crash toweling, and some prefer one thing, and some another. But my idea is that it really makes but very little difference as to this point if the cloth is soft, pliable, and without stiffness. An old, half worn table-cloth, cut up into the right-sized pieces, does as well as something bought out of the store for the purpose. For pans, kettles, and the like, a coarse bag, like that which meal or salt comes in, is first-rate when cut and hemmed. In one corner I work a buttonhole to hang it by, and it is done. I think that there should be six of them, although not more than two or three need be in the kitchen at one time. As to the use of it, I need not write here, as dish-washing is a subject that requires an entire article to itself.

“But the towel having been used, there comes in the philosophy as the next thing. It is of importance that the towel should be kept clean and sweet, for however nice the washing of the dishes may have been done, the work is all spoiled if they are wiped on a sour towel. It is really perplexing to one who is a beginner, and to many who are not novices, to know how to keep the towel so that it will smell good. Now, my way is this: in my dish-water I never use soap, but instead of it I employ pearline, which is easily dissolved. After the last dish is wiped, I put into this pan a spoonful of the pearline, and in it wash out my towel and dish-cloth. Do not make the mistake of washing it in the dish-water! The towel being properly washed, I hang it out-of-doors on a line, which I have for that purpose, near the kitchen door. In the winter I hang it near the range.

“That is all there is about dish-towels that any one needs to know, except that when Monday comes, the towels in use during the past week go into the wash-tub, from whence they should come out as neat and nice as if they were to be used in the bath-room or in dispensing the most negative philosophy that is good for the housekeeper.”

—To stone raisins easily, place them in a colander, and turn hot water over them. This will soften them, and make it easy to remove the stones.

—Rub your stove-pipe with linseed-oil, keep it in a dry place, and it will not rust.

SWEEPING

A WRITER in the *Decorative and Furnishings* gives the following advice respecting the sweeping of fine carpets:—

"For a fine carpet of any kind, we want a light, soft, thick, new broom—one made of manilla or fine broom-corn. Those who make brooms know best how to select straws. The best brooms are usually sold at the best stores, and cost the best prices—the highest being cheap enough; there is no economy in buying low-priced brooms. A broom should never be cut, scalded, or doctored by any of the methods prescribed in the housekeeper's pharmacopoeia. A cut broom, or one much worn, cuts and wears the carpet, and leaves the dust behind. Scalding a broom is said to toughen it (like it last); a good broom needs no toughening. If properly handled, will wear a long time. I have one now that has done special service on one carpet for five years. In the same time, dozens of brooms have been worn out in other parts of the house.

"Proceed with a broom that is perfectly clean, dry, soft, and light, the grain of the carpet is to be ascertained. This is done by passing the hand gently up or down the length way of the carpet, just as we do with cloth, velvet, and satin. Then remove the furniture as much as possible from one width, and begin at whichever end will take you the "down way" of the carpet—that is, do not brush so as to raise the pile (the surest way in the world to ruin a carpet); brush with the full, broad side of the broom, taking one width at a time.

"Hold the broom in a dragging position, so it will draw the dust along under it instead of flinging it up in the air. Make short strokes, with a light, brisk motion; if necessary, go over the same spot several times, always brushing forward. Use the dust-pan frequently to prevent accumulations on the carpet, and be careful not to step into a pile of dust and then upon a swept spot."

—Boiling water should not be poured over tea trays, japanned goods, etc., as it will make the varnish crack and peel off; have a sponge wet with warm water and a little soap if the tray be very dirty, and rub it with a cloth; if it looks smeary, dust on a little flour, and then rub it with a cloth. If the tray gets marked, take a piece of woolen cloth, with a little sweet oil, and rub over the marks.

WEEKLY EXAMINATIONS.—The following is the regular routine of weekly work which a skillful housewife has adopted and carried out for forty-eight years: Monday, washing; Tuesday, ironing and baking; Wednesday, sewing and mending; Thursday, extras; Friday, large baking; Saturday, cleaning and preparing Sunday dinner. A strict adherence to this routine becomes an easy habit, and saves much thought and labor in making ends meet when deviated from.

Housekeeping and the Housekeeper.

There is nothing like a little system in housekeeping. It is not in the bustling activity, nor in the force, nor in the drudgeries; but in good plan and good management; in other words, in system. Those housekeepers who are steady and methodical, though slower in action, can accomplish much more than the irregular, dashing housekeeper can in the same time. Map out your day's work carefully, tackle your duties quietly, and you will be surprised and gratified at the result.

A woman's daily work is like mosaic,—made up of many pieces, large and small, and of many shapes, and yet they all fit in. She starts one piece of work, and while it looks after itself, so to speak, she takes up another. The art of filling in and fitting in is invaluable. The dressmaker who can sew and talk, is the one who puts a great many dresses through her hands; and the housekeeper who can talk and work, is never behindhand at the close of day. Monday governs all the rest of the week. Start out well on that day, and you are pretty certain to finish up well on Saturday.

Next to system we hold cheerfulness to be a great power. Do not take hold of the day as though it were a bunch of brambles; but rather as some flowering stalk which will unfold beauties to the eye. For, talk as we may of a woman's burdens, the true housekeeper delights in her housework. With a song on her lips and a prayer in her heart, a woman is fore-armed and equipped for the day's struggle. It is a wonderful help to a man, too, to have a cheerful woman at the head of his home. He will do twice as much for her as will do for a moody, grumbling one. Many a husband goes out without his dinner, and bangs the door as he goes; because, though his dinner is ready, and even inviting, the look on his wife's face is not inviting. "But if we are sick?" says one. Even then, it is not necessary to be dolorous. Many a woman who is a martyr to acute nervous disorders, and who presses every square inch of her daily rounds with weak and failing steps, possesses the bravest spirit and wears the sunniest smile.

Talk of queens! Where will you find a being so queenly as the woman, who, having planned and carried out a good day's work, sits down in the evening among her loved ones, the central figure on which all the eyes rest with admiration. What though she may have a basketful of socks and stockings at her side, and what though her fingers are worn rough, and her hair is turning grey. She is the one who has quietly, noiselessly fought all the household battles, and come off conqueror. Over his newspaper her husband looks at her with moist, reverent eyes, for she is the good angel of his life. And the children, pressing close about her knees, think with a sudden thrill that this gentle being is the source of all their joys and comforts, and vaguely wonder what the days would be without her.

EMMA M. JOHNSON.

Instead of polishing silver with silver soap or powder, try a tablespoonful of ammonia in cold soapsuds, about a teacupful, and polish with a soft cloth.

To cleanse and brighten tin tea or coffee-pots, or any article of blackened tinware, use one tablespoonful of saleratus to half a pint of water and boil hard for fifteen or twenty minutes, pour out and rub the vessel while still hot. The discoloration will entirely disappear. This is much easier than scouring, and while it penetrates the seams does not injure the vessel.

The reason so many fail in using kerosene for washing, is because not enough soap is used. Boil together, in a quart of water, one bar of any good laundry soap and four tablespoonfuls, scant, of kerosene. When the soap is dissolved, add the mixture to an ordinary wash boiler half full of boiling water, and put in the dry clothes. Boil thirty minutes; then suds through blueing water; rinse in water slightly blueed and hang out. It is a pity that every housekeeper does not know "just how" to make the most of this powerful detergent. It is excellent for hard wood floors or for cleaning painted wood work and windows. Windows having a southern exposure, are apt to reveal fly-specks which do not come off with soap and water. A little moist saleratus will quickly remove them.

HOW TO HANG A HAMMOCK.

The following old rule for the proper adjustment of a hammock was recently reprinted in Harper's Bazar.

The head end should be six and one-quarter feet from the ground, and the foot end three and three-quarters feet—a curve which secures to the occupant the greatest ease of position. Next, the rope which fastens the head end should be less than twelve inches long, while that which attaches the foot should be four and a half feet. The object of this arrangement is to give the lower part of the body freedom in swinging, while the head remains almost stationary.

Ropes with metal catches are now for sale, which make the labor of hanging a hammock very slight; and where trees are used as supports, they should be well protected with heavy canvas or cloth, as the friction is sure to cause injury to the bark in time.

Pure white hammocks, made of bleached cord, are now trimmed with wide ruffles of the webbing, which are often decorated with Russian cross stitch and interlaced ribbons to match. A dainty affair of this sort could fill most attractively a corner in a drawing-room, and it may be suspended by brass chains, and have brass bars to spread it at head and foot, all of which serve to make it correspond more perfectly with the surroundings.

In summer a hammock could well replace a sofa in any room where there is sufficient space, and, as it can be hooked back against the wall when not in use, it will not be found trouble-

some. Many invalids prefer one in winter as well, finding it more restful, and, with plenty of pillows, and a fur rug or two, it may be made as warm and comfortable as necessary.

DUTY TO DOMESTIC "HELP."

A thoughtful writer in one of our magazines raises the question why so many women prefer the dangers of employment behind a counter or in a factory to domestic "servitude," and suggests that it is the duty of housekeepers to make the latter more attractive than it is in a great number of cases. Of course women find food and shelter in domestic service, better food probably than they ever had before and plenty of it, comfortable beds, and rooms often as good as those of the children of the family. But a cook has it in her power to make the other servants uncomfortable by refusing to take the trouble to prepare an attractive meal for them, and the head of the household ought to be on the watch for this possible discomfort. Then women who have risen at 6 o'clock or earlier should not have to wait till 9 before they eat their breakfast, and whenever possible each girl should be provided with a separate sleeping-room, or, if that be not attainable, the one room ought to be furnished with separate beds, washstands, and bureaus. "Enforced close companionship during sleep and at meals is often one of the greatest trials of a house servant's life."

Enforced drudgery through all the waking hours is unfair, as it is unnecessary. It should be a principle so to arrange the work that every afternoon or evening a girl would have some leisure. The loneliness of housework is to many women one of the greatest drawbacks to domestic service. They fear to be isolated from the family and to be held to a wearisome routine of duty not shared by others. For this, if for no other reason, it is well for the lady of the house to take a share in the work sometimes and to let her daughters help. If a girl never sees her employers work in the parlor or kitchen and hears them always speak of such work as hateful and wearisome it hardly can be expected she will not voluntarily come to take the same view of it. The labor is dignified in the home where the daughters have charge of the parlor or of their own rooms, and where slight changes in the day's labor are recognized and honored. It is only necessary to show interest in the work and respect for it.

There is room for difference of opinion as to whether the employer fares better when she herself is able to do all kinds of housework well or whether her ignorance and helplessness do not call forth more earnest

and skillful work from her servants. But it certainly is well to acknowledge to the fullest possible extent the ability of the "help." "Bridget is gratified by your acknowledging her superiority in her own place." It may seem hard to have a servant leave for higher wages in another place after she has been taught in the former one, but teaching with that result is as good missionary work as is help in city sewing or training schools or giving liberally to the kindergarten.

It is due to the servant girl that she be protected from bad companions, evil suggestions, and possible insult and contamination, but in order to do this the employer must enter into sympathy with her youth and natural longing for society and remember that the rules of etiquette are not necessarily the same in both cases. It is poor consistency to contribute to the support of coffee houses and saloons and

then refuse to allow any followers to the poor little maid in the kitchen. She should be encouraged to seek fresh air and friendly faces at proper times outside to relieve the tedium and confinement of the day's work, and contracts as to holidays ought to be religiously kept, though it would be well to say at the outset, "I may not be always able to give you Thursday afternoon, but if not will give another in its place."

As matters now stand our own countrywomen will not engage in domestic work. They dislike it, regarding it as socially degrading; and limiting their personal freedom. It is left almost entirely to foreigners, and as they become Americanized they also look down upon it. Consequently these young women crowd into the shops and factories, keep down wages, and swell the ranks of the overworked and wretched till perhaps misery presses them still lower into moral degradation and ruin. The conscientious housewife owes it to her sex and to society in general not less than to herself to do what she can to change this tendency by brightening and sweetening her own home and seeing that no girl ever passes through it without learning something useful, without seeing housework respected, or without the glow of a kindly interest and the influence of a right view of life and its duties.

MY SHIPS ARE IN!

I saw them sail at set of sun,
They slowly glided down the bay;
Like mist upon the sea's blue rim,
They sank, dissolved, and passed away.

But now at dawn, they come once more,
They cross the bar, they rest within!
My heart exultant cries for joy,
"My ships are in, my ships are in!"

I think of friends that went at death,
Far out to sea, beyond my sight—
They were but vessels sailing on,
Till they were lost in depths of night.

I welcome death as dawn that brings
The dearest blessing friends can win,
For I shall have my own and cry,
"My ships are in, my ships are in!"

—Edwin A. Rand.

AROUND THE DINNER TABLE

With Family, Friends and Guests.

VI.—THE HYGIENIC SIDE.

THE GUESTS AND THEIR GREETING—THE BOARD AND ITS BELONGINGS—THE FEAST AND ITS FASHIONS



HE man or woman willing to shorten life for the gratification of the palate, whether by eating or drinking, must be set down as an unbalanced, irrational, intemperate person. The first question to be considered as to the food supply of a home, should be in regard to its wholesomeness. There is a happy mean between the man (or the woman) who can eat everything and anything, and glories in

the fact, and the one who can (or will) eat only the most dainty morsels. The former is unjust to himself, the latter to those with whom he comes in contact.

Without attempting to go into the whole subject of nutrition, food selection, digestion, and the other factors which would be necessarily pertinent in a comprehensive consideration of this subject, there are some thoughts connected with the dinner, as the principal meal of the day, which are entitled to consideration at this time. There is no doubt that the stomach is more generally abused at the dinner than in connection with any other meal. So long as the palate is gratified, not a few diners forget entirely the stomach, its likes and dislikes, its powers and its weaknesses. By a wise provision of nature, this very important organ indicates to the individual, by a surcease of the sensation called appetite, the point when a proper quantity of food has been taken. But the palate will respond readily to fresh sensations, as other kinds of food are taken, and to gratify

this sensuous thrill, which is not a part of appetite at all, more food is forced into the stomach, though that useful organ with all its strength, protests, "I have enough—I am full!" This is all wrong, and an outrage upon a faithful servant, which in time will take justice in its own hands, and repay the wrong.

But presuming that no reader of this journal is a glutton, and so in need of caution regarding that vice, there are some suggestions which may not come amiss in regard to the dinner and the methods observed therewith, as considered from a hygienic standpoint. The universal custom of serving soup as the first course is not simply a fashion, but a practice grounded upon important principles. The soup is in itself highly nutritive, and the nutriment which it contains is in the best possible condition to be quickly absorbed, gently stimulating the system, especially in its nervous action, and giving tone to the stomach.

Before we come to the soup, however, the diner should be in proper condition both to do and to receive justice from the dinner. Food should not have been too recently taken, nor on the other hand should there have been too long a fast. In the latter case, the appetite will have subsided, and the stomach will be rather in condition to receive at first simply a light lunch instead of a generous dinner. The person should not be exhausted from recent effort, either physical or mental, and any condition of mental worry is especially to be avoided. Then plenty of time should be taken for each and every meal, but above all for the dinner, as being the principal meal of the day. Nothing is more destructive to the digestion than bolting masses of food, half masticated or without any mastication at all. This comes from the fact that the digestion of such food is much more difficult, taxing the system in an abnormal way; that much of the food is after all but imperfectly digested, and so does not yield its adequate results; that the extra tax and burden simply wear out the delicate machinery long before its normal time.

Fish and oysters, which are the accessories of the soup rather than independent dishes, are also easily digested articles, and so are rather taken as a stimulation and preparation to the roast, or *pièce de résistance*, than for their own nutritive qualities. The raw oyster, as is generally understood, is practically self-digesting; while the soft-fibred fish, except in the case of such species as are naturally of an oily nature, are quickly dissolved by the gastric forces. It is scarcely necessary to say that both soup and fish should be taken in only moderate quantities, otherwise the capacity of the stomach will have been fully tested before the most substantial portion of the feast is reached.

We have now come to the joint or roast—the principal course of the meal. After taking a generous portion, and doing it full justice, the average diner is prepared to regard the game, poultry, sweets, dessert and cheese as rather complimentary tributes to the palate than otherwise, and to merely sample them

After dinner, especially if it has been a
 hour or two of practical quiet is
 able. It is only in rare cases of
 aiment that one should sleep during
 ly give nature the chance, which she
 to concentrate her energies on the
 on, building up and rejuvenating the
 further duties as the day may have
 d walking or violent exercise of any
 hearty meal is to be unqualifiedly
 all times and under all conditions.
 Dinner should be of a lighter character
 part of the winter. As a formal open-
 which is out of season, is replaced by
 lane, which, duly cooled and cuddled
 shell, is an epicurean bit. The soup,
 light and simple, the calf's head, or
 vy varieties being dispensed with till
 cooler weather. Fish is at its best
 mer, and may properly hold a promi-
 ne list. Heavy hot roasts of beef or
 ll be replaced by broiled lamb chops,
 with mint sauce, or fried chicken—all
 ch better adapted to the warm weather.
 se of vegetables is to be commended
 during the summer, not only because
 on of vegetable growth, but because
 apted to the requirements of the sys-
 ne. But one thing should always be
 -no vegetable is at its best unless it is
 fect condition. Everything which has
 orate in quality is a source of danger
 health.

Its are as much to be avoided during
 as heavy meats and other food
 the colder temperature of winter.
 puddings have no proper place
 -if, indeed, they have anywhere
 the year. Light batter pudding
 for most palates cold custards,
 erts are greatly preferred.
 e suggestions, it may be of in-
 a statement showing the number
 rnative matter per thousand parts of
 rticles in common use. It must not be
 ever, that all the elements of nutrition
 cle of food are taken up and utilized by
 Some of these elements may not be
 all available, so that in some cases the
 ined in milk might be more valuable to
 economy than the 950 parts found in
 here is the comparative list, a careful
 ch will be found interesting and helpful
 25 melons, 30 turnips, 41 milk, 72
 white of egg, 140 beet root, 148 pears,
 170 radish, 180 gooseberries, 200
 sole, 200 pork, 240 cherries, 240
 beef, 260 potatoes, 280 apricots, 280
 chicken, 270 plums, 290 mutton, 290
 40 almonds, 340 oats, 742 rye, 792
 ley, 320 wheat, 330

REMEMBER AT DINNER THAT

- Rapid eating is slow suicide.
- Plenty of time should be taken.
- Fish and oysters are easily digested.
- An hour or two of rest should be taken after the meal.
- Mere gratification of the appetite is said to shorten life.
- Dinner should be of a lighter nature in summer than in winter.
- It is not good to dine when in a state of physical weariness.
- A quart of wheat contains more nutriment than a bushel of cucumbers.
- There is a happy mean between eating and being squeamish.
- Two pounds of potatoes contain as much nutriment as thirteen pounds of turnips.
- Light soups, light desserts and light meats have the preference in warm weather.
- Abuse of the stomach at dinner will be sooner or later by that punishment which costs the glutton.
- Vegetables and fruits are to be used most profusely at that season of the year in which they are naturally mature.
- Beginning the dinner with soup is the very best way to get the whole system in condition for assimilating a hearty meal.

—Mary Livingston A. ...

Original in GOOD HOUSEKEEPING

A WORLD ON FIRE.

"Fire!" "Fire!" "Fire!" Oh, the world is on fire!
 Brilliant flames wide-spreading from out an eastern
 In golden-tinted chariot the God of Day, in glory,
 Rides forth on dewy fragrance to an airy throne on high.

"Fire!" "Fire!" "Fire!" Dying down as daylight
 Come'n, and night shadings haste to flee away,
 When earthly pilgrims waken from out their nightly slumber
 And daily life pulsations come freshly into play.

"Fire!" "Fire!" "Fire!" Oh, the world is on fire!
 The sun from midheaven, pouring out its noontide rays,
 Humanity seeks shelter in thickly shaded places,
 Until the world without a flame seems but a world abate.

"Fire!" "Fire!" "Fire!" Again the fire abateth,
 As midday hours are numbered, and pass from out their
 E'er the Queen of Night unfoldeth, and opens wide her
 To draw them close together, with fascinating grace.

"Fire!" "Fire!" "Fire!" Oh, the world is on fire!
 And larid flames are leaping up from a western sky;
 Abate at the horizon, aglow at the zenith,
 Until stars twinkle brightly in the hours passing by.

"Fire!" "Fire!" "Fire!" Fading out yet slowly,
 As the Day God drops wearily on Mother Earth's bed,
 And the Fireman of the Universe shows the "All-Out"
 "Three times and out," the story, and the world on
 has rest.

—Clark W. ...

"Seeing to Things."

SOME telling sentiments have been going the rounds of the papers under the caption, "The Pace that Kills." We select a few of them and interpolate our editorial comment as the spirit moves.

Good, hard, faithful attention to business never killed any one, man or woman. Worry and the "seeing to things" idea—these are the two nails in the business woman's coffin.

Women often worry because other people *do not* see to things. Might not the "seeing" be divided up?

The "seeing to things" idea is distinctly feminine. No man ever had it. Every woman is born with it.

Not at all to all three of these propositions. It is cultivated in the girl by "picking up" after her big brother on Monday morning and at set times during all the days, besides being obliged to do her own "seeing to things."

Men sit in a street car and watch the driver of a truck groan and tug and try to get his wheels off the track, and not a man will move to help that driver or even sigh in sympathy. Every woman in the car is edging and peering and wishing she dared go out on the platform and "see to that truck."

Correct. The time may come when the "new woman" will not wait or wish for the "old man" to stir, but will just go and "see to it" herself. That's the thing which kills women.

Sure. And why shouldn't carrying double kill even a woman? The other day a man let his young wife start west with two babies and luggage for the long trip. He put her on a suburban train to come to Chicago and make the change alone after dark. When asked why he did not go with her and see her safely started, he said he wasn't "much of a baby that way."

When a business man gets up in the morning he takes his bath, goes into the dining-room and eats his breakfast, kisses his family goodby, and goes down town to work, like a sensible man. The business woman—do you know her? I do.

I will tell you what the business woman does. She gets up early and goes into the children's room and fusses around for half an hour or so. If you ask her what she is doing she'll say she is "seeing to things."

Bless her! She will "see to" the babies if she is a business woman. But if there are no babies, she ought to be more sensible, we admit. She should take her bath, go into the dining-room and eat her breakfast, kiss her husband goodby and go down town like a sensible woman.

Then the writer goes on to say that she sits up nights studying fashion books for a new way to have a dress made, tears her hat to pieces and makes it over, and tries to do things that she can not and ought not.

Give her money enough to pay first-class dress-makers, milliners, etc., and she will be only too glad to free herself from the drudgery named.

She worries about other people's troubles, she frets over other people's children, she almost takes medicine for other people's headaches, and she puts all her friends into nervous irritation trying to "see to them."

This particular woman is overworked, sick

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and nervous, and has had bad training all her life, otherwise she could find enough to worry about and "see to" in her own family. She ought to be sent to a rest hospital.

If the business woman is worth one-half her salary, she puts all these things out of her mind at the office.

Certainly, and many of them actually feel rested thereby. "Seeing to things" is wearing; it is as bad as seeing things sometimes. Might not the division of labor principle cure this abnormal "seeing to things"? If it were cultivated in boys as well as girls, there probably would be less of the female manifestation of it.

HOW TO TREAT FROZEN FRUIT.

RECENT experiments described in *Der Stein der Weisen* are translated for the *Literary Digest* as follows:

"According to the researches of Professor Müller-Thurgau, frozen vegetables are the least injured, when care is taken to thaw them out slowly. He froze fruits of the same kind and quality, and as nearly as possible of equal size, and then placed some in lukewarm water, and another part in water at zero (the freezing point, 32 degrees F.), hung up a third part in a room at about 20 degrees (68 degrees F.), and a fourth in a place at zero. The results were briefly as follows: At a temperature of -5 to -7 degrees (23 to 19 degrees F.), the hardest kind of fruit remained uninjured, whether the thawing was slow or quick. With more sensitive kinds, or those that were somewhat overripe, only those that were thawed in warm or cold water were injured, while those thawed in warm or cold air showed little or no evil effects. With yet

more delicate specimens, the fruit thawed in water were completely killed, while those in the air were at most only partially injured.

"Frozen fruit is thus not always ruined, but, if the cold be not too great, can be thawed out again and remain sound. If the cold be very severe, however, frozen fruit is quite spoiled and can in no way be saved. Between these limits there are degrees in which the fruit can be saved by proper treatment. As soon as it is perceived that the fruit is frozen, it should be warmed just enough to prevent any further freezing, for the more the ice forms in the fruit, the greater is the damage. The warming should, however, be as slow as possible. To plunge them into cold water or to throw cold water over them raises the temperature suddenly, and hence is not in accordance with the prevailing views. For the same reason, it will not do to handle them with warm hands. Frozen fruit is also very sensitive to pressure. If it is possible to warm the room where the fruit is ly-

ing, it is best to let it alone, otherwise it should be removed to a warmer place, without contact with warm objects and without pressure, and slowly thawed out.

"If experiment shows that the fruit cannot be kept after slow thawing, then it should be kept in the frozen

state as long as possible, and eaten by degrees. If frozen apples be thrown into water and boiled at once, they cook as if they were sound and taste as well. But if left to thaw out first and allowed to stand a little, they acquire, by chemical decomposition, a characteristic taste, and the cooking improves them little."

A Crime Against Health.

The Use of Alum in Food Condemned by
Bards of Health.

Recent investigation shows that the stores are largely stocked with baking powders which contain alum, the injurious ingredient which the Iowa and Minnesota State Boards of Health have so strongly condemned. England, Germany and France have laws prohibiting the use of alum in bread, and the states of Minnesota and Wisconsin forbid baking powder containing alum to be put upon the market unless the words "this baking powder contains alum" are printed upon the label of every package offered for sale. This is the danger signal which the law throws out for the protection of the people. These alum powders are frequently labeled "pure," "best in the world," "none so good," or with some other equally misleading catch phrase.

Below will be found a partial list of the baking powders sold in this market that have been examined and found to contain alum:

- CALUMET.....Contains Alum.
(Calumet Baking Powder Co., Chicago.)
- BAIN'S.....Contains Alum.
(Meyer-Bain Mfg. Co., St. Louis.)
- CAMEO.....Contains Alum.
(Cameo Baking Powder Co., Chicago.)
- CHAPMAN'S. }
CHICAGO YEAST. } ..Contain Alum.
(Chapman & Smith Co., Chicago.)
- CLIMAX.....Contains Alum.
(Climax Baking Powder Co., Indianapolis.)
- COMET.....Contains Alum.
(D. G. Evans & Co., St. Louis.)
- CROWN.....Contains Alum.
(J. P. Dieter Co., Chicago.)
- DELICATESSE.....Contains Alum.
(Delicatesse Baking Powder Co., New York.)
- DODSON & HILS.....Contains Alum.
(Dodson & Hils, St. Louis.)
- GLOBE.....Contains Alum.
(Langan & Payne Co., Minneapolis.)
- GRANT'S BON BON. }
HOTEL } ..Contain Alum.
(Grant Chemical Co., Chicago.)
- I. C. }
K. C. } ..Contain Alum.
(Jacques Mfg. Co., Chicago.)
- JACK FROST.....Contains Alum.
(Bain & Chapman Mfg. Co., St. Louis.)
- KENTON.....Contains Alum.
(Potter, Parlin & Co., Cincinnati.)
- MANHATTAN.....Contains Alum.
(Hewson Chemical Co., Kansas City.)
- MOKASKA.....Contains Alum.
(Mokaska Mfg. Co., St. Joseph.)
- PERFECT.....Contains Alum.
(Perfect Baking Powder Co., St. Louis.)
- ROCKET.....Contains Alum.
(Sherman Bros. & Co., Chicago.)
- TAYLOR'S ONE SPOON.....Contains Alum.
(Taylor Mfg. Co., St. Louis.)
- UNRIVALED.....Contains Alum.
(Sprague, Warner & Co., Chicago.)
- VISION.....Contains Alum.
(E. Metzner, St. Louis.)
- ZIPP'S.....Contains Alum.
(The Zipp Mfg. Co., Cleveland.)

Price's Cream
The purest, strongest and most healthful
baking powder declared by Dr. Price's Cream
best and awarded it the highest honor
and it shows that no
other powder is
so good as
Price's Cream

House Cleaning.

Cleaning Brass.—Brasswork that is so dirty by smoke and heat as not to be cleaned with oxalic acid, should be thoroughly washed and scrubbed with soda, or potash water, or lye. Then dip it in a mixture of equal parts of nitric acid, sulphuric acid, and water; or, if it cannot be conveniently dipped, make a swab of a small piece of woolen cloth upon the end of a stick, and rub the solution over the dirty or smoky parts. Leave the acid on for a moment, then wash, clean, and polish.

Painted Walls for the Kitchen.—Paint upon the walls of a kitchen is far better than calcimine or white-wash, since the steam from the washing and cooking has less effect upon it, and also because it can be more readily cleaned. Before painting, the wall needs to be washed with soap-suds, then covered with a coat of dissolved glue, which must be allowed to dry thoroughly, before the paint is applied. A broad flat brush does the work well and quickly.

Hints for Painting and Varnishing.—An exchange offers the following, which may be found serviceable by those who have their own painting and varnishing to do:—

PAINTING.—For painting chairs and other furniture, select any color desired of the paint put up in small tin packages, ground in oil. Take out such portion as may be needed, and put in a well-cleaned tin fruit can or other vessel. For almost any color but white, add about one-half as much high-colored japan dryer as there is paint, and thin with turpentine, so that it will spread smoothly and evenly. Use small round paint brushes of a size corresponding to the work to be done. Give one, two, or three coats, as may be required, allowing each coat to dry thoroughly before putting on another. This will give a bright, glossy finish. For white paint, inside work, add light copal varnish and turpentine. Linseed-oil makes a fine body, but requires time to dry. For inside or outside house-painting, use the ready-mixed paints, of good quality, and stir everything up thoroughly from the bottom before using.

A CHEAP BLACK-WALNUT STAIN.—A cheap, quick-drying stain for fine bass-wood, etc., in imitation of black walnut, is made by dissolving gum asphaltum in spirits of turpentine, about one-fourth pound gum to one pint of turpentine; dissolve in a warm place, shake frequently, and a very little of Indian red to the solution. It can be made dark or light by adding more or less turpentine. Apply with a brush, and allow it to dry thoroughly before varnishing.

VARNISHING.—Give the work two or more coats of shellac varnish, according to hardness of the wood; rub down lightly with fine sand-paper, and apply one or two coats of hard oil finish, using a soft flat varnish brush. Apply just enough, so it will not run down the wood-work in streaks.

—Ceilings that have been smoked by a kerosene lamp should be washed off with soda-water. Grained wood should be washed with cold tea.

—It is said that if a small quantity of sugar is mixed with blacking, it will not so quickly burn off a stove.

To Clean Oil-Paintings.—The *California Architect and Builder* gives the following as valuable for this purpose: "Thoroughly mix two ounces of wood naphtha, one ounce spirits of salts, and quarter of a pint of linseed-oil. Before being used, the bottle containing them should be shaken. The application is simply with a soft pad of linen, to which should be given a circular motion. When nearly dry, give a second dressing, and the picture will come out in all its details."

—An exchange says: "Ten cents' worth of oxalic acid dissolved in a pint of hot water will remove paint spots from the windows. Pour a little into a cup, and apply to the spots with a swab; but be sure not to allow the acid to touch the hands. Brasses may be quickly cleaned with it. Great care must be exercised in labeling the bottle, and putting it out of the reach of children, as it is deadly poison."

HINTS FOR HOUSE-CLEANING.

To polish hard-wood furniture use raw linseed-oil or a mixture of two-thirds turpentine and one-third sweet-oil. Apply with a flannel, and polish with flannel, cotton flannel, or chamois-skin.

—Mirrors may be cleaned with cold water and a sponge, or rubbed with a damp cloth dipped into powdered bluing, and then polished.

—A very complete filling for open cracks in floors may be made by thoroughly soaking newspapers in a paste made of one pound of flour, three quarts of water, and a table-spoonful of alum, thoroughly boiled and mixed. Make the final mixture about as thick as putty, and it will harden like *papier-mache*.

—Clean brass with a solution made by dissolving one tea-spoonful of oxalic acid and two tea-spoonfuls of tripoli in half a pint of soft water. Apply with a wooden rag, and after a few minutes wipe dry, and polish.

—To clean steel, apply with a flannel cloth a paste of emery powder and sweet-oil.

—A correspondent desires information as to how to destroy roaches, moths, and bed-bugs. The following method will generally be found effectual for ridding beds of bugs: Take the bedstead apart, carry out of doors and give it a thorough washing with gasoline. Use plenty of the gasoline, and make sure that every crack and crevice is thoroughly saturated. Kerosene may be used instead of gasoline, but needs to be washed off with soap and water after a few hours, while gasoline is volatile and very soon evaporates. The bedding should be thoroughly and carefully examined, cleaned, aired, and if need be, the seams and corners sponged with gasoline. Care must, of course, be taken to allow all the gasoline to evaporate before returning the bedding to the home. The beds must be carefully watched, and the process repeated whenever any signs of the pests are discovered. Remember that gasoline and its vapor are as explosive as gunpowder.

Persian insect powder, if carefully and persistently

used, will generally be found efficacious for the extermination of roaches. An exchange says that if powdered borax is plentifully sprinkled around their haunts and occasionally renewed, it will prove an effectual exterminator.

For the destruction of moths, pursue the following plan: Take the tacks from the carpet, fold it back, and wash the floor underneath in strong suds in which a table-spoonful of borax has been dissolved. When dry, sprinkle the carpet and floor with insect powder, and re-tack.

Cleaning Wall-Paper.—An exchange offers the following upon this subject:—

Cut into eight portions a loaf of bread two days old; must neither be newer nor staler. With one of these pieces, after having blown off, by means of a good pair of bellows, all the dust from the paper to be cleaned, begin at the top of the room, holding the crust in the hand, and wiping lightly downward with the crumb, about half a yard at each stroke, until the upper part of the paper is completely cleaned all around. Then go around again with a similar sweeping stroke downward, always commencing each successive stroke a little higher than the upper stroke had extended, till the bottom is finished.

This operation, if carefully performed, will frequently make very old paper look almost equal to new. Great caution must be used, not in any way to rub the paper hard, nor to attempt cleaning in the cross or horizontal way. The dirty part of the bread, too, must be continually cut away, and the pieces renewed as may become necessary. To take grease-spots out of wall-paper, mix pipe-clay with water, to the consistency of cream, laying it on the spot, and letting it remain till the following day, when it may be easily removed with a penknife or brush.

—Oil-cloth must be wiped perfectly dry as it is washed. Use little soap and this in tepid water, change often. A good brush and a piece of dry flannel will make oil-cloth look like new, especially if linseed oil or skim-milk be well rubbed in after washing. If in addition to these precautions they are varnished annually, they are almost indestructible.—*Sci.*

To Clean Tiled Floors.—Wash once with a solution of muriatic acid and warm water—a pint of acid to a bucketful of water; then rinse off with clean water and soft soap. Wash afterwards two or three times a week with clean suds.

To Remove Finger Marks from a Piano.—Have two chamois skins; moisten one with cold water; first wipe the spots with this, and immediately rub well with the dry skin.

—A little vinegar mixed with stove blacking is said to diminish the need for much rubbing to give the stove a bright polish, and the blacking is not as likely to fly off in fine dust.

—Kerosene oil, spilled upon the carpet, will often entirely disappear if the room is kept free from dust. If the spot still remains, a thick coating of powdered French chalk put over the spot, and occasionally heated by laying a piece of brown paper upon it and passing a hot iron over it, will generally remove the oil.

Cleaning Mica.—Every woman who has been obliged to spend half a day, several times during the winter, cleaning the mica in her coal stove, usually by taking them out and washing in soap-suds, will rejoice to know that there is a much easier way to clean them, and that there is no need to take them out, or to let the fire burn very low in order to do it successfully. Take a little vinegar and water, and wash the mica carefully with a soft cloth; the acid removes all stains, and if a little pains is taken to thoroughly clean the corners and wipe them dry, the mica will look as good as new. If the stove is very hot, tie the cloth to a stick, and so escape the danger of burning your hand.—*N. Y. Post.*

To Clean Marble.—Take two parts common soda, one part pumice-stone, and one part finely powdered chalk; sift together through a fine sieve to mix thoroughly, and then add water sufficient to moisten well. Rub over the marble briskly, and wash it off with clean soap-suds.

—Paper may be made to stick to walls that have been whitewashed by washing the wall in vinegar and saleratus water.

—To remove match stains on walls or wood-work, rub the marks thoroughly with the cut surface of a lemon. Then wash off with a clean flannel cloth dipped first in water to moisten it, and then in whiting. Rub well, then dry.

To Clean Engravings.—It frequently happens that fine engravings, despite the care taken of them, will in some unaccountable manner, become stained and dirty to such an extent as to seriously impair their beauty. To those who own engravings that have been injured in this way, a simple recipe for cleaning them will prove of value. Put the engraving on a smooth board, and cover it with a thin layer of common salt, finely pulverized; then squeeze lemon-juice upon the salt until a considerable portion of it is dissolved. After every part of the picture has been subjected to this treatment, elevate one end of the board, so that it will form an angle of about forty-five degrees with the horizon. From a tea-kettle or other suitable vessel, pour on the engraving boiling water until the salt and lemon-juice are all washed off. The engraving will then be perfectly clean and free from stain. It must be dried on the board, or on some smooth surface, gradually. If dried by the fire or sun it will be tinged with a dingy, yellowish color.—*Decorator and Fur-*

—White stains may be removed from furniture in the following manner: Have ready three pieces of woolen cloth: with one well dipped in lamp-oil, (or if that is not convenient, linseed oil) rub the spot briskly: wet the second with alcohol and apply to oily surface, rubbing briskly, as too much alcohol will destroy the varnish: and finally polish with the third cloth, moistened with oil or furniture polish. A few drops of alcohol poured over white spots on varnished furniture, supplemented by brisk rubbing for a few minutes, will often remove them.

—To polish plate glass and remove scratches, rub the surface gently, first with a clean pad of white cotton wool, and afterward with a similar pad covered with cotton velvet, which has been charged with fine rouge. Under this treatment, the surface will acquire a polish of great brilliancy, quite free from any scratches.

^d—Sweet-oil and putty powder, followed by soap and water, is one of the best mediums for brightening brass and copper.

To remove kerosene from a carpet, lay blotters of brown paper over the spot, and press with a warm iron. Repeat with fresh papers till spot is removed.

—Willow furniture is best cleaned with boiling water made strong with ammonia and applied with a whisk broom.

To Polish Black Walnut.—To give black walnut a fine polish, so as to resemble rich old wood, apply a coat of shellac varnish, and then rub it with a smooth piece of pumice-stone until dry. Another coat may be given, and the rubbing repeated. After this, a coat of polish consisting of linseed-oil, beeswax, and turpentine, may be well rubbed in with a dauber made of a piece of sponge which has been tightly wrapped several times in a piece of fine flannel folded and moistened with the polish.

If this work is not fine enough, it may be smoothed with the finest sand-paper, and the rubbing repeated.

In the course of time the walnut becomes very dark and rich in color, and in every way is superior to that which has been varnished.—*Decorator and Furnisher.*

Washing Carpets.—The following is an excellent way to wash carpets that have become too much soiled for cleaning by any other means. Cut the breadths apart. Place one on a long bench or table in the back yard. Go over it carefully, soaping all the spots and more soiled portions; then with hot suds and a scrubbing-brush, scour it on both sides. Rinse thoroughly twice or more with plenty of clean water, using the brush.

—A mixture of powdered pipe-clay, soap lees, and unslacked lime will remove all grease spots from stone steps if left to dry on. The mixture should afterward be washed off in the ordinary way.

—When the burners of lamps become clogged with char, put them in strong soft-soap suds, and boil awhile to clean them.

THE CARE OF LAMPS.—Only the most ignorant can be so stupid as to pour kerosene upon a fire, and as such persons do not read it would be a waste of time to caution them against it. Filling a lamp while it is lighted is something that ought never be done. It can be avoided by always filling the lamps in the morning. This task should belong to some one member of the household, who should have a fixed and regular time for doing it; nothing ought ordinarily to interfere with or cause its postponement. It should be made a duty, to be discharged with all the regularity and punctuality of the daily meals. . . . In trimming the lamps, only the small portion that is charred need be removed from the wick, and that is readily done by scraping it with a knife kept for that purpose. If any substance collects upon the wick tube, that should be scraped off, leaving the brass or metal perfectly clean. After carefully scraping, wipe off the upper part of the wick tube (and the tube) with a piece of very soft paper, to remove any small particles left in scraping. A wick may become unfit for use long before it is burned up. Many quarts of oil are carried through a wick, and in time the pores of the fabric become so filled with little atoms of dust and other impurities that the oil contains that its ability to take up the oil as fast as it is burned becomes greatly diminished, and when this occurs a new wick is needed. If a lamp is filled quite full in a cold room, and then is brought into a warm one, the heat will cause the oil to expand and overflow, and lead to the suspicion that the lamp leaks. This should be avoided by not filling completely; knowing that this may occur, sufficient space should be allowed for the expansion.—*Willamette (Oregon) Farmer.*

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This operation, if carefully performed, will frequently make very old paper look almost as new. Great caution must be used, not in any way to rub the paper hard, nor to attempt cleaning the cross or horizontal way. The dirty part of bread, too, must be continually cut away, and pieces renewed as may become necessary. To grease-spots out of wall-paper, mix pipe-clay water, to the consistency of cream, laying it on spot, and letting it remain till the following day, when it may be easily removed with a pen-knife brush.

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the backs of his descendants; for the larger part of the world's labor is comprised in getting rid of the wastes of life, and of living.

To the cleanness necessary for health is added that for good looks, and for the preservation of material. The purpose of cleanness is, then, threefold—health, beauty, economy. The house beautiful of the twentieth century will be a clean house, sheltering a clean body clothed in clean clothing.

All fabrics soiled by excretions from the body should be capable of thorough washing. There is no cleanser like water. They should wash, and keep their color and finish for a reasonable time. How garments should be made that they can best undergo these cleansing processes is not pertinent to our subject, but it is for women to set the standard.

All fabrics are subjected, more or less, to the moisture and solid wastes from respiration, from contact with the hands, from vapors escaping from kitchen, laundry, and bath-room. The better ventilated the house, the less need of cleaning. This organic matter furnishes favorable soil and food for the growth of the invisible dust-plants everywhere present. A large part of this dirt is of an oily or greasy character. The dust is held by the grease. As water will not dissolve grease, an alkali must be added to break down the grease, that the dust may be set free. The loosened dirt and soapy, dirty water must then be thoroughly rinsed from the fabrics, or a general dinginess results, and chemical changes occur which cause yellowness; or if too strong an alkali be used, the fibers themselves are destroyed. Holes appear, or the fabric goes to pieces like the “one-hoss shay.”

The cleansing power of water varies according to its degree of purity. Soap dissolves readily in soft water, making a quick, generous lather. In hard water, or that which has certain substances dissolved in it, soap does not lather readily. Until enough soap has been used to destroy this “hardness,” there will be no action between the alkali and the grease in the

dirty clothes, and therefore little cleansing. This greatly increases both labor and expense. Rain water is the softest natural water. In hard-water regions filtered rain water, should be used for laundry purposes, or the hard water should be softened. Some hard waters can be softened by boiling for half an hour. Others can be softened only by an excess of alkali. For this purpose sal soda is the cheapest agent, although borax is perhaps the best, because of its bleaching and disinfecting properties. These combined justify the additional expense.

As the amount of hardness varies, no universal rule can be given, but a half-cup of alkali to a tub of water may be considered an average amount. Dissolve the soda or borax in a little warm water, and pour into the tub before putting in any clothes. No solid alkali should ever be put upon fabrics.

Of soaps there are many, both good and poor. The manufacturer who has a reputation worth keeping will not risk it by putting an inferior soap on the market. A soap warranted to do the work in one quarter the time of some other is very likely so strong in alkali that the fabrics will be destroyed with equal celerity. A poor soap is dear at any price, for fabrics cost far more than the best soaps. Use a weaker soap and give it more time to do its work upon the grease, and the fabrics will be cleaner and last longer.

Powdered soaps are convenient to use in making soap solutions for woolens and delicate fabrics. This convenience is also a menace, for so much is used that the fabrics are injured and expense increased. It is always wise to use less than the makers direct.

Soap rubbed directly on the clothes, except woolens, and allowed to dissolve slowly by soaking in just water enough to cover for a period of time, varying according to amount of soil, combines efficiency in cleansing and economy of soap.

Washing is one department of household cleansing, which may well be done outside of the private house, if the con-

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ORIGIN OF THE LAMP.

Lamps, derived from the Latin *lampus*, has been defined, until within a few years, as a receptacle for oil with a wick for illumination; but the inventions of the past generation have made it impossible to distinguish between the lamp proper and any other artificial means of giving light. As used by the Egyptians, Greeks and Hebrews, lamps were simple flat vessels, round or oblong in shape, at one end of which was a small handle, at the other a nozzle with a larger opening in the centre into which oil was poured. The oil commonly used was vegetable, but, according to Pliny, sometimes of liquid bitumen. These lamps, many of very elegant form and ornamented with fanciful designs, were hung by chains to bronze candelabra. Tarentum and Ægina were especially famed for making them of great elegance.

Among the Canadian French the same low, oval metallic vessels, furnished as in early days with a handle at one end and a nozzle at the other, may still be seen. Some are made to be carried in the hand, while others are suspended by chains in the middle of the room. The Hebrews kept their lamps burning all night, and this custom is still in vogue in Aleppo and Egypt. From the earliest times until within about a century, the lamp remained much the same, consisting simply of oil and wick in some kind of a vessel. A complete revolution in artificial light was caused by the invention by M. Ami Argand, in 1784, of a burner with a circular wick. The flame was thus supplied with an outer and inner current of air. Argand was also the inventor of the glass chimney as applied to his and other lamps. The so called astral lamps were provided with these circular wicks, the reservoir for the oil being arranged in the form of a hollow ring, enveloping the central stand that supported the burner. In consequence of the peculiar shape given to the ring the lamp cast no shadow at a little distance off. An ingenious piece of clock-work machinery was devised by Carcel, in 1800, for pumping the oil from the reservoir at the foot of the lamp up to the burner, and thus supplying it always from the same point. This lamp, afterward slightly improved by others, was in many respects the most perfect of these contrivances, but its great cost prevented its general adoption. It was, furthermore, so large and heavy that it could be moved only with difficulty, and the very complicated nature of its mechanism required access to skilled workmen to keep it in repair. A modification of the Carcel lamp, known as the Diacon, was long popular in this country.

In 1878 Peter Keir made the great invention—since fully developed by Aronson—of raising the supply of oils by means of another fluid with specific gravity greater than oil. This fluid was generally a mixture of salt and water.

The automaton invented by Porter in 1804 was very ingenious. The lamp was suspended on an axis, counterbalanced by a weight, so that it hung

level when full, but at an angle of forty-five degrees when empty, thus being fed evenly by the gradual ascent of the burners.

In 1822 Samuel Parker made an important improvement: the fixing of French chimneys upon burners by means of metal supports.

The difficulty of distinguishing between the countless inventions relative to lamps and those referring to general illumination does not appear great prior to 1865, when the production of petroleum greatly stimulated the study of practical method of generating light.

It is remarkable that the invention of Hero of Alexandria, in which the oil was raised by water, involves the pressure principle, since developed in nearly a hundred forms. It is adapted to any kind of inflammable fluid, and while burning may be rolled on the ground, upset, or reversed for any time without danger. It is interesting to note that the most important recent inventions in lamps are chiefly American. A full description

of them all would occupy volumes; but it is safe to say that no other household article has undergone so many and marked changes in the past century as the lamp.

BOSTON SCHOOL KITCHENS.

BY GRANVILLE B. PUTNAM, BOSTON.

A successful experiment at the vacation school in the Tennyson Street Primary building, during the summer of 1885, induced Mrs. Augustus Hemenway to open a regular cooking school for the benefit of girls connected with the South End schools in November, 1885. While the city provided the room, the entire expense was assumed by Mrs. Hemenway, with the expectation that the results would be so satisfactory that the school committee would soon take the responsibility of this, as well as start others, as needed, in different parts of the city. She has decided to carry it through the present year; and another, to be called Boston School Kitchen, No. 2, at the charge of the city, has just commenced in South Boston under the direction of the Manual Training Committee. Mr. James S. Murphy, its efficient chairman, is enthusiastically carrying forward this new enterprise, and hopes soon to open one in the Roxbury District.

It is to be desired that similar institutions shall be opened in all our large cities and towns, and to this end it may be well to present to your readers a little more definite account of this School Kitchen No. 1. A basement room about 32 x 30 was fitted up as a first-class kitchen, with range, gas stove, and twelve gas-burners for use in boiling, frying, etc. The latter were placed above as many desks, which were arranged in the form of a horseshoe, and provided with the following utensils: a chopping and bread board, egg beater, two bread pans, a nappy, double boiler, tin plate, tin basin, two saucepans, mixing bowl, sieve, frying pan, two tin measuring cups, two knives, a fork, two teaspoons, a tablespoon, a wooden mixing spoon, pepper and salt shakers, one wooden and one wire masher, a dish of sand, soap dish, cake of sapolio, also one roller for two desks and one lemon-squeezer for three desks.

In order that there may be a little understanding of the chemistry of the materials used in cooking and their adaptation to the needs of the human body, a museum of analyzed foods, prepared at the Institute of Technology, is provided.

Displayed upon the wall, in large type, is the following extract from Ruskin:

Care of Carpets.—An exchange offers the following sensible advice about carpets: Once a month all Brussels carpets in daily use should be treated to corn meal and salt. Mix a small handful of salt to every quart of corn meal; dampen it very slightly, sprinkle over the carpets, and sweep thoroughly. It will remove dust and coal smut, and brighten the colors wonderfully. When the spring and fall cleaning is done, have the carpets well swept, then sprinkle with corn meal and salt, and rub one width at a time with clean cloths, which should be changed when soiled. The ingrain and three-ply carpets should be well shaken, the spots washed in a pail of clean, warm soap and water, then rinsed and dried. When they are tacked down, wipe them all over with a flannel cloth rung from hot water.

—In buying table-linen it is well to remember that the finer and smaller the pattern, the longer it will be likely to last. Table-cloths of any kind are said to wear much longer if a double faced, thick cotton flannel is first spread on the table. It smooths the edges, and is much softer and more agreeable than without it.

Cement to Mend China.—Take a very thick solution of gum arabic, and stir into it plaster of paris until the mixture is of proper consistency. Apply with a brush to the edges of the china-ware, and stick them together. In a few days it will be impossible to break the article in the same place. The whiteness of the cement renders it doubly valuable.

To Determine the Quality of Silk.—A writer in *Hartford Courant*, speaking of the various kinds of black silk, gives the following directions for detecting the spurious from the genuine article: "Take fibers of the tilling in any silk, and if, on breaking, they show a feathery, dry, and lack-luster condition, discoloring the fingers in handling, you may at once be sure of the presence of dye and artificial weighting. Or take a small portion of the fibers between the thumb and forefinger, and very gently roll it over and over, and you will soon detect the gum, mineral, soap, and other ingredients of the one, and the absence of them in the other. A simple, but effective test of purity is to burn a small quantity of the fibers: pure silk will instantly crisp, leaving only a pure charcoal; heavily-dyed silk will smolder, leaving a yellow, greasy ash. If, on the contrary, you cannot break the ten strands, and they are found of a natural luster and brilliancy, and fail to discolor the fingers at the point of contact, you may well be assured that you have a pure silk, that is honest in its make and durable in its wear."

—Emery and oil will remove slight portions of rust from iron and steel, but if there is much corrosion, some muriatic acid will be necessary, which, however, will remove some of the metal as well as the rust. Nice table cutlery, packed away for a season, is in great danger of rusting. It may usually be avoided by covering the metal with a thin coat of paraffine.

The Value of Common Salt in the Care of Carpets.—The *Decorator and Furnisher* gives the following hints as to the usefulness of common salt in keeping moths from carpets —

"The housekeeper is often seriously troubled about the destruction of her carpets by moths. After taking them up and sending them to the cleaner's at great trouble and cost, they are no sooner down again than the pests come from the walls and floors, and continue their mischievous work. A simple and effective remedy is to sprinkle the bare floor very lightly with ordinary dairy salt, putting down the carpet lining over it. About once in two weeks sweep the carpet thoroughly with coarse salt. We have seen carpets that have been treated in this way, and for years not a moth has made its appearance even in the dark and unused corners, and that, too, where the house was infested with them previous to the use of this simple preventive.

"Coarse salt scattered about the floors of closets, and behind cupboards and drawers, will keep moths from harboring in such places. It may be thrown freely about on the regular sweeping days and taken up with the dust. It brightens carpets, lays the dust on bare floors, removes musty, stuffy smells, and is a general cleanser and purifier."

—Floor oil-cloths should be gone over lightly with white varnish twice a year. Clean thoroughly before applying the varnish.

—An exchange recommends a solution of colloidion in alcohol, to keep silver from tarnishing. Paint the silver with the solution, which is easily washed off with hot water when the silver is needed for use.

—If brooms are wet in boiling suds once a week, they will become very tough, will not cut the carpet, will last much longer, and always sweep like a new broom.

—An excellent duster with which to clean carved furniture is a new, soft paint brush; all dust can be easily removed with it.

To Prevent Wooden Vessels from Cracking.—Wooden bowls and other ware of this sort, as well as all cross sections from tree trunks and short log cuts for various purposes, are very apt to crack and split while seasoning. To prevent this completely, the pores of the wood should be well filled with linseed, or some other vegetable oxidizing oil, while it is yet green, and before it begins to show any signs of cracking or checking. This will completely obviate this inconvenience.

Cement for Glass.—Boil isinglass in water to a creamy consistency, and add a little alcohol. Warm the cement before using, but do not heat the glass.

Care of Silver Ware.—Many efforts have been made to devise a method of preventing the tarnishing of silver and silver-plated ware upon exposure to the atmosphere. The blackening which such articles speedily suffer, is due principally to the formation of a superficial film of silver sulphide, by the action of the sulphurous vapors in the atmosphere, especially in cities where the large consumption of coal and coal-gas charges the atmosphere with sulphur and sulphur compounds. Of all the suggestions that have been made, none appear to have given as satisfactory results as a varnish of collodion,—a solution of gun-cotton in a mixture of alcohol and ether. All other varnishes appear to impart a yellowish tinge to the silver or plated wares, but collodion varnish is quite colorless. The articles should be carefully brushed with the varnish with an elastic brush, making sure that the entire surface is covered. The film of collodion will protect the underlying metal surface for a long time. Where silver plate is laid aside, and not often used, a prepared cloth or paper is sometimes used as a wrapper, which, if carefully placed around the article, will prevent, or at least greatly retard, the tarnishing. These protective wrappers are easily prepared, and at small expense. Caustic soda is dissolved in water until the hydrometer shows 20° Baumé. To this mixture is added oxide of zinc until the amount reaches about two-thirds the quantity of caustic soda, and the mixture is boiled until perfect solution is effected. Water is then added gradually to reduce the solution to 10° Baumé. Into this solution, muslin or paper is dipped, and when dry, is ready for use.—*Popular Science News.*

—An exchange says that lamp-burners that have become dim and sticky, can be renovated by boiling them in strong soda-water, using a tin can for this purpose; then scour the burner with sapollo, and they will be as good as new.

HOW TO AVOID CARPET BUGS.—I would like to tell the housewives how I fought "carpet bugs," with which I suppose you are all acquainted by experience.

I was told a great deal about carpet bugs, and at last I heard how many ladies were dealing with them. I tried it, and found it successful. As carpet bugs only eat around the edge, it is only necessary to make a border; but some even do the whole floor, and have rugs instead of carpets. If you have border, the following is the way:—

1. Fill all cracks with putty.
2. Have any size of border washed, and cover with medium-weight manilla paper, pasted down smoothly.
3. Put on two or three coats of paint.
4. Two coats of coach varnish.

My floor is so highly polished, or rather varnished, that it reflects the legs of the furniture on it. It is easy to keep clean, and does not scratch, as it is very hard.

Mrs. H.

Watertown, N. Y.

DRAIN YOUR DISHES.—Draining dishes, instead of wiping, has unmistakable advantages, saving much time and labor. Fold an old table cloth to about four thicknesses, and spread upon a table. Wash the dishes and rinse in hot water. Place a bowl or large dish with the bottom upwards, lay a plate on each side, then one between and above them, with two others on the outer side of it, and so on, not permitting them to touch more than is necessary. Other crockery dispose of similarly. While disposing of iron ware, tins, etc., your dishes are drying. Should a drop of water adhere where they have touched one another, a brush with the towel removes it with little trouble, and there is no hint of lint on the glossy surface. Try it.

GRANDMOTHER.

—In putting in a new supply of groceries, always empty out what may be left of the old supply, and wipe the box or bucket with a clean, dry cloth; or, if not quite sweet, scald and dry thoroughly. Let what you had first be put on the top of the new; then that will be used first, and there will be no danger of waste through spoiling.

—The oftener carpets are shaken, the longer they wear; the dirt that collects under them grinds out the thread.

—An exchange says that an excellent glue to join the parts of broken crockery, is made by stirring plaster of Paris into a thick solution of gum arabic until the mixture assumes the consistency of cream. Apply with a brush to the broken edges of the ware, and join together. In three days the article cannot be broken in the same place. The whiteness of the cement adds to its value.

—An excellent paste for inlaying fine engravings, mounting photographs, and preserving manuscripts is made by boiling rice flour very slowly, in about the proportion of four parts water to one of flour. When cold, it will be about the consistency of bandoline, and is even more adhesive than starch or gum arabic. It does not leave a stain, as flour paste does.

HOW TO DRY WET SHOES.

When, without overshoes, you have been caught in a heavy rain storm, perhaps you have known already what to do with your best kid boots, which have been thoroughly wet through, and which, if left to dry in the ordinary way, will be stiff, brittle and unlovely? If not, you will be glad to learn what I heard only recently, from one whose experience is of value.

First wipe off gently with a soft cloth all surface water and mud; then, while still wet, rub well with kerosene oil, using for the purpose the furred side of Canton flannel. Set them aside till partially dry, when a second treatment with oil is advisable. They may then be deposited in a conveniently warm place, where they will dry gradually and thoroughly.

Before applying French kid dressing, give them a final rub with the flannel, still slightly dampened with kerosene, and your boots will be soft and flexible as new kid, and be very little affected by their bath in the rain.—*Harper's Bazar.*

Laundry.

To Wash Flannels.—To wash flannels so as to have them soft and pliable instead of hardened into wooden boards, requires skill on the part of the washer. Science tells that the oil of perspiration remaining in flannels should be removed before soap is applied, or a combination is formed with the soap that hardens the flannel instead of softening it. To remove this oil, soak them, previous to washing, for at least half an hour in soda-water, moderately strong. After this they are easily washed, and remain soft.

Put all the soap used for flannels *in the water*. Hot water is best for washing and rinsing. They should be well wrung and shaken before they are hung to dry. Always wash flannels by themselves; for if done in the suds used for cotton clothes, the white fluff of the cotton works into the wool, and spoils their appearance.

Washing Lace.—Laces rubbed, starched, and ironed, rarely look fit to wear again; but lace, if of good quality, may be done up so as to be kept fresh-looking for a long time. The following is recommended as a good method for accomplishing this result:—

“Laces that require doing up should be basted carefully between folds of thin muslin, and put into cold soft water, to every pint of which must be previously administered a tea-spoonful of aqua ammonia, and sufficient white soap to make good suds. Let the water boil a few minutes, and if the laces are not then clean, pour off the liquid, and put in cold water as before; continue to do so until the articles are thoroughly cleansed.

“Never wring out lace: always squeeze it between the folds of muslin. If clear lace is required, put a little bluing in the rinse water; if the old-time yellowish tinge is wished, a few tea-spoonfuls of strong coffee in the rinse water will give the requisite hue. Lace must never be stiff, but a little of the limpness may be taken off, if desirable, by putting a little dissolved gum arabic in the rinse water. Now press the clean rinsed laces between folds of white muslin, till they are as dry as they can be made in this way: then pin each article out smoothly and in its shape on a pillow, and with a fine needle pick out and raise up every stem and leaf and thread to its proper place.”

To Wash Woolen Blankets.—Select a bright, sunny day, with a brisk breeze, so that they may dry rapidly. Have the water as hot as the hands will bear, and dissolve the soap in the water, avoiding rubbing it on the blanket unless very soiled spots render it imperative. After rubbing through this water, rinse thoroughly through two waters of the same temperature as the rubbing water. Wring as dry as possible; then let some one take hold of each end of the blanket and pull evenly and strongly to bring it to its former size before drying. Pin it evenly as possible on the line, and let it become

perfectly dry. Treated in this way, no ironing is necessary. The secret of washing flannels without shrinking, is to have all the waters the same temperature (and after long experience I prefer hot to lukewarm water), and also to rinse thoroughly all soap from the blanket.—*Good Housekeeping.*

—The *Laundry* says that the reason blankets are hard and harsh after washing is the use of soap containing rosin. A small piece of borax dissolved in water and added to the suds will greatly improve the softness of the blankets.

Lace Curtains.—A writer in the *Household* suggests the following as a good way to wash the lace curtains:—

“In the first place do not try to wash more than two curtains at a time, or you will be likely to tear them. When they are taken down, shake to remove dust, and baste a two-inch strip of cotton cloth all around the edges. Fold the curtains till quite small, and lay in a tub of lukewarm suds. In half an hour gently press and put them in a basket to drain. Articles of this sort must on no account be wrung or rubbed. For the next water dissolve two table-spoonfuls of borax and some shavings of Ivory soap in two pails of water, which may be used a little warmer than the first, and place the curtains in this. Set the two in the sun, and turn the goods often to remove the yellow look. As soon as they are sufficiently whitened, scald, rinse, blue, and starch. The starch must be very, very thin, and when the curtains are well drained, dry on sheets which you have fastened on the floor, or pin to the quilting frames. When you put them to dry, you will see the advantage of the strip about the edges. Keep them folded during the whole process, and if gently handled, they will come out as good as new.”

—An exchange says to keep flannels as much as possible from shrinking and felting, the following is to be recommended: “Dissolve one ounce of potash in a bucket of water, and leave the fabric in it for twelve hours. Next warm the water with the fabric in it, and wash without rubbing, also draw through repeatedly. Next immerse the flannel in another liquid, consisting of one spoonful of wheat flour to one bucket of water, and wash in a similar manner. Thus treated, the flannel becomes nice and clean, has barely shrunk, and has felted scarcely any.”

—Towels with handsome bright borders should never be boiled or left to stand in very hot water. It is far better economy to use a larger number of towels than to use but one or two, and get them so badly soiled that very vigorous rubbing is needed to make them clean.

IRONING A TABLE CLOTH.

The artistic *Decorator and Furnisher* does not consider it beneath magazine dignity to talk about table linen, which is a delight to any properly created woman. It says: The proper laundering of fine table linen was formerly considered one of the accomplishments of a gentlewoman, but few of our modern young ladies can make even the pretense of understanding it. The wringer, while it saves labor, does it at the expense of much of the beauty of the table cloth or napkin that passes through it. The wringing out of the very thin starch or rinsing water should be done by hand, and as it is not at all necessary that starched linen especially should be wrung very dry, the hands will do just as well. Shake the articles thoroughly or fold them into manageable size and snap them as old housekeepers know so well how to do. But little starch should be used in such articles; just enough to give them a new feeling and to take the polish of the iron. It is not necessary to use any starch at all if the linen is ironed when quite damp and patiently gone over until thoroughly dry.

Always take table cloths from the line while still damp. Fold the linen evenly and roll up in a tight roll, wrapping large pieces in damp towels, so that they will not dry on the outside. Napkins should be similarly treated and each size and pattern rolled up in damp towels in packages by themselves until ready to iron. The irons should be heavy and as hot as possible without danger of scorching. Iron table linen in single fold if you wish to bring the pattern out handsomely, and let there be several thicknesses of flannel upon the ironing board. A damp towel may be laid over a portion of the cloth that the operator will not immediately reach. When the entire surface has been ironed fold lengthwise and iron again with the selvage toward operator. Go over the entire length of that side, then fold with the just completed portion inside, and so continue until the cloth is folded and done. If still damp, hang in the sun or on a clothes-horse until thoroughly dry. Napkins are to be similarly treated, and should never have their first ironing when folded together, but be gone over singly, then folded as directed in the table cloth.

"HINTS FOR THE LAUNDRY."

Ever since the introduction of woven fabrics centuries ago, the cleansing of apparel has been a necessity. Travellers tell us that in some foreign countries the clothes to be washed are taken to a stream near at hand, dipped in the water, spread on the grass, and covered with a kind of yellow clay. In a few hours the clay is rinsed off, and the linen is left beautifully white. No such simplicity as this is known to the American housewife in the performance of one of the most arduous of her duties of the week.

True, stationary tubs with hot and cold water within easy reach, "improved" wringers and "ingenious" washers lighten the labor somewhat, but thousands of homes are not supplied with these labor-saving contrivances, and suggestions promising to lessen the manual labor of washing-day will be welcome there.

Some previous preparation can be made that will help wonderfully. Be sure to have a dinner planned for Monday that will not require attention during the forenoon, and instead of throwing the soiled clothing together promiscuously as it is collected on Saturday and Sunday, assort it in such a way as to save time on Monday. Fine, coarse and colored clothes should be placed in separate rolls.

An ornamental as well as useful contrivance for holding soiled clothing is made by covering a half barrel with cretonne or pretty figured oiled calico,



laying this cover in box-plais to represent barrel staves. The inside of the barrel is lined with silk or cambric, the lid is covered and finished around the edge with a narrow box-plaiting of the cretonne; a ring or handle by which to raise the lid is added, and the receptacle is complete. This will be found to be a great convenience especially if house-room is not over-abundant.

Washing.

The writer has tried many different ways recommended to make washing easy, but the one here given has proved, from long experience, to be the most satisfactory.

Monday morning, rise a little earlier than usual, if possible, and have a quantity of water heated. Fill a tub about half full of hot water, and into this stir a half a bar of any good soap previously dissolved by shaving thin in hot water. Into this soapy hot water throw the white clothes to be washed, and let them soak while doing the morning work.

After clearing breakfast away and putting the house in order, pour off the water in which the clothes have soaked and add a clean suds. Rub the white clothes through this, scalding them in a large kettle or boiler, and throwing them into another tub. When all have been washed and scalded, cover them well with cold water. Prepare a clean suds, and through it wash the colored clothes.

Wash the tub and prepare the rinse water, adding either dissolved indigo or ultramarine blueing, wring the white clothes from the sudsing water, rinse well and hang out all but the fine clothes which are to be starched. Wash the colored clothes through another suds, rinse, starch in flour starch, made by pouring boiling water over a small quantity of flour, and the water stirred until smooth and free from lumps, and hang out.

The clothes line should be rubbed with a damp cloth before the clothes are hung upon it. Clothespins when not in use should be kept in a basket or sack for that purpose, that they may be clean and free from dust.

Starching.

Prepare the starch for the linen by allowing one tablespoonful of good starch to each shirt, collar and pair of cuffs to be starched, and dissolving it in a little cold water. Add a little dissolved blueing and a small piece of laundry wax. A favorite substitute for the wax is made by melting together equal parts each of spermaceti, white wax and paraffine into a cake, and adding a small piece of this. It at once prevents the polishing-irons from sticking, and aids in securing a polish.

Stir this dissolved starch, and pour boiling water over it until it is clear but stiff. Make this starch much thinner by the addition of water, for starching dresses, skirts, aprons and laces.

To starch shirts, collars or cuffs lay the piece to be starched on a clean, smooth board, and rub in all the stiff starch it will absorb. Rub off superfluous starch on the right side and hang up to dry, as free from wrinkles as possible, either in the sun or near hot fire.

Dampening and Ironing.

The clothes should be gathered as soon as dry on windy days, as an hour's whipping and switching in the wind will wear them more than weeks of ordinary usage.

Dampen the night before ironing by sprinkling each piece, which should be lightly rolled up, and then placed in the basket.

Do not dampen fine starched clothes until an hour or two before ironing them, as they will be less stiff if damp a longer time. Dampening collars, cuffs and shirts is an important feature of the polishing, as they must be limber but not wet. For collars and cuffs procure a thin piece of cloth,—cheese-cloth is best perhaps,—wet it and wring it out. Then begin near one side of it, to lay on it a cuff; then fold over the end without bending the cuff, lay on another piece, fold again and so continue until all the cuffs and collars are wrapped in the damp cloth. They will be ready for polishing in about an hour.

To dampen shirts, lay a damp cloth over the bosom, sprinkle the rest of the shirt lightly, roll up and place with the collars and cuffs.

The ironing table should be covered with a thick blanket and a clean white sheet. There should also be a shirt-board six feet long and eighteen inches wide covered with two or three thicknesses of cloth, in order to iron dresses and skirts nicely. A bosom-board is indispensable; this should be nine inches by eighteen inches, planed very smooth, and covered with a single thickness of cotton-cloth.

Keep the smoothing irons clean, and free from rust by scouring them well occasionally with powdered emery.

It is to be hoped that no one who reads this is an advocate of the "non-ironing" theory. So slovenly a practice as that of putting away clothes unironed cannot be deprecated too severely. Other careless habits will be sure to follow in the wake of such a violation of the rules of neatness.

If time is limited and strength inadequate, economize elsewhere. See that no garments are soiled and washed unnecessarily. Have fewer tucks and ruffles if need be, but do not neglect the ironing.

Laces and embroideries should be placed wrong side up over flannel, and ironed after being carefully smoothed. Iron the thinner parts of dresses and other starched garments first, as they dry soonest; leave gathers and bands until the last.

Polishing.

The fine glossy appearance given to linen by professional launderers has long been regarded with wonder by house-keepers, and looked upon after unsuccessful attempts at imitation, as the result of a magical process or of a secret difficult to penetrate. In despair they decide that when they wish nice work to be done they must send their linen to a laundry.

Some years ago, the writer in quest of information on this subject visited the laundry of a shiny-pated Celestial noted for his glossy linen. When asked what kind of starch he used, John Chinaman said, "Oh, halfe Melican stlarch, halfe China stlarch." Then he added with a wise shaking of his cue and blinking of his oblique eyes, "Melican woman no stlounge 'nough makee shine alle samee likee Chinaman," and with these unsatisfactory replies, his interrogator was obliged to depart more than ever impressed with the mystery attending fine laundry work.

But notwithstanding Johnnie's discouragements and necromantic contortions, we succeeded after many trials and disappointments in evolving from observations of laundry methods and from experiments, a process whereby a polish may be given to linen that will please the most fastidious.

Several conditions must be observed, however, simple though they be, in order to insure success. Starching and dampening have already been described carefully. Experiments with many different kinds of polishing-irons have taught that the best



work can be done with the rough-faced, Troy polishing-irons. On account of their indented surface they must be heated very hot.

Iron the body and sleeves of shirts with a common, smoothing iron. Place the bosom-board under the bosom, smooth wrinkles, and polish by rapidly moving the polishing-iron over the surface with heavy pressure. Should any part have become too dry to polish well, rub lightly with a damp cloth and polish again.

Plaits should not be pressed down. To prevent this follow the iron with the ends of the fingers under the plait.

Polish cuffs on both sides, the right side last. Quick movements and heavy pressure will secure the best results in the least time. When done, draw the end of the iron lengthwise on the wrong side. This will curl them into shape.

Polish the upper and lower parts of turn-down collars separately, the lower part first. Fold and run the iron around the upper edge on the inside a number of times.

It is an excellent plan to keep a small cake of bees-wax on the ironing table, and to rub the hot irons over it frequently, and then over a damp cloth to keep them smooth and free from starch.

The polishing-irons require scouring occasionally with powdered emery and washing with an old tooth-

brush, to keep the indentations free from everything that might clog the articles to be polished.

The pardonable pride which every true housewife takes in the appearance of her linen, will be fully gratified if this method is pursued with reasonable care, and now that low-cut coats and vests are the proper thing for gentlemen, she will have another avenue to the heart of husband, father, brother or son, for glossy cuffs, collars and shirt-fronts will rival the proverbial "good dinner" in the promotion of domestic tranquility.

HELEN HARDWOOD.

HOW TO LAUNDRY COLORED CLOTHES.

Before putting colored clothes into water, says a lady in the *Detroit Free Press*, it is best to look them carefully over, and if there are any grease spots, they should be washed out first, as they cannot be seen after the articles are wet. Do not wash in very hot water. Warm water does as good work and is not as trying on colors; that is, it will not extract the color so much. Rub immediately, not allowing them to soak long. Soft soap should never be used for any colored clothes except for the various shades of yellow calicoes, for which it is preferred. Rinse such garments always in soft water, while for the other colors hard water is preferable, and rinse them out as soon as they are washed; hang in the shade. A little salt in the rinsing water serves to brighten and set the colors of black, green and blue calicoes. Alum dissolved in the rinsing water is excellent for green colors, while vinegar added to the rinse will brighten red and pink cottons as if they were new.

For several days before the general wash day, save up the water in which potatoes have been boiled, and use this for black calicoes, dark lawns and linens. It can be heated to the right temperature, using no soap. The goods will need no other starching, as the potato water will stiffen them and also preserve the color. Never starch black cotton with wheat flour. Another method much used by my grandmother for garments inclined to fade, was to wash them with lukewarm water, adding a beef's gall in proportion of one half-pint to three or four gallons of water, rinsing in hard water. Do not use soap unless absolutely necessary. Most women make flour starch by mixing up the flour with water until the mixture is free from lumps, and then pouring boiling water over it until it is of the proper consistence. I think a better way is to pour the prepared flour water, free from lump, slowly into a pot of boiling water, stirring it until it has cooled four or five minutes. Strain it through a bag made of two thicknesses of dairy cloth, and then thin it with cold water. If the starch is made in this way the clothes will have a better look. Do not iron calicoes with irons too hot, as the hot irons will change the colors very materially, especially those that are red. Garments that have been

starched should not be put away for several weeks or months where the air cannot circulate freely, as starch has a tendency to make the fiber tender when the goods are not exposed to air — *Sel.*

For The Household.

IRONING-BOARD COVERS.

If your ironing-board needs a new cover, cut two pieces of old white blanket the size of the top, and allow just enough to come over the edge, but not under.

If you haven't any old blanket to use for this purpose, place two layers of cotton flannel on the board, and tack it smoothly over each edge. A piece of cotton flannel, with a double layer of sheet wadding under it, is nice, but you must be particular to have the wadding smooth, and fastened securely in place.

From strong muslin, bleached or unbleached, as you prefer, make two or three covers the size and shape of your board. Hem them all around, and, at distances of four or six inches, sew strong tapes long enough to reach under the board and tie securely. When one cover is soiled, it is easily removed and a clean one adjusted.

If two such tapes are fastened to the corners of your ~~silence cloth~~ for your dining-room table, you will find it much more easy to keep the cloth in place and out of sight at the edges.

DELDER CROFT.

TO DO UP HANDKERCHIEFS.

To have your handkerchiefs always looking like new ones, wash and iron them after the following directions:

After they have been washed and brought in dried from the line, instead of sprinkling them for ironing, as you do the other clothes, put two quarts of water in a bowl and squeeze six drops of bluing into it from the blue-bag; then take a piece of raw starch the size of a pigeon's egg and dissolve it in the water, being careful that it does not settle in the bottom of the bowl.

Take each handkerchief separately, dip it up and down in this water two or three times, squeeze it as dry as possible with the hands; then, when they have all been dipped in, lay them out smoothly in a towel and place them in the clothes-basket.

To iron them, lay them out flat on the ironing table and smooth them on both sides. After this, make a fold two inches deep across the handkerchief and press it in lightly with the iron; then make a fold the other way across the handkerchief just as they are folded in the boxes when you buy them.

By laundering them in this way, handkerchiefs will look quite new as long as they last.



HERE ARE a number of women who understand nothing whatever of the details connected with the washing and ironing of clothes. The young housekeeper is apt to take it for granted that the women who make a specialty of this sort of work are competent to attend to all the details. There are, however, numerous rules in regard to the laundering of clothes that appeal directly to the recognition of every housewife. As Mondays and Tuesdays are almost universally given over to laundry work, other concerns should be made subordinate in a measure to these interests; excepting, of course, in instances where the domestic staff includes a regular laundress.

Where it is the custom to hire a washer-woman, there are certain preliminaries which should always be attended to before her arrival by one of the household. The clothes should be put to soak the night previous; the fire started in the laundry stove or at least the fuel made ready for lighting; the clothes-line should be adjusted, and all those accessories incidental to the work of the day, such as soap, starch, clothes-pins, ammonia, bluing, clothes-stick, basket, etc., provided.

Judgment and firmness should be exercised by a housewife in regard to the use of preparations for making the process of washing less laborious. In reasonable quantity such things are of great value, but too liberal a supply of articles containing strong chemicals will destroy the fabrics to which they are applied. The use of such preparations should never be left to the discretion of an ignorant person.

It will seldom be found wise to divide the laundry work; that is, to employ one person for the washing and another for the ironing. Neither woman will exert herself to do justice to the work, since the blame for poor results cannot be placed upon either.

MENDING, REMOVING STAINS, ETC.
—A careful housewife always mends articles previous to putting them in the wash; damage is always made greater by laundering. The clothes, too, should be carefully counted, and a full list of them made out, which list should be carefully compared with the clothes when brought upstairs. This precaution should

prove a safeguard against carelessness and loss. We all know how small belongings, like doilies, handkerchiefs, napkins, dish and glass towels, etc., dwindle away unaccountably, while one's store of dusters and cleaning cloths, no matter how liberal the original supply, continually diminishes. Unless these articles, so valuable in their way, are looked after they will inevitably be destroyed or thrown away when soiled or half used, instead of being washed, and the supply kept up.

Stains should always be removed before articles are put in the wash or to soak, or the damage may be fixed through the agency of the soap. Fruit stains may be removed or greatly reduced by pouring boiling water over the stained spot. Spread the fabric over a large bowl; press it firmly in place as a sort of cover over the bowl, and pour hot water through the affected portion until the stain disappears or is lessened. Should this not prove successful try soaking the part in javelle water for a short while; rinse out in ammonia water well diluted, and again in clear water. This treatment will apply also to tea and coffee stains. Soaking in milk will remove ink stains. If ineffectual, try javelle water; this latter should be used also in cases of mildew stains. To efface grass stains wash the part well in kerosene and then in soap and water. Lukewarm water with soap will wash out cocoa or chocolate stains. For red wine stains on a table cloth, cover the spot at once with salt and let stand until the table-cloth is removed, then pour boiling water through as directed above.

SOAKING AND BOILING CLOTHES.—There are many laundresses who do not consider the soaking of clothes previous to washing at all requisite; still, its advantage is apparent. It is desirable to effect the process of washing without unnecessary outlay of energy, and with as little wear as possible on the clothes. Soaking them tends to loosen or reduce the dirt in advance of the rubbing stage and, consequently, makes this process less laborious, and the rubbing of the clothes a matter involving less wear or strain upon the material.

The articles must be sorted over carefully, and the table linen placed apart to be put to soak in a separate tub; the more soiled clothing should also be apportioned

Peach Stains.—At this season of the year when table linen and children's clothing are so liable to become stained with the juice of peaches, it is well to remember that the best way to remove such stains is to give the suspected articles a good soaking in cold water, then wash them out with soap, before allowing warm water to touch them.

Instructions for Removing Ink Stains.—

To extract ink from silk and woolen goods, saturate the spot with spirits of turpentine, and

let it remain several hours; then rub between the hands. It will crumble without injuring the color or texture of the fabric.

To remove ink stains from cotton and linen goods, apply alternately a strong aqueous solution of oxalic acid and chloride of lime. Rinse well with water.

The *Journal de Pharmacie d'Anvers* recommends pyrophosphate of soda for removal of ink stains. This salt does not injure vegetable fibre, and yields colorless compounds with the ferric oxide of the ink. It is best to first apply tallow to the ink spot, then wash in a solution of pyrophosphate until both tallow and ink have disappeared.

Stains of red aniline ink may be removed by moistening the spot with strong alcohol acidulated with nitric acid. Unless the stain is produced by coarsine, it disappears without difficulty.

Indelible ink stains may be promptly removed from clothing by simply wetting the stain with a solution of bichromate of mercury. Bichromate of mercury is a rank poison, and should be used with caution.

To take copying ink out of white goods, make a strong solution of chlorinated lime in cold water, and apply to the stains; then apply a strong aqueous solution of oxalic acid (cold). Repeat if necessary until the stain disappears. Rinse thoroughly in chilled water.—*The Laundry.*

To Remove Mildew from White Muslin.—

Mrs. H. W. Peecher, in the *Christian Union*, gives the following methods for removing mildew from white muslin:—

1. To be successful and do no injury to the cloth, the mildew should be extracted as soon as possible after it is discovered. It is almost impossible to remove it, if long unattended to, without serious injury to the garment. Mix soft soap and finely powdered starch with half the quantity of salt and the juice of a lemon. It should be as thick as paste. Wet both sides of the cloth in this preparation, and spread it on the grass. Let it lie there day and night till the mildew disappears, renewing the paste two or three times a day.

2. Put salt into tomato juice, and wet the stain in that. Spread the cloth on the grass, renewing the salt and tomato juice as before, till the mildew disappears; then rinse in clear water, and boil and bleach with the other clothes.

3. Moisten a piece of soap, and rub over the spot, and then spread whiting over the soap. Lay it on the grass in a hot sun, and as it becomes dry, wet the spot, and from time to time renew the soap and whiting.

To Remove Milk and Coffee Stains from Silk and Woolen Goods.—

These stains are very difficult to remove, especially from light colored and finely finished fabrics. From mixed woolen goods they can be removed by moistening with a mixture of one part glycerine, nine parts water, and one half part aqua ammonia. Apply this mixture by means of a brush, and allow it to remain twelve hours, moistening occasionally as necessary. Afterward press the stained pieces between cloth, and rub with a clean rag. Drying, and, if possible, a little steaming, is usually sufficient to entirely remove the stains.

For silk garments use five parts glycerine, five parts water, and one quarter part ammonia. Try the mixture, before using, on a small bit of the same goods to see if it will change the color. If such is the case, the ammonia must be omitted. Apply with a soft brush, allowing it to remain on the stains for six or eight hours, then rub with a clean cloth. The remaining dry substance should be carefully taken off by means of a knife. Brush the spots over with clean water, press between cloths, and dry. If this does not entirely remove the stain, rubbing with a little bread will complete the cleaning. To restore the finish, a thin solution of gum arabic may be brushed on, dried, and the goods carefully ironed.

—When clothes are scorched in ironing, try hanging the garment where the sun will shine on it, to remove the stain.

—An exchange says that iron-rust is readily removed from white fabrics by applying to the stains equal parts of common salt and cream of tartar moistened with water, and then placing in the sunshine. Re-apply the mixture to the spots as they become dry, for two or three hours.

*To bleach cloth that has become yellow with age. -
Rinse in cold water
and let it soak a
few days in sour milk.
This is a good way to
treat table napkins that
have stains and yellow
spots on them.*

poses which may be added according to the printed directions.

If it is inconvenient to put the clothes to soak the night before, they should be given a couple of hours previous to the time of washing. The more soiled articles should be rubbed over well with a piece of wet soap before being put in the water. When the clothes have been well soaked, let the water run out from the tub, wring out the articles lightly, place them in tubs half-filled with very hot water and proceed to use washboard and soap. The clothes are then put through the wringer into a second tub and washed again; then put once more through the wringer and placed in a boilerful of cold water over the fire. Soapy water made from shaved soap, or some of the washing preparations dissolved in water may be placed in the boiler before the clothes are put in, or each article may be rubbed over with soap as it comes from the wringer to be placed in the boiler. Let the clothes come up to a good boil, pressing them down into place with a wooden clothes-stick. The first boiler should always contain the table linen, and while these are coming up to the boiling stage attention may be turned to the second installment; always empty the boiler and refill with cold water when the rest of the clothes are ready to be placed therein.

On taking the clothes from the boiler place them in a tubful of clear, cold water and rinse out thoroughly in at least two waters to remove all possibility of a yellow tinge produced by the soap. The articles are next put into bluing water and well immersed. Wring out as dry as possible, roll up in bundles and place in the clothes basket. The clothes are now ready to hang on the line in the sun. The clothes-line and the pins should be perfectly clean. Care should be taken of these two articles.

A first-class laundress is always recognized by the appearance of her work on the line. Everything is clean; the clothes are hung in groups of the same class, and fastened or pinned carefully by the bands, or the heaviest parts upward, wrong side out.

White articles should always be placed where they will receive the strongest sun, and colored pieces should be hung in the shade. When the clothes are taken down and brought into the laundry, they should be spread on the laundry table and sprinkled piece by piece. Each piece should be sprayed thoroughly in all parts with lukewarm water, and then rolled up and put into the laundry basket in readiness for ironing. Napkins, handkerchiefs, towels, etc., should be stretched

and corners to be matched
as they are folded again.
Table linen and all starched
should be dampened generously
and then be protected from the
sun when they are ironed, by being wrapped
in pieces of clean, white muslin.

THE WASHING OF FLANNELS.—In re-
gard to flannels, these should be washed
with despatch and hung out as early as
possible in the morning sun. The pro-
cess once started should be finished with
all expedition, and the flannels ironed
while still damp. Careless methods in the
first washing of the most expensive flan-
nels will render them wholly unfit for fur-
ther service. Flannels should be washed
in a tub by themselves. The water may
be as warm as can be borne by the hand,
but there should be no variation in the
temperature of the various waters in which
flannels are washed and rinsed. To
half a tubful of water add soap dissolved
in water sufficient to make a good suds
and a little ammonia according to the
directions on the printed label. Use
white soap only for flannels and this only
to produce a suds. Never rub soap on
flannels. Put them into the soapy water,
rub as lightly as possible with the hands
and sop up and down, depending upon this
action to effect the cleansing. Then
squeeze out the soap suds shake out well
and stretch and wash again in a second
tubful of moderately soapy water. Rinse
in clear water, to which has been added
a little ammonia, shaking out vigorously
and stretching each piece thoroughly to
prevent shrinkage. Put through the
wringer; shake and stretch well again,
and hang out in the sun. A light breeze
is very advantageous. Hang up care-
fully that the flannels may not be drawn
out of shape. Take down before thor-
oughly dry and fold up in a dry, clean
cloth to be ironed as soon as possi-
ble. Delicate-colored flannels should be
hung in the shade lest they fade, and
no ammonia or borax is used in con-
nection with them. If the day be
damp or threatening, hang the flannels
indoors, but never close to an intense
heat. In very cold weather these arti-
cles must get the strongest possible rays
of the sun in drying. It is the extreme
variations of temperature which cause
flannels to harden and shrink. A little
bluing may be combined with the rinsing
water of flannels.

In washing blankets a clear, brisk and
breezy day is essential. Two tubs half
filled with hot water must be in readiness,
one containing enough shaved soap to
make a very strong suds; in the other
may be laid a part of a cake of soap.
Add to each tubful a quart of water in
which has been dissolved half a cupful

DOTS AND DASHES.

Senator Hanna denies that he has retired or will retire from business.

A furious drive by bears sent cotton down \$4.65 a bale on the New York exchange.

Five persons died from the effects of the heat in Chicago Monday, which reached 78 degrees.

Shamrock III. sailed over the 30-mile windward and leeward course off Sandy Hook in two hours 58 minutes and 37 seconds, making a new record.

Rear Admiral Evans, commander of the Asiatic station, has been given 500 more marines at his request, to prepare for possible complications in China.

Twenty thousand Bulgarian reserves have been called out and started toward the Turkish frontier. An ultimatum is expected and a crisis is apparent.

Mabel Brown, daughter of a Chicagoan, and another woman were murdered by strangulation at Denver, and another series of such murders as occurred in 1884 is feared.

Members of the New York stock exchange firm of Price, McCormick & Co. have paid final dividends to creditors. Ten million dollars of secured claims were paid in full.

There is activity among the cardinals, who believe a conclave must soon be held. Rampolla and Gotta are most prominent in the talk of a possible successor to the pope.

Gen. Francis V. Greene, New York police commissioner, and other asphalt trust promoters, will be sued by the company's receiver for enormous profits they are alleged to have made by the merger.

DISTINGUISHED VISITORS.

Several Persons of Prominence in Public Life Call on President at Sagamore Hill.

Oyster Bay, L. I., July 7.—President and Mrs. Roosevelt had a company of distinguished people as their guests at luncheon Tuesday. Early in the day Senator Hanna, of Ohio, arrived at Sagamore Hill on the private yacht Alvin, owned by Clement A. Griscom. Accompanying him were Mrs. Hanna and their friend, Miss Phelps; Mr. and Mrs. Griscom and Miss Griscom. Later Senators Fairbanks, of Indiana, and Kearns, of Utah, joined the party. While the statement is made by authority that the presence of this company, several of whom are notably prominent in current political history, was of no public significance, and was purely a social assemblage, it is known, among the men, politics was the principal topic of discussion.

Secretary Hay also came to see the president, arriving with Senators Fairbanks and Kearns. They were met at the station by one of the executive carriages and driven direct to Sagamore Hill. Secretary Hay said that he had some business to transact with the president which might occupy them until Wednesday. He declined to discuss for publication the Jewish Kishineff petition, but it is reasonably certain that arrangements will be made between the president and the secretary of state for its communication to the Russian government at an early date. Senators Fairbanks and Kearns were here only for the afternoon.

Extra Session Called.

Denver, Col., July 7.—Gov. Peabody has called an extra session of the legislature to meet July 30 for the purpose of passing a new general appropriation bill for the support of the state institutions. The bill as passed at the last session was declared illegal by the courts.

THE MARKETS.

Grain, Provisions, Etc.

Chicago, July 7.

WHEAT—Ruled higher. July, 77 $\frac{1}{2}$ ¢
75 $\frac{1}{2}$ ¢; September, 75 $\frac{1}{2}$ ¢@77 $\frac{1}{2}$ ¢.

CORN—Strong. July, 50 $\frac{1}{2}$ ¢@51 $\frac{1}{2}$ ¢.

OATS—Firm. September, 35¢@35 $\frac{1}{2}$ ¢.

RYE—Not much doing, no change. No. 2 in store, 40¢; samples, 33¢@34¢; September delivery, 40¢.

BARLEY—Sold fairly, ruled steady. Screenings, 30¢@31¢; feed barley, 43¢@44¢; low grade malting, 40¢@41¢; fair to choice, 42¢@43¢.

BUTTER—Ruling firm. Creameries, 16¢@16 $\frac{1}{2}$ ¢; factories, 14¢@17 $\frac{1}{2}$ ¢.

EGGS—Ruling steady. Fresh eggs, at mark, new cases included, 13¢@14¢.

LIVE POULTRY—Market firm. Turkeys, 12¢@13¢; chickens, 10¢@11¢; ducks, 8¢@9¢.

SWINE—Market steady. Pork, 10¢@11¢; lard, 10¢@11¢.

New York, July 7.

WHEAT—Firm and higher. July, 84¢@85¢; September, 82¢@83¢; December, 80¢@81¢.

RYE—Firm. State, 50¢@51¢ c. l. f. New York; No. 2 western, 67¢ f. o. b. afloat.

CORN—Ruled higher. July, 57¢@57 $\frac{1}{2}$ ¢; September, 57¢@57 $\frac{1}{2}$ ¢.

Live Stock.

Chicago, July 7.

HOGS—Good to prime heavy shipping, \$5.00@5.75; good to choice heavy packing, \$5.00@5.50; plain to choice heavy mixed, \$5.00@5.50; assorted light, \$5.50@6.00; thin to choice, \$5.75@6.25.

CATTLE—Plain beefs, \$3.50@4.00; choice to extra steers, \$4.00@5.25; medium beef steers, \$4.25@4.50; plain beef steers, \$4.10@4.50; common to rough, \$3.75@4.10; good to choice fat heifers, \$4.10@4.75; good to choice feeders, \$3.50@4.25; poor to plain stockers and feeders, \$2.50@4.00; fair to good cows and heifers, \$3.10@4.00; corn-fed western steers, \$3.50@5.25; Texas bulls and grass steers, \$2.75@3.75; Texas steers, fair to common, \$3.00@4.00.

Omaha, Neb, July 7.

CATTLE—Market 10¢ lower. Native steers, \$4.00@5.25; cows and heifers, \$3.00@4.00; cannors, \$2.00@2.50; stockers and feeders, \$2.50@4.25; calves, \$2.50@5.50; bulls, stags, etc., \$2.50@4.25.

HOGS—Market 5¢ lower. Heavy, \$5.00@5.50; mixed, \$5.75@6.50; light, \$5.50@6.25; pigs, \$3.50@5.50; bulk of sales, \$5.75@6.50.

SHEEP—Market steady. Western yearlings, \$4.00@4.50; wethers, \$3.50@4.00; ewes, \$3.00@3.75; common and stockers, \$2.00@3.25; lambs, \$2.50@3.00.

Removal of Stains from Woven Fabrics.

Mechanically Attached
Particles, may be re-
moved by beating
brushing and allow-
ing water to fall from
an elevation upon the
wrong side of the goods.

Mucilage, Mucus, Sugar, Jelly. Washing with lukewarm water will clean all goods.

Fats.—To remove from white goods, wash out with soap and lye; from colored cottons, wash with lukewarm water and soap; colored woolens, use lukewarm soap and water, or ammonia; silks, clean carefully with benzole, ether, ammonia, magnesia, chalk, clay or yolk of eggs.

Oil Colors, Fatwash, Rosin.—For all fabrics, except silk, use oil of turpentine, alcohol, benzole, and then soap; for silks, use benzole, ether, and soap very carefully, and in a very weak solution.

Stearine can be removed from all goods with strong, pure alcohol.

Vegetable Colors, Red Wine, Fruits, Red Ink.—To remove from white goods, use sulphurous vapor or hot chlorine water; from colored cotton or woolen goods, wash in lukewarm water and soap, or ammonia. Silk may be treated in the same manner, but very cautiously.

Alizarine Tints.—These stains may be removed from white goods with tartaric acid, the older the spot the more concentrated. For colored cottons or woolen goods, if color permits, employ dilute tartaric acid; for silks, the same, but with great caution.

Blood and Albuminous Spots.—Simply washing out with lukewarm water, will remove such stains from all kinds of goods.

Rust, and Spots of Ink made of Nutgalls.—To remove from white goods, employ hot oxalic acid, dilute hydrochloric acid, and then tin filings. For colored cottons or woolens, citric acid may be tried; for white woolens, dilute hydrochloric acid. Nothing can be done with silks without increasing the evil.

Lime, Lye, and Alkalies in General.—To remove from white goods, simply wash in water; from colored cottons, woolens, or silks, pour much diluted citric acid, drop by drop, upon the moistened spot, then spread around with the finger.

Acids, Vinegar, Sour Wine, Fruit Juices, etc.—

These may be removed from white goods by simply washing in clear water; in the case of fruit stain, use hot chlorine water. For colored goods, either cotton, wool, or silk, moisten the spot, drop by drop, with diluted ammonia, using more or less, according to the delicacy of the material and the color; then spread around on the spot with the tip of the finger.

Tar, Wheel Grease, Fat, Resin, Carbonaceous Particles, and Wood Vinegar.—To remove from white goods, soap with oil of turpentine, varied with the action of falling water; from colored cottons or woolens, rub on hog's lard, then soap, and allow to remain a short time; then wash alternately with water and oil of turpentine; from silks, same as in the preceding, but more carefully, and instead of turpentine, benzole and a continual current of water falling from a height, and only upon the reversed side of the spot.

For cleaning silks, soiled or greased, but not thoroughly discolored by acids, etc., the best agent is ox-gall diluted with lukewarm water and strained. Blood and albumen should simply be soaked in cold water.

Superficial Loss of Substance by Scorching.—For white goods, rub over thoroughly with a pad dipped in hot chlorine water; for colored cottons or woolens, whenever possible, color over, or raise up the pad. With silks nothing can be done.

TO CLEAN GLOVES AND SOILED WHITE SHOES.

How to Clean Gloves.

Get one pint deodorized benzine, half a drachm of sulphuric ether, half a drachm chloroform, one drachm of alcohol and a little cologne water to perfume it. Pour some in an earthen dish, and put the soiled gloves in the fluid, and rub them with your hands as you would wash anything. When most of the dirt is out, prepare some clean fluid, and rub them through it, smooth them out in shape and hang over a towel on a line in the shade, or, if one desires, they can be dried quickly on the hands. This preparation is excellent to remove grease from clothing, coat collars and other garments; put on with a flannel cloth, and rub with a small brush kept on purpose.

How to Clean Soiled White Shoes.

Ask a druggist for a dime's worth of pipe clay; put a little in a dish, dry, and, with an old tooth or nail brush, which is stiff, brush the shoes hard, but always the same way as the grain of the leather, or it will make them rough.

To Erase Grease from Cloth.

Get equal parts of benzine, alcohol and ether, and mix; lay a piece of clean blotting paper on wrong side under the grease spot; with a sponge wet in the mixture saturate the grease spot, lay a piece of blotting paper over it and iron with a hot flat.

Starching and Ironing

By LEYS CARPENTER

During a winter spent at a little seaside town in the south of England, I attended a course of lectures on the novel subject of starching and ironing. The enterprising "local board" had engaged a charming young lady, apparently in the early twenties, who had won a diploma both for that subject and cookery at the famous Kensington school of cookery in London, to come and deliver these lectures once a week for three months. The lectures were held in the Odd Fellows' hall, which had been provided for the occasion with a slightly raised platform or dais, on which were a gas cooking stove with four flatirons on it, and a table. The lecturer was a girlish figure with curly brown hair and a faultless tailor-made dress, partially hidden by an apron, collar and cuffs somewhat on the order of those worn by a hospital nurse, but more coquettish looking, being made of salmon pink linen and hemstitched. She proceeded, after a bow and smile to her audience, to smooth out a piece of blanket on her ironing table, covering it with a sheet, which she pinned under very carefully at each corner. "The subject for to-day is cold water starch. I shall begin," she said, "with collars and cuffs, and while I am mixing my starch in this little bowl I will dictate the ingredients to you. One tablespoonful of starch, half a pint of water, four drops of turpentine, and as much borax as will lie on a sixpence, dissolved in a tablespoonful of boiling water. Pour a little water onto the starch and mix it up quite smoothly with the hand; then pour in the rest of the water, turpentine and dissolved borax, taking care not to pour in the sediment of the borax, which might cause a speck of iron mold. The borax helps to stiffen. This quantity will be enough for four collars and two pairs of cuffs. One pint will do three shirts."

In that part of England everyone uses box irons, heating the heart-shaped pieces of iron red hot before dropping them into the box. These irons are particularly nice for starch things, and I always use one myself. In London, however, and elsewhere in England, the ordinary flatirons are used altogether, and this was the kind the lecturer had provided. Taking one from the stove she dipped a piece of rag in olive oil and bath brick and rubbed the bottom well. A rag dipped in kerosene or salt, she told us, is also good for this purpose.

She emphasized the necessity for scrupulous cleanness of the irons to produce good work, and indeed it is absolutely essential. Dipping a cuff, rough dried from the wash, into the starch mixture, after first stirring it smooth with her forefinger, she wrung it out and rubbed the starch in vigorously. She then repeated the dipping and rubbing and put it away rolled up tightly in a towel for about half an hour. It is better, as a rule, she told us, to leave them an hour or two before ironing when practicable.

Spreading out the cuff on the table and wiping it carefully on both sides with a piece of wet rag, she took her iron and ran it first of all very lightly on the wrong side, then lightly on the right; heavily on the wrong side, and heavily on the right. All these details sound trivial, but they are very important in getting a thing exactly right. For instance, if you iron the cuff or collar heavily at once the iron will probably stick, which it is also liable to do if you do not rub the surface first with the wet rag. Again, if you rub heavily on the right side first instead of the wrong, the thickened edges where they are turned in will present a raised surface on the right side. It is also important to keep on ironing the same article till it is quite dry and stiff. While the collars and cuffs are still hot they may be given the requisite curve by pinning the corresponding buttonholes together; by the time they are cold, the pin being removed, they will be found to retain their rounded position.

"To get good results in the somewhat difficult art of polishing," she said, "requires immaculate spotlessness in the polishing iron, as well as some practice. It is really quite hard work, though it sounds simple, which is the reason so few people have it done at home." Taking a cuff already starched and ironed, without, of course, any polish, she carefully recleaned and repolished her polishing iron, already as bright as a looking glass. Then she dipped a soft rag in cold water (using nothing else), and slightly dampened the surface of the cuff on the right side. "You must be extremely careful," she said, "to have your polishing iron heated to exactly the right degree, for if it is too hot it will scorch, and if the slightest bit too cool it will be also ineffectual." Taking the polishing iron in her hand she then moved it very quickly to and fro and from side to side, with considerable force, over the cuff. She held it up to our view, glossy and perfect.

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Rust, and Spots of Ink made of Nutgalls.—To remove from white goods, employ hot oxalic acid, dilute hydrochloric acid, and then tin filings. For colored cottons or woolens, citric acid may be tried; for white woolens, dilute hydrochloric acid. Nothing can be done with silks without increasing the evil.

Lime, Lye, and Alkalies in General.—To remove from white goods, simply wash in water. From colored cottons, woolens, or silks, pour much diluted citric acid, drop by drop, upon the incriminated spot, then spread around with the finger.

Acids, Vinegar, Some Wine, Fruit Juices, etc.—These may be removed from white goods by simply washing in clear water; in the case of fruit stain, use hot chlorine water. For colored goods, either cotton, wool, or silk, moisten the spot, drop by drop, with diluted ammonia, using more or less, according to the delicacy of the material and the color; then spread around on the spot with the tip of the finger.

Tar, Wheel Grease, Fat, Rosin, Carbonaceous Particles, and Wood Vinegar.—To remove from white goods, soap with oil of turpentine, varied with the action of falling water; from colored cottons or woolens, rub on hog's lard, then soap, and allow to remain a short time; then wash alternately with water and oil of turpentine; from silks, same as in the preceding, but more carefully, and instead of turpentine, benzole and a continual current of water falling from a height, and only upon the reversed side of the spot.

For cleaning silks, soiled or greased, but not thoroughly discolored by acids, etc., the best agent is ox-gall diluted with lukewarm water and strained. Blood and albumen should simply be soaked in cold water.

Superficial Loss of Substance by Scorching.—For white goods, rub over thoroughly with a pad dipped in hot chlorine water; for colored cottons or woolens, whenever possible, color over, or raise up the nap. With silks nothow can be done.

TO CLEAN GLOVES AND SOILED WHITE SHOES.

How to Clean Gloves.

Get one pint deodorized benzine, half a drachm of sulphuric ether, half a drachm chloroform, one drachm of alcohol and a little cologne water to perfume it. Pour some in an earthen dish, and put the soiled gloves in the fluid, and rub them with your hands as you would wash anything. When most of the dirt is out, prepare some clean fluid, and rub them through it, smooth them out in shape and hang over a towel on a line in the shade, or, if one desires, they can be dried quickly on the hands. This preparation is excellent to remove grease from clothing, coat collars and other garments; put on with a flannel cloth, and rub with a small brush kept on purpose.

How to Clean Soiled White Shoes.

Ask a druggist for a dime's worth of pipe clay; put a little in a dish, dry, and, with an old tooth or nail brush, which is stiff, brush the shoes hard, but always the same way as the grain of the leather, or it will make them rough.

To Erase Grease from Cloth.

Get equal parts of benzine, alcohol and ether, and mix; lay a piece of clean blotting paper on wrong side under the grease spot; with a sponge wet in the mixture saturate the grease spot, lay a piece of blotting paper over it and iron with a hot flat.

Where Lurk Disease Germs

BY LAURA J. RITTENHOUSE

I hope you believe, as I do, in the germ theory. Well, then, never throw water out of tumblers and leave them standing without washing, nor give them a careless dab with a not overclean tea towel. See to it that every tumbler is thoroughly washed in hot soapsuds and brightly polished, and that the china is all scalded as well, for no matter how much we may love our families we often have diseases lurking in our systems of which we are temporarily in ignorance, and from the tumblers and cups, or forks and spoons that have been touched by the lips, may proceed the contamination that precedes suffering, and maybe death.

The great prevalence of catarrh should warn us against drinking from vessels that have been used by others, and the custom many mothers have of giving their children water or milk from their own cups is greatly to be deplored. Having washed and scalded the dishes, dried and put them away, see to it that every pot and pan is free from adhering food, that every useless scrap is burned, where burning is possible, or, if not, that the garbage pails are kept clean and free from taint and unwholesome odors.

Next come the dishcloths and tea towels. Too great care cannot be taken of them. Of all dirty, disreputable, disgusting things in a kitchen, an old, sour, wet, greasy, wadded-up dishcloth takes the lead. If every woman who has one could have it put under a strong magnifying glass, and see the mass of squirming, writhing, filthy little animalcules making their home in its musty folds, they would surely avail themselves of the privileges of hot water, soap and "elbow grease," or lose their appetites forever after. The deadly dishcloth is a thing to be hunted out from its hiding places under dishpans, behind stoves; any place, every place out of sight that an ingenious maid can think of putting it, though sometimes it hangs in brazen frankness in full view, to strike terror to the beholder. Like all evils it usually lurks in secret places, ready to break down strong constitutions and sunny dispositions with its germs that are plastered on cups, plates, pots and pans with perfect impartiality.

Tea towels should be thoroughly washed in hot soapsuds every time they have been used, wrung dry as possible, shaken out smoothly and hung up where they will be dry and ready

for use again. Thus they will always be soft and sweet and clean, and there will be no necessity for putting them in the weekly washing. That is a useless and filthy process, anyhow. Think of having undergarments and handkerchiefs (especially where one has colds in the head) washed with dish towels! How would one like to wipe plates or other dishes on soiled underclothing or handkerchiefs? Yet, unless the laundry woman is unusually careful, there will be an exchange of courtesies from tea towels to wearing apparel, and from wearing apparel back to tea towels.

Upon the ice chest or refrigerator depends much of the health of the family, and upon good health depend the sweet tempers, the love of home, the cementing of family ties, and often the morality and Christianity of the family, as well. The ice chest should be thoroughly washed and scalded once a week. To cool it off again, one may douse the inside of it with cold water. Always exclude acids from the ice chests, unless they are in self-sealing bottles or glass cans. Keep the remnants of food, of course, such dainty, economical dishes may be made from them, but be exceedingly careful that nothing is soured or tainted.

Be careful to exclude dust from things that are to be eaten. The old adage that "we must all eat our peck of dirt" may be true, but if it is, let us get fresh dirt and have it disinfected. Many diseases—consumption, particularly—are spread broadcast from the sputa that are dried up to become dust and float in the air, ready to be taken into the system in the water we drink or the food we eat. This is no exaggeration, but a scientific fact that everyone should remember, and all housekeepers in particular.

Next we go into the living rooms. Everywhere the same rules apply—plenty of sunshine and fresh air. Keep your window shades up and let in the light and air, though the colors in carpets or rugs entirely disappear, and above everything else, ventilate—ventilate—ventilate! There is no better way to prevent colds, headache and languor than to live in a pure and wholesome atmosphere. Air the beds from two to four hours, with the bedclothes thrown back or taken entirely off the beds, that a pure current may thoroughly cleanse them, even if the rooms do temporarily look untidy. It is genuine lack of cleanliness to leave the exhalations from the millions of pores in the body in the bedding.

Ironing Cuffs and Collars.—An exchange gives the following excellent suggestions respecting the ironing of cuffs and collars: "Have ready some irons very hot, but not so as to scorch; and let there be enough irons not to have to wait for a second when the first is cool. These must be very clean and with a good polish. To insure the latter have a piece of beeswax, and when the iron is taken off the fire, rub it over the beeswax; then rub the iron on some crushed salt, and it will run smoothly.

"Now on the ironing sheet lay a clean, smooth cloth, a handkerchief will do. Lay a collar on this, fold over a part of the handkerchief, and iron quickly from one end to the other two or three times, to dry it a little. While still steaming, take off the handkerchief, stretch the collar with the hands, and iron briskly on the right side straight across. If the iron is not hot enough, or the collar too dry, the starch will stick. When the right side is smooth, without creases, turn it on the other side, and iron more slowly so as to dry it thoroughly. The irons require constant renewing as the damp cools them quickly. If any starch appears on the iron, it must be scraped off with a knife before going back to the fire.

"If you do not want shirts or cuffs to blister and wrinkle when buttoned, do not make the first, or boiled starch, too stiff, and rub it in well. Of course you know that they should always be dipped in cold starch, *i. e.*, clear starch mixed thin with cold water, before ironing."

—The leather from the tops of old boots, neatly covered with cloth, makes a very serviceable ironing-holder and one that will not heat the hand.

Dark Clothes.—When starching dark clothes, color the starch with coffee, and they will be much improved in appearance, as white spots frequently show on the goods when white starch is used. Dark clothes should be turned wrong side out to dry, or hung in the shade, so as to prevent fading the colors.

Glossy Starch.—Take two ounces of white gum arabic, put it in a pitcher and pour over it a pint of water, cover to keep from dust, and let it stand all night. In the morning filter carefully into a clean bottle, cork it and keep for use. One tablespoonful of the gum water to one pint of clear starch in which a piece of white wax has been melted will give a fine gloss to shirt bosoms, collars, and cuffs when a polishing iron is used.

—Kerosene in cooked starch—a tea-spoonful to the quart—is said to prevent clothes sticking to the irons, and to give a gloss. The scent evaporates in the drying.

To Make Glossy Starch.—Put two ounces of white gum-arabic powder into a pitcher, and pour on it about a pint of boiling water, according to the degree of strength you desire; and then, having covered it, let it stand all night. In the morning pour it carefully from the dregs into a clean bottle, and keep for use. A table-spoonful of gum-water stirred into a pint of starch that has been made in the usual manner, will give lawns, either black or printed, a look of newness, when nothing else can restore them after washing.

Mending. - Always mend before washing whenever practicable. If the mending is not done before ironing while doing that work lay aside everything needing repairs as it is observed when ironed and kept in a basket by themselves until mended. Have a drawer for mending materials, patches pieces, thread, etc, also a stacking basket with jars etc.

Sleeping Rooms.

OUR SLEEPING-ROOMS.

A PHYSICIAN of note says, "We hear a great talk about malaria now-a-days, but there is more malaria to be found in most modern bed-chambers than anywhere else." Persons who are moderately intelligent on other topics, appear to have small thought, or that very perverted, on the subject of hygiene in their sleeping-rooms, and especially those occupied by children. The ventilation of a bed-chamber cannot be too carefully attended to; and, as says Horace Mann, "Seeing the atmosphere is

forty miles deep all around the globe, it is a useless piece of economy to breathe it more than once." Yet nine mothers out of ten will carefully close all the windows, "for fear of colds and night air," and leave two or three children to sleep in a stifling atmosphere, and see no connection between the colds and throat troubles they have, and the vitiated air she compels them to breathe night after night. Let the morning air and sunshine into the bedroom as soon as possible after the occupants have risen; and if there is no sunshine, and it is not raining, let in the air. Do not make up beds too soon after they are vacated. You may get your house tidied sooner, but it is neither cleanly nor healthful to snugly pack up bed clothing until the exhalations of the sleepers' bodies have been removed by exposure to the air.

Look carefully after the wash-stand and the various utensils belonging thereto. The soap dishes and tooth-brush mugs cannot be kept too scrupulously clean. All slops and foul water should be emptied very promptly. Wash out and sun all pitchers, glasses, and whatever vessels are used in the sleeping-room. Never allow water or stale bouquets of flowers to stand for days in the spare chamber after the departure of a guest. Towels that have been used should be promptly removed, and no soiled clothing allowed to hang or accumulate about the room. Closets opening into a sleeping apartment are often the receptacles of soiled clothes, shoes, etc., and become fruitful sources of bad air, particularly where there are small children. After such places the housewife should look with a keen eye for objectionable articles, and remove them with an unsparing hand. I have encountered such closets, in which one might find all the odors traditionally belonging to the city of Cologne, any one of which was enough to suggest ideas of disease germs.

Even so innocent a piece of furniture as the bureau may by carelessness become the recipient of articles which will taint the air of the bed-chamber. Damp and soiled combs and brushes are not only unsightly and disgusting, but lying soiled and unaired from day to day, will certainly contribute to evil air and odors, as will also greasy and highly-scented hair ribbons, etc. Never lay freshly laundered clothes upon the bed, nor air the same in your bedroom, if possible to do so elsewhere. Do not hesitate to light a fire on

cool mornings and evenings; and it so fortunate as to have an open fire-place, you possess a grand means of comfort and ventilation in the bed-chamber.—*American Agriculturist*.

Bed-Chambers.—Considering the fact that at least one-third of life is spent in bed, it is very essential that all our sleeping arrangements should be such as are most conducive to health. The greatest of care should be taken to arrange for an abundant supply of fresh air at all times and seasons, since the air of an occupied, unventilated apartment very soon becomes exceedingly foul from organic poison, and disease germs are always abundant. It is also of the greatest importance that bed-clothes and bedding be thoroughly subjected each day to the disinfection of the air and sunlight, since the human body throws off, every night, through the pores of the skin, and by the breath, several ounces of waste animal matter, much of which is absorbed by the bed-clothes. If no precaution is taken to rid them of this effete matter, it is re-absorbed by the next occupant of the bed; or, if long neglected, the waste decomposes, and gives the unpleasant, fusty odor often experienced in sleeping-rooms. The use of feather-beds is for this reason especially detrimental to health, since the feathers not only undergo a slow decomposition themselves, but on account of their remarkable hygroscopic properties, absorb the fetid exhalations thrown off from the body during sleep, thus becoming in time a serious source of poisoning.

About Beds.—Our beds are our night-clothes, and ought to be kept as clean as our shirts and coats. Woolen blankets are healthier than quilts; put a heavy United States army blanket over a kettle full of hot water and see how fast the steam makes its way through the web; a quilt would stop it like an iron lid, and thus tends to check the exhalation of the human body. In order to disinfect a quilt, you have first to loosen the pressed cotton; a woolen blanket can be steamed and dried in a couple of hours. For similar reasons, a straw tick is better than a horse-hair mattress, though a woven-wire mattress is perhaps preferable to both. Feather beds are a recognized nuisance. Children over ten years should sleep alone, or at least under separate blankets, if the bedsteads do not reach around.—*Sd.*

—A guest chamber should suggest something more than a room at a hotel. There should be many little conveniences for the comfort of the guest, such as pins, matches, thimble, thread, needles, scissors, etc., which are often forgotten in the packing of one's trunk, and which one dislikes to be obliged to ask for.

Cover During Sleep.

The object is simply this: Nature takes the time when one is lying down to give the heart a rest, and that organ consequently makes ten strokes less a minute than when one is in an upright posture. Multiplying that by 60 minutes gives 600 strokes. Therefore, in eight hours spent in lying down the heart is saved nearly 5000 strokes, and as the heart pumps six ounces of blood with each stroke it lifts 30,000 ounces less of blood in a night of eight hours spent in bed than when one is in an upright position. As the blood flows so much more slowly through the veins while one is lying down, extra coverings must then supply the warmth usually furnished by circulation.—Popular Science News.

BEDS AND BEDDING.

How sweet, when labours close,
To gather round an aching breast
The curtain of repose,
Stretch the tired limbs, and lay the head
Down on our own delightful bed—*Montgomery.*

V.—Various Suggestions.



ROOM a bed situated in a retired, unventilated corner of a room, let us all pray to be delivered. Every sleeper, whether young or old, ill or well, ought to have the best of air to breathe. Sleep is the season of general repair and recuperation, when the wastes and ravages made upon the system during the day's hard work, or through disorder or sickness, are being repaired. It ought not to require a scientist

to make it apparent that such repair cannot go on to its best and fullest degree unless pure air is being taken into the lungs. Not a few persons complain of habitually waking with a dull headache, and a generally languid condition, which usually wears away, to quote their words, "after I have stirred about a little, and taken something into my stomach." In nine cases out of ten, it will be found that the person has been sleeping in such a manner as to breathe over and over the vitiated air of an unventilated room, or section of a room.

The story is told of an eminent physician, who was called upon to prescribe for a young lady, apparently in the best of health otherwise, who was chronically troubled with these dull, dispiriting headaches, which lasted for a portion of the forenoon. They gradually wore away, as the day advanced, but the inevitable effect was to depress the patient. The medical adviser could give no relief, nor could he assign a cause, till he asked to be shown the lady's bed-chamber, and just how she passed the night. He found the bed fitted into a recess, and that his patient slept with her face to the wall, where inevitably the air, contaminated by her respirations, was inhaled again and again. The bed was brought toward the center of the room, and the headaches never again appeared.

Speaking of health and matters relating thereto, how important it is that common sense be sometimes called upon to dispense with some of the customs and habits which have been followed for generations. The use of feather beds, especially for the sick, is a habit which can be commended upon no principle of comfort or convenience. The sanitary conditions are all against it, as it is a most prolific source of contagion, harboring and transmitting diseases by the wholesale. How often do we see parched, tortured, gasping invalids, half smothered and half

He put one knee over the other and looked out of the window. "Well, I've examined the wagon, and the wheels and body are good's ever, so I callate with a few new fixin's we kin git—"

"William!"
He looked quickly around.

"William!"
The tone was low, but there was something awfully suggestive about it.

"William!" This time it was louder, but with the suggestiveness intensified. She continued, "Don't you fly in the face of Providence!"

He quailed beneath her glance. Whatever he had intended to say remained unsaid, for he added in a meek voice.—"Kin git a new carriage and hev the wagon fixed up for common."

Next Sunday the church people looked and stared, and looked and stared again, and craned their necks, and stood on tiptoe, as a handsome new carriage drove up. And if there was a look of triumphant pride in Mrs. Bradley's eyes as she stepped out, who can blame her?

—*Maryne Isham.*

ON THE QUAY.

I sat at the end of the wave-washed quay,
Where the murmuring, eddying melody

the bed with fresh, well-aired linen and blanke

Unless a dressing room is attached, be careful to provide all the accessories of the bath and toilet. If there is room, provide a small ornamented tub, with a square of oil-cloth to spread beneath. Usual washstand crockery, clean combs and hair brushes, plenty of coarse bath towels and fine towels for face, also a mug for the tooth brush, a pitcher and glass for drinking water, and a clothes brush; above all, be sure that the soap dish and all utensils are washed and made perfectly clean every day. Remember that the comfort of your friend will depend more on a cleanliness of all surroundings than on elegant furniture. The washstand drawer should also be found a box of glycerine, a box of harmless face powder with puff, a box of pins in a neat case, a paper of pins, a case of black and one of white thread and also one of silk, a thimble, and any other little thing which good sense may suggest for the various emergencies of a friend away from home. And in the lower part of the washstand, place a box of blacking with a brush, also a bottle of the best liquid blacking for the tubs.

After all these things are provided for, remember that this is to be also the sitting room and library for your guest for such time as he desires to be alone; therefore, if the room is large enough, provide a comfortable lounge; likewise a rocker and one or two low, easy chairs; a writing table, supplied with pens, ink, paper, envelopes; and a small book-case, filled with a collection of standard works and a few of the most entertaining poetry, fiction, and science.

In a word, throughout all your furnishing, stop and think, at every turn, what you yourself would like to find there, in case you were coming as a guest.

buried in an enveloping feather bed. Kind hands, prompted by sympathizing hearts, have made the provision in order that the tortured body may "have something soft to lie upon." Fatal error! It is not alone, or so much mere softness that is desired, as coolness, ventilation, comfort. These have been overlooked, and the patient suffers none the less certainly because the kindness which would minister to him is mistaken and misdirected.

The same kind of economy which would put two people in the same bed to sleep, would, if carried far enough, require them to sit in the same chair and eat from the same plate. In a general way, each person should have an entire bed. Two or three single beds in the same room where that is a necessity, are much better than putting two or three persons into one large bed. This is especially true where either person is nervous, restless, or in imperfect health from any cause. The slight movement of another person is frequently sufficient to dispel approaching slumber, and induce a long period of wakefulness. Settled insomnia frequently owes its origin to this cause. A little careful thought and consideration is all that is necessary to insure comfort and health—but how many are ready to be thoughtful and considerate, if these qualities lead counter to established custom?

One thing upon which all medical authorities are agreed, is that children should not habitually sleep with adults. That the custom is extremely harmful to the children is evident, even though our limited knowledge of the mysteries of life may not enable us to demonstrate in just what manner the electrical or nervous forces may be affected. Does this apply to babes? Certainly, after the first few days, during which the child should be kept close to its mother's body for the sake of the warmth which is desirable. But within a few days the little body is capable of supplying its own warmth, and its place is then in the little bed or crib, where it may be master of its own field. Above all things, avoid the habit which many parents have of placing the child between them in the same bed; to say nothing of the danger of a heavy sleeper rolling upon the tiny form, the sanitary condition is about the most harmful imaginable.

In many houses "eternal vigilance is the price of" freedom from that annoying pest of the bedchamber which is not namable in refined society. There are a thousand ways in which the pests may be brought into a house; and when they have once found lodgment it is very difficult to entirely and permanently displace them. A very good practice is to give all of the bed frames, and the adjacent woodwork of the room, a thorough coating of thin varnish at each annual house cleaning. A half-pint of coach varnish to a quart of turpentine makes a very good combination. This should be applied freely to all portions of the bedstead where the pests are liable to find harborage. If any are present the turpentine and varnish will make short work with them. But when they are found in any considerable number a relent-

less crusade of utter extermination is the first step. Then use precautionary measures against a second crop.

HYGIENE OF SLEEPING.

Restful sleep renews the life.

Turpentine is a sure exterminator of bedbugs.

Never sleep with the face turned toward a near wall.

Never have children habitually sleep with older persons.

Pure air is fully as important in sleeping as in waking hours.

"One bed for one person," is the best rule for health and comfort.

Study common sense and comfort rather than custom and fashion.

Never set a bed in the corner of a room; there should be open space on at least three sides.

Sleep is nature's season of repair; the more quiet and unbroken the sleep, the more perfect its work.

Feather beds are not only unwholesome and uncomfortable, but they harbor and transmit disease.

Allow no harborage to insect pests anywhere about the bed, or the apartment in which it stands—or in the entire house, for that matter.

—Mrs. Arthur Stanley.

It would be, indeed, a difficult matter to so furnish a room that it would exactly suit the requirements of every guest who may be expected to occasionally make it his home; but there are a few conveniences and comforts which should never be lacking even in the plainest guest chamber.

Remember, first of all, that this room is to be, for the time, the home of your guest, and that it should contain some of the conveniences of all the departments of a home, except perhaps the culinary, and furnish it accordingly. As a bedroom, it should have a comfortable spring bed with all the necessary accessories spotlessly clean and smooth, however plain they may be. Whether you have a hair mattress, or or a straw or husk bed, it should be covered with a thick, soft "comforter," the size of the bed; and it is also a good plan to have on hand a small light feather bed, so that old people, who are accustomed to this luxury, may miss nothing from their comfort during their sojourn with you. Also, provide an extra blanket or light "comforter" for your guest to use in case of a sudden change in the temperature during the night, and show him where to find it. You can keep the bed of a guest room covered and arranged neatly, if you like, with the counterpane and pillow spreads; but don't keep it "made up" ready for occupancy. In winter the bedding will gather dampness, and in summer it will become musty and unpleasant. Wait till a guest is expected, and then prepare the bed with fresh, well-aired linen and blankets.

Unless a dressing room is attached, be careful to provide all the accessories of the bath and toilet. If there is room, provide a small ornamented tin bath tub, with a square of oil-cloth to spread beneath, the usual washstand crockery, clean combs and hair brushes, plenty of coarse bath towels and fine towels for the face, also a mug for the tooth brush, a pitcher and glass for drinking water, and a clothes brush; above all, be sure that the soap dish and all utensils are washed and made perfectly clean every day. Remember that the comfort of your friend will depend more on a dainty cleanliness of all surroundings than on elegance. In the washstand drawer should also be found a bottle of glycerine, a box of harmless face powder with puff, hair-pins in a neat case, a paper of pins, a case of black headed pins, a paper of needles of different sizes, a spool of black and one of white thread and also one of black silk, a thimble, and any other little thing which your good sense may suggest for the various emergencies of a friend away from home. And in the lower part of the washstand, place a box of blacking with a brush, also a bottle of the best liquid blacking for the use of ladies.

After all these things are provided for, remember that this is to be also the sitting room and library of your guest for such time as he desires to be alone; therefore, if the room is large enough, provide a comfortable lounge; likewise a rocker and one or two low, easy chairs; a writing table, supplied with pens, ink, paper and envelopes; and a small book case, filled with a choice collection of standard works and a few of the newer ones—not heavy works on history or philosophy, but the most entertaining poetry, fiction, and popular science.

In a word, throughout all your furnishing, stop and think, at every turn, what you yourself would like to find there, in case you were coming as a guest.

Regarding Red Clothing - Buy
good heavy double sheeting, bleached
or unbleached as preferred and if
for ^{an} ordinary sized bed nine quarters
wide, cut your sheets $2\frac{1}{2}$ yds long
and this will allow for a hem
three inches at the top and an inch
and a half at the bottom.

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How many of the ancient nations observed the division of the week of seven days, and regarded it as Sabbath by the different nations of the world?
C. H. Allen.

Answer.—The week existed as a civil institution among the Semitic nations from the earliest times. It was probably first instituted as a heathen observance of the lunar month, corresponding to the four quarters of the moon, or about seven and three-eighth days. The Hindus, Persians, Chaldeans, and Assyrians had such a division, but only the Jews, as far as we know, attached a religious significance to the seventh day. It is known that the Egyptians from a very early time counted seven periodical days, and named them according to the seven planets. This nomenclature of the days together with the seven-day division itself, was imported from Alexandria to Greece. The Greeks had, previous to this time, divided their months into decades, periods of ten days each. The week of seven days was adopted by the Romans about the time of Christ. Before this the Romans had counted their time by eight days, and the eighth day was a sort of holiday, a day on which country people were in the habit of coming to the towns to transact business and inquire after public news. The readiness with which the seven-day division and the planetary names of the days were adopted by the Romans was probably owing to the rapid spread of interest in Egyptian astrology among the people. In the ancient Brahminical astronomy, the week is also recognized and the names of the days are from the same planets and in the same order as those in use by the ancient Egyptians, but the week began with them with the day of Venus or Friday. The Egyptian week began as that of the Hebrews did, on Saturday. The week of the Chinese and Thibetans has but five days, which are named after the five elements, iron, wood, water, feathers, and earth. But the Chinese have no Sabbath or rest-day, and seem to have no conception of the need or desirability of such a day. At the present time the Mohammedans keep Friday as their rest-day or Sabbath, the Jews and a few minor Christian sects observe Saturday, while the rest of the civilized world distinguish Sunday from the other days as a time for rest or pleasure.

MELROSE ABBEY.

DECATUR, Mich.
L. NIXON.

Give history and description of Melrose Abbey Scotland.

Answer.—Melrose Abbey is a celebrated ruin in Roxburghshire, Scotland, near the Tweed, about thirty-one miles southeast of Edinburgh. It was founded in 1136, by David I., completed in 1163, and dedicated to the Virgin Mary. In 1293 it was destroyed by the English army of Edward II, but it was soon rebuilt by Robert Bruce, in a style of magnificence which ranks it among the most perfect ecclesiastical constructions in the best age of Gothic architecture. In 1565, and again in 1568, it suffered severely at the hands of the English armies, and during the reformation its choicest sculptures were mutilated. In later times many of the stones have been taken away to use in other buildings, but the church still remains, and a part of the cloister square. After five centuries, these show plainly the original beauty of the building. Some of the tracery and carving are not surpassed by any similar existing specimens. As an abbey, the history of Melrose is but meagre. Its first occupants were Cistercian monks. In its line of abbots there was but one saint, St. Waltheof, who was a stepson of King David. King Alexander II. was buried within its walls at his own request; Bruce laid it the legacy of his heart, and it gave tombs to that flower of Scottish chivalry, the Knight of Liddesdale, and to his cousin, the heroic Douglas, who fell at Otterburn. But outside of its history as an abbey, the poetry of Sir Walter Scott has given to the legendary history of Melrose Abbey a romantic interest. An account of its history would be incomplete without the recitation of some of it:

“If thou wouldst visit the ruins of Melrose,
Go visit it by the pale moonlight,
For the gay hours of the day are spent,
And the cold light of the winter sun
When the broken arches of the tower
And each chapel of the cloister
When the cold light of the winter sun
Shines on the ruins of the tower
When business and the busy day
From round of day are past,
And the gentle breeze that comes to live
When distant Tweed is heard to rave,
And the quiet to hush o'er the dead man's grave,
Then go—but go along the white,
And view St. David's ruined pile;
And home returning, softly sweep,
The power of the moon and the light.”

Objections to Early Marriage.

Marriage is for men and women. Children cannot be fathers and mothers. They have neither a knowledge of the duties of marriage, nor the maturity of body and mind to perform them. Their heads are not fit to be at the head of a domestic establishment. Their propensities are strong and their moral and intellectual faculties weak, therefore their attachment is physical instead of intellectual, and hence liable to be unhappy and of short duration. Their children will inherit more propensity than intellect and be inferior in size, quality and disposition. They are unripe, and their children must therefore be green. They are ignorant and will rear ignorant children. Early marriage weakens the constitution, impairs the mental powers and shortens life. Those who marry young generally die young. It destroys the beauty and health and often the life of the girl; is more likely to bring pain than pleasure to both, and imbecility and disease to their offspring.

E. P. J.

GROWING OLD.

The year in its whole progress is beautiful. We love the first glimpses of green under the hedges, the song of the returning birds, the early flushes of color on the trees as they are getting ready to fling all their leafy banners to the winds. But we love also the haze of the Indian summer, the yellow of the golden-rod and the October woods all aflame with glory. And we know that even winter, when the gales rattle the bare and frozen branches, is hiding beneath the pallor of its death the promise of another glorious spring. The early flush of the dawn is tenderly beautiful with dew and waking birds—the infancy of day. But what is there in all the round of nature's wonders to surpass such sunsets as we have seen? And after the sun had gone down, and the last bit of color had faded away, then, when the stars have come out, and the moon is shining brightly, what do we have

“The moon is shining brightly,
The stars are twinkling in the sky,
The wind is sighing in the trees,
The water is murmuring in the stream,
The fire is crackling in the hearth,
The heart is beating in the breast,
The soul is soaring in the air,
The spirit is dancing in the light,
The love is burning in the heart,
The life is glowing in the face,
The joy is ringing in the ear,
The peace is resting in the mind,
The hope is shining in the eye,
The faith is standing in the soul,
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Handiwork of Women.—Everywhere woman must work as well as weep. In addition to domestic and maternal duties, many others devolve upon her. Even among the rudest tribes they busy themselves in making mats of flags, hemp and rushes, as well as curious baskets, sometimes dyed with bright colors. They also weave shoes, and some make coats of feathers.

The pottery that with those people takes the place of our crockery and metal utensils, is nearly all made by women, particularly among the South American Indians, and although none of these make use of the potter's wheel, they have such a correct eye and clever hand that articles fashioned by their dexterous fingers are symmetrical and exact in their proportions, even when exceedingly large.

Among the North American Indians the Mandan women were very clever potters, moulding a variety of graceful forms from tough, black clay that, after being baked in their kilns, was almost as hard as the crockery in use among us. The Creeks also make a number of terra cotta objects, besides mats, baskets, moccasins and tunics.

The Kwillyute women fabricate neat mats from coarse grass, and strong, serviceable baskets from the ash.

The Esquimaux women make all the heavy clothing used in those icy regions, and it is no light or easy task. The garments consist of skins of reindeer, seals and birds; sinews take the place of thread, the bones of birds and fishes serving as needles. One would suppose that with such primitive implements only very rough sewing could be done. Not so, however; when finished, the work is both neat and strong.

The Mayas of Yucatan and Central America are in some respects superior to all other native Americans. At the time of the conquest these Spanish priests said: "The Maya women have better dispositions and prettier figures than the Spanish women." To-day one cannot fail to notice how much better looking they are than the aborigines of Mexico proper, and they are as superior in character and intellect as in appearance. This superiority is more noticeable in the women than the men. For cleanliness and industry they are renowned. Before daylight mother and daughter are grinding corn, and after dark, by fire or moonlight, they sit in the open air picking cotton. They make pottery, but their principal industry is the manufacture of hammocks.

Many of the women in Yucatan now make fine embroidery and lace; this last may have been taught them by the Spaniards. No doubt much beautiful work formerly done by the natives has been forgotten; as, for instance, that made in Tabasco at the time of the conquest. The women there were remarkable weavers, forming beautiful patterns of birds and animals, in which they mingled threads of silk and gold.

The Stomach and Brain.

The ladies of the department of hygiene and heredity of the Women's Christian Temperance Union were successful last evening in having Dr. J. H. Kellogg, of Battle Creek, Mich., to lecture before a large meeting of their members and others at the Metropolitan M. E. Church. "Stomach and Brains" was the interesting subject the doctor took for discussion. A blackboard offered means for illustrations, which made the subject perfectly clear. He described the stomach of various organisms, and showed the bad effects of rapid eating, over-eating, and the use of condiments, and traced from these injurious effects the bad result on brain and nerve force.

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Stealing of the Coreans.

In the matter of clothing Corea is unique. The prevailing color is what is supposed to be white. A man starting out in the morning arrayed in freshly laundered clothing presents a remarkably fresh appearance, but on his return at night he may not be spotless. The articles of clothing worn are first, a hat, or rather two, or even three, are worn at one time; a tunic, loose and reaching to the waist; loose, baggy, white trousers, supported by a girdle; white leggings, white stockings, shoes of various kinds, and over all a coat, the sleeves of which are very flowing and reach down to the hips or lower, and are sewed up from the bottom to the wrist, so as to form very capacious pockets, where merchants often carry goods in astonishing quantities. In these pockets the petty official carries his fan, his handkerchiefs, his tablets for writing and sundry little articles. Not to be forgotten are the purses for coins and knife, and the tobacco pouch and pipe suspended from the girdle, without which no Corean is dressed. In the case of men of high rank, however, these latter articles are carried by his servants, a great retinue of whom attend him.

Of all lands in the world, Corea is the land of hats. There is some variety, but no change of style. The fashion once set, everybody follows it and sticks to it. With the exception of the forests of the Amazon, where hats, like umbrellas, are worn to shed the snakes which rain down from the dense overhanging branches, Corea leads the world in the superficial area of headgear. They may be seen there measuring two feet from the rim to the crown. The stockings and shoes are also very peculiar.—London Figaro.
17 MAY 88.

Some day, while standing on the shores of time,

Thoughtless and careless of another clime,
If God should take the life I call my own,
And summon me before the great "White Throne,"

Some lasting token I would leave behind,
To tell I died in peace with all mankind.

It may be while some heart I love the best
Yet broods upon some idle word or jest
Of mine; while tender eyes with tears are wet,

My life star may in sudden darkness set,
And pallid lips and hands be powerless
To give the loving word or fond caress.

Oh, loving friends, wherever you may be—
Upon the land or on the trackless sea—

If you should hear my life bark called away,
Warn me, at the break or close of day,
Toronto Consolator of Music

...the ornamental...
...be more than once...
...dish washing...
...and familiarize him with...
...mixing of meals...
...the mystery of bread-making...
...into the mystery of bread-making...
...I think you some day if you initiate...
...the house take as a matter of course...
...care in the training which the daughter...
...and he will receive no harm from having a...
...It will make him more careful...
...is clothing; under your personal super-
...and even date his hose and repair...

The Mexican Palace.

G. C. Conner, in November BIVOUAC.

The Palace is one of the most interesting buildings in Mexico, because of its dimensions, the curiosities it contains, its history, and the knowledge we have of the schemes of tyranny and bloodshed devised within its walls. Each of its six patios is entered through ponderous outer doors, that might be relied upon to resist the blows of a catapult, and these courts are surrounded by walls of enormous thickness. The building occupies the exact limits of Montezuma's palace, and contains the official apartments of the President and of the Senate, the world-famed Ambassador's hall, the offices of the government, the post-office, museum, and a military barracks. President Diaz has leased a residence near to the western side of the Plaza, and his private dwelling, on Humboldt Street, is now the residence of the American Minister, General Henry R. Jackson. The starry banner of the American legation floats in the soft breezes above the high walls and shady gardens of the private dwelling of the President of the Republic of Mexico.

After a call upon the Premier, Señor Rubio, and an audience with the President, a visit to the Hall of the Ambassadors, and a glance at the well-arranged general post-office, you are close by the entrance of the patio of the Museum. This court is well shaded, and to the left of the entrance you are permitted to enter a small apartment, in which is exhibited the State carriage of the Empire, the gift of Napoleon III to Carlotta, and said to be handsomer than the imperial coach of Russia.

Opposite the street entrance to this patio is the door of the Aztec hall; entering this long, narrow chamber, but recently appropriated to its present uses, I found a few workmen erecting pedestals for the gods, and the sacrificial and calendar stones (removed thither from the Cathedral walls and the patio inclosure), and the gods themselves lying around in the most undignified postures. The idols exhibited at New Orleans were arriving, and lay scattered about the completed pedestal of the "Divinity of Death," or, as Bandaller insists, the Hutzilopotchtli (war god) of Tenochtitlan. A few feet distant, and directly in front of this bloody idol, is placed the sacrificial stone, on which sixty thousand hearts were cut out to his honor.

The extraordinary carvings on top and sides of this stone of sacrifice attract unlimited attention until the bowl in the center recalls its bloody uses. Into it the heart's blood of the victim ran, and thence along the trench to the side where it was often drunk by the sinister priests, with their "matted black locks flowing down their backs;" and then, horror of horrors! to remember that the body of the victim was served by his captor in a banquet to friends.

The Bread of Persia.

"Persian bread," writes our correspondent now in Afghanistan, "is a very peculiar production; it is made in large flaps, in some cases about a yard long. If ever the Persians reach the advanced state of morning newspapers they might have them printed on their bread, so that they could read the news while they eat, and swallow everything literally. On seeing these large flaps I have often thought that they must resemble the blacksmith's leather apron, which was the old standard of Persia; if the bread is not made after that model they have managed to produce an article very like it, not only in size but in color and toughness at the same time. We have had now nearly two months' experience of this material, and it was a delight on coming here to get at our breakfast the first morning bread that was made on a somewhat later model than an old leather apron. The chances of finding a change in this detail of our daily life on reaching the Indian camp had often been discussed on the way, when we were hard at work trying to masticate pieces of the leather kind. One of our party said he knew Major Rind, the commissariat officer of the other camp, and that he was not a man likely to come away without the means of baking good bread, but we had been so long used to that Persian kind that these assurances did not inspire much hope. There had been doubts, but these were dispelled at our first breakfast. Butter actually appeared on the table with the bread. I fear for the moment we either forgot or thought lightly of the splendid pillans in the breakfast prepared for us by the Governor of Khorassan's cook at Meshed, or the many delicacies Ali Mardan treated us with at Sarakha. One man while munching a great mouthful of bread and butter—the amount in his mouth slightly interfered with his articulation—but we made out that he meant to say it was almost as good as arriving at Dover. Of course he meant to add that it was after having been a long time in the East away from England, but at that instant he had got a moment to spare, and left the sentence in its incomplete form as here recorded."—*London Daily News.*

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Warn me, at the break or close of day,
Toronto Conservatory of Music

and even dawn his home and repair
in clothing, under your personal super-
vision. It will make him more careful,
and he will receive no harm from having a
share in the training which the daughters
of the house take as a matter of course. He
may thank you some day if you introduce
into the mysteries of bread-making and
the cooking of meats, the mixing of salads,
and familiarize him with food-making
and dish-washing. Such homely knowledge
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Ascending a flight of stone steps, close to the fountain that throws the spray of its cooling waters amid tropical plants, the museum proper was reached. The first impression was a disagreeable one; it was made by an intentional display of very bad taste by the commissioners in thrusting the painting of "Maximilian and his Generals," into an obscure niche, and denying it even a frame. Entering the first room you see relics of Hidalgo y Costilla, the standard of the conquest, and a noble cast of the face of Juarez. In the second we halted at the long table and the cases containing the one hundred and seventy-six pieces comprising the "silver plate of Maximilian." A pleasant-spoken Mexican standing by said, musically, "Exquisite plate of day emperor, Jaspero, señor." In his soft voice; he was an Aztec. Alas! I had read that morning Mendota's analysis of the so-called silver. He gives it "copper, 59.1; zinc, 30.2; nickel, 3.7; iron, 1.0; — 100. The silver superficially placed upon it is represented by the decimal 0.05." What a sham to bear the arms of the Empire, and the mark of the factory "Cristofle!"

The remaining rooms contain the glassware of Iturbide, Aztec weapons, musical instruments, mirrors, domestic utensils, shield of Montezuma II, portraits of the Viceroys, picture writings of the Aztecs, their pottery, and feather-work, together with the skeletons, minerals, birds, insects, reptiles, fauna and flora of the country. An inspection of the Lerillard collection, denied permission to leave the Republic by Congress, can be obtained on a pass from the governor of the district only.

The Bread of Persia.

"Persian bread," writes our correspondent now in Afghanistan, "is a very peculiar production; it is made in large flaps, in some cases about a yard long. If ever the Persians reach the advanced state of morning newspapers they might have them printed on their bread, so that they could read the news while they eat, and swallow everything literally. On seeing these large flaps I have often thought that they must resemble the blacksmith's leather apron, which was the old standard of Persia; if the bread is not made after that model they have managed to produce an article very like it, not only in size but in color and toughness at the same time. We have had now nearly two months' experience of this material, and it was a delight on coming here to get at our breakfast the first morning bread that was made on a somewhat later model than an old leather apron. The chances of finding a change in this detail of our daily life on reaching the Indian camp had often been discussed on the way, when we were hard at work trying to masticate pieces of the leather kind. One of our party said he knew Major Rind, the commissariat officer of the other camp, and that he was not a man likely to come away without the means of baking good bread, but we had been so long used to that Persian kind that these assurances did not inspire much hope. There had been doubts, but these were dispelled at our first breakfast. Butter actually appeared on the table with the bread. I fear for the moment we either forgot or thought lightly of the splendid pillans in the breakfast prepared for us by the Governor of Khorassan's cook at Meshed, or the many delicacies Ali Mardau treated us with at Sarakha. One man while munching a great mouthful of bread and butter—the amount in his mouth slightly interfered with his articulation—but we made out that he meant to say it was almost as good as arriving at Dover. Of course he meant to add that it was after having been a long time in the East away from England, but at that instant he had not a moment to spare, and left the sentence in its incomplete form as here recorded"—*London Daily News.*

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Home Topics.



YOUNG LADIES' CLUB.—In the class which graduated from a certain high-school last June there were sixteen girls. Of this number four are attending a normal school this year, preparing to be teachers. One is studying stenography,

one telegraphy, one is running a typewriter in a lawyer's office and one taking a course in a business college. The remaining eight, having good homes, did not feel the need of preparing themselves for any money-earning work and so settled down with apparently no other aim than to have a good time. When school opened in the fall, the lady teacher in whose classes they had been during their last year in school, one day sent each of them an invitation to spend Saturday afternoon with her; and during this visit succeeded in forming a "club," to meet every alternate Saturday morning at eleven o'clock at one of their homes. This was to be partly a cooking club, but at each meeting there was to be music, a reading or recitation and a short paper on some topic pertaining to "hygiene or household economy." The teacher promised to meet with them, for a time, at least.

These girls were all about seventeen years old and had been in school since about six years of age. Their families were in comfortable circumstances. They had devoted these years to school studies and knew absolutely nothing of cookery and very little of any of the arts of house-keeping. The club has been in operation about three months. At each meeting they serve a lunch, all the dishes of which are prepared by the members. The young lady at whose house the club meets provides one warm dish and chocolate. Each of the others brings something of her own preparing.

One Saturday I had the pleasure of being an invited guest of the club. The literary exercises came first, and consisted of a piano solo, a reading entitled "Keep the best for home," followed by a little social chat on the ideas presented. Then one of the young ladies read a carefully prepared paper entitled "Health a duty." This paper was also freely discussed. The young lady who had prepared a new dish also brought seven copies of the recipe, each written on a card, and these were now distributed. I found that this was their custom and was told that they tied these cards together with ribbons run through holes in one end and thus preserved them for future reference. There was only one new dish prepared for each meeting. The member to do this was appointed at the previous meeting and after receiving their recipes each member must prepare it at home during the next two weeks and at the next meeting report successes and failures, with the causes, as far as possible.

After these reports had been given, the hostess announced lunch and the club adjourned to the dining-room. The table was prettily laid, with a dish of oranges, bananas and grapes in the center and a spray of bleeding-heart at each plate. These were from a plant our little hostess had succeeded in forcing in the kitchen window.

The warm dish was a baked hash, for which, as it was also the new dish, I will give the recipe. The ingredients were in the proportion of a cupful of chopped, cold roast beef (any cold meat may be used), a cupful of boiled rice, a cupful of milk, one egg, two tablespoonfuls of butter, one quarter teaspoonful of black pepper, one eighth teaspoonful of salt. Put the milk over the fire in a sauce-pan, and when it is hot add all the other ingredients except the egg. Stir two minutes, then remove from the fire and add the egg, well beaten. Turn it into a pudding dish and bake twenty minutes. Serve in the same dish in which it is baked.

The other dishes of the lunch were potato salad, both white and brown bread, butter, boiled tongue sliced, cocoanut cake and evaporated peaches stewed. All except the butter was made by the club members, and they are discussing some way by which they may be able to learn to make butter.

"For," said one bright-eyed girl, "maybe we shall marry farmers and it never would do to not know how to make butter."

THE AZTECS ON DRUNKENNESS.

Mr. A. H. Bancroft, in his "Indian Races on the Pacific Coast," gives an account of the way in which ancient Aztecs treated drunkenness. They were more strict than christian nations of the present day in this respect.

The young man who became drunk was conveyed to jail, and there beaten to death with clubs; the young woman was stoned to death. In some parts, if the drunkard was a plebian, he was sold for a slave for the first offense and suffered death for the second; and at other times the offender's hair was cut off in the public market-place, he was then lashed through the streets, and finally his house was razed to the ground, because, they said, one who would give up his reason to strong drink was unworthy to possess a house and be numbered among respectable citizens. Cutting off the hair, as we shall see, was a mode of punishment frequently resorted to by these people, and so deep was the degradation supposed to be attached to it, that it was dreaded almost equally with death itself. Should a military man, who had gained a distinction in the war, become drunk, he was deprived of his rank and honors, and considered henceforth as infamous. Conviction of this crime rendered the culprit ineligible for all future emoluments, and especially was he debarred from holding any public office. A noble was invariably hanged for the first offense, his body being afterward dragged without the limits of the town and cast into a stream used for that purpose only.

Occupations for Young Women.

MORE occupations are open to women now than ever before, and yet it often seems as if women suddenly compelled to earn their living were never more helpless, nor the ranks of poorly paid seamstresses, shop-girls and teachers more overcrowded. The vicissitudes of American life are familiar to every one's experience, and yet everywhere the spectacle is presented of the daughter of the family brought up in idleness, and utterly without resources, if by some turn of Fortune's wheel they are forced to find support for themselves. When the suggestion is made, as it has been made in these columns and elsewhere, that the daughters as well as the sons should be trained in some useful calling, one common answer is a demand for suggestions specific and practical. A practical solution of the problem involves the elimination of certain ideas which are still unfortunately prevalent. Girls who dream of supporting themselves by literature or the stage may as well realize at once that they are building castles in the air. There are many women in New York who earn their living by journalism, but they have had special training and special adaptability, and yet the number of these hard-working journalists is comparatively small and their occupation an entirely distinct thing from literature. The life of the stage, which presents peculiar dangers and few prizes, demands a special talent and a persevering willingness to do hard, drudging work which would discourage aspirants were it realized. Academic art, like literature, can scarcely be counted a practical vocation, and any one who sees the multitudes of painted *menu* cards, silk banner-screens, plaques, or what not, at the Women's Exchanges, knows that the ordinary kinds of applied art are hopelessly overdone. There is no profitable demand for shop-girls or for teachers, at least in the lower grades of schools, because the market for comparatively unskilled labor, which includes plain sewing, is completely glutted; moreover, advertisements of easy roads to fortune for women mean swindles. This may seem discouraging, but

THE PICTURED ROCKS OF VIRGINIA.

MESDOR, Mich.
Describe the famous pictured rocks of Virginia.
READER.

Answer.—These famous rocks are in Grant County, in what is now West Virginia, along the road known as the Evansville pike. They have been a source of wonder ever since they were first discovered by white men, over a century and a half ago. They are on the face of a large cliff situated near the road. The rock is a white sandstone which wears very slightly from exposure to the weather and upon its smooth surface are delineated outlines of at least fifty species of animals, birds, reptiles, and fish, embracing in the number panthers, deer, buffalo, otters, beavers, wildcats, foxes, wolves, raccoons, opossums, bears, elk, crows, eagles, turkeys, etc., various sorts of fish, large and small snakes, etc. In the midst of this silent menagerie of specimens of the animal kingdom is the full length of a female form, beautiful and perfect in every respect. Interspersed among the drawings of animals, etc., are imitations of the footprints of each sort, the whole space occupied being 120 feet long by fifty wide. It is believed that these figures were engraved many ages ago, but it can not be even conjectured to what race the artist belonged, and how he made these remarkable drawings is quite as much of a mystery.

Queer Clocks.

Advertising clocks are being hung in most of the waiting rooms of the ferry houses and railroad stations in Jersey City, Brooklyn, and New York. The clocks are ordinary ones, except that at intervals of a half a minute a bell rings, and a piece of wire cloth about a foot square, with an advertisement printed on it, drops from the upper part of the clock, and hangs suspended for half a minute in plain view. The clock exhibits 120 different advertisements in an hour.

the point is to find fields in which trained labor commands a fair price, and such fields exist.

The possessor of a special talent should make the most of it. With a genuine gift for music, education for teaching music may be desirable, although this calling is overcrowded. A gift for designing points out a ready way to a comfortable livelihood, but not by painting pictures for the exhibitions. After a thorough course at some good art school like the Cooper Union, a really talented designer can make an excellent market for her work among manufacturers of carpets, wall papers and other articles, where good designs are always at a premium. The schools founded by Peter Cooper do not limit their advantages to instruction in designing, oil-painting and crayon-drawing, but they also furnish instruction in wood engraving and photography, both occupations to which women are adapted. For those who have no talent for any form of art, there are classes in stenography, type-writing and telegraphy. The sudden increase in the number of women employed as secretaries, amanuenses and to operate type-writing machines is a noticeable feature of the business life of the day. Their employment means a large demand, which, however, will be satisfied only by ability to write a good hand and intelligence enough to compose a clear business letter, something like type-writing or stenography, which requires special training. The cost of instruction at the Cooper Union is very low, and at the Young Women's Christian Association in New York there are free classes not only in type-writing, stenography and book-keeping, but also in the cutting and fitting of dresses. The Industrial Educational Association educates teachers in certain lines, and its graduates are said to be in demand. At the Columbia College Library a course is given in the care, arrangement, etc., of libraries, and it is said that thus far all the students have been engaged as librarians; a post always implying a living salary, and often much more.

These are a few of the vocations for which girls can fit themselves in New York and in most large cities, and there are others of a more domestic character, which are worth consideration. It is useless to insist that domestic service with the home and good wages given a servant is far superior to the life of a shop-girl or seamstress, for the unfortunate prejudice against service is not to be removed by argument. Yet a girl with a taste for cooking will do well to make herself a proficient in an art whose professors are always in demand, and numerous cooking-schools offer a ready opportunity. There are women who earn good livings by going out to superintend the preparation of special dinners, and others who find a profitable market for home-made preserves, pickles, cakes, and similar dainties. One who learns millinery thoroughly is mistress of a well-paying trade, and a sound knowledge of dressmaking, or even of the doing up of fine laces, is a substantial resource. The business of doing shopping for people living out of town has become firmly established, but this is necessarily limited. The trained nurse always commands an excellent salary; but here, as in other well-paid callings, a thorough education is necessary, as well as special ability. We need not prolong our list, for it already offers a variety of practical suggestions, always coupled with the moral that it is only skilled labor which is sure of its price, and skilled labor always means special training.

This was to be partly a cooking club, but at each meeting there was to be music, a reading or recitation and a short paper on some topic pertaining to "hygiene or household economy." The teacher promised to meet with them, for a time, at least.

These girls were all about seventeen years old and had been in school since about six years of age. Their families were in comfortable circumstances. They had devoted these years to school studies and knew absolutely nothing of cookery and very little of any of the arts of house-keeping. The club has been in operation about three months. At each meeting they serve a lunch, all the dishes of which are prepared by the members. The young lady at whose house the club meets provides one warm dish and chocolate. Each of the others brings something of her own preparing.

One Saturday I had the pleasure of being an invited guest of the club. The literary exercises came first, and consisted of a piano solo, a reading entitled "Keep the best for home," followed by a little social chat on the ideas presented. Then one of the young ladies read a carefully prepared paper entitled "Health a duty." This paper was also freely discussed. The young lady who had prepared a new dish also brought seven copies of the recipe, each written on a card, and these were now distributed. I found that this was their custom and was told that they tied these cards together with ribbons run through holes in one end and thus preserved them for future reference. There was only one new dish prepared for each meeting. The member to do this was appointed at the previous meeting and after receiving their recipes each member must prepare it at home during the next two weeks and at the next meeting report successes and failures, with the causes, as far as possi-

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I went home ready to pronounce the club a success and thinking how much better was the way these girls were spending their time than if they were giving it all to fancy work, fashionable calls, gossip parties, etc.

MAIDA McL.

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Fine Arts in Society.

If the fine accomplishment of speaking well of others were taught in every household, it would become almost a paradisiacal land. But, alas! The opposite accomplishment prevails. How many heart burnings, quarrels, and estrangements in families have arisen from this disposition of speaking evil of each other! Each of us has his faults. "There is none that doeth good; no not one," and in the actions of the best of persons there will be occasional errors which others will perceive and, if they are evil-minded will publish; and before they have passed through half a dozen mouths they are so changed that they are hardly recognizable.

The art of speaking well of others can be easily acquired, and it is a good rule to make in a household, that the one who criticises others unkindly in the family circle or among friends, shall pay a small fine to be used for some good object. The common and unchristian practice of talking about our relatives and neighbors faults is really taught in the household by parents and friends, and the children catch the habits only too quickly.

Learn to be sociable wherever you go, and to speak your lightest words in tones that are sweet, and with a spirit that is genial. Think how much pleasure you can give to others by a kindly word, or a cheerful conversation, and reflect how much sunshine such sociability throws back into your own soul!

Who does not feel more cheerful and contented for receiving a polite bow, and a pleasant good morning, with a hearty shake of the hand? Who does not make himself happier by these slight expressions of good-will? Silence, or stiff, unbending reserve, is selfish and churlish. The generous and polite man has a pleasant recognition and cheerful words for every one he meets, and he scatters sunbeams on his pathway through life, lights the path of others with smiles, and makes the world bright to those who are apt to find it cold and forlorn; while what he gives is but a tithe of what he receives, as his own heart is kept fresh and warm by the cheerfulness he expends upon others. Life would not be half as cheerless and lonely if sociality were cultivated as a fine art.

The art of living in peace in the family is greatly promoted by the constant exchanges of the little courtesies of life, which are never unacceptable and never unimportant. Shall husbands and wives be less mindful of injuring the feelings of each other than those of strangers? Should there be less effort to maintain suavity of manner, gentleness of deportment, and courtesy of expression in the family circle than is extended to visitors?

It is the neglect of these little courtesies in home life which fills the saloons and billiard rooms with young men. There all is bright, gay and pleasing to the senses; and soon they are drawn into dissipation, and only look upon their homes as boarding places, where the physical necessities of eating and sleeping are procured. In early life brothers and sisters should be taught to be kind, obliging and attentive to each other, to perform little offices for each other, and learn the suavities of deportment which are so essential to the happiness of their own lives, and of those with whom they are connected. Brothers and sisters thus taught can rarely fail to make pleasant homes of their own, where words of bickering and strife are never heard. Sweet smiles and kindly actions are the small coins of life, and in their aggregate consist the happiness and well-being of the whole family. Where such households become the rule, then peace and prosperity reign. "Better is a dinner of herbs where love is, than a stalled ox and hatred therewith."—Country Gentleman.

The Day Our Baby Lost Herself.

A TORONTO INCIDENT.

The day our baby lost herself.—
Have you ever heard the tale?
How she started in the morning
With her mamma's hat and veil,
"Taise she couldn't find her own one,"
And she didn't care to wait?
"It had stopped itself a rainin'."
She must hurry or be late.

I had told my little girlie
That the day was much too wet
For her baby feet to travel
All the way to school. And yet
When her sister went without her,
And the rain had ceased to fall,
Little puss she watched her chances,
Seized my hat from off the wall,
Hurried, lest some one should stay her,
Out the door and down the street,
Saying, to a friend in passing
Whom that morn she chanced to meet—
"Don't you stop me, Miss Rebetta,
For I've doin' all the way
By myself and no one wif me
To my 'garten school to-day."

We were busy. Didn't miss her
Till an hour or more had passed,
Then we searched from roof to cellar,
Calling "Helen, dear." At last
We remembered how she fondly
Loved her school, she must have gone,
And we stood in troubled silence
Ere we breathed the word,—*alone.*

Wearily we searched and waited
For some news of her that day.
"Not at school" we heard with terror.—
Then she must have missed her way.
And the hours grew from minutes
Morning lengthened into noon,
Lengthened till the shades of evening
Gathered round the pallid moon.

Dumb we sat, though praying wildly.
Loudly pealed the outer bell—
And a mounted big policeman,
With our baby safe and well,
Said—"Here is the child, I found her"
And up spoke the little sinner—
"O, I'm awful, awful hundry,
Has you fotes all had your dinner?"

Then we kissed her, O, how fondly,
And we fed her with the best
Which that night the house afforded
As we would an honoured guest
And we clasped her with a gladness
Words would fail the half to tell
And since the "mounted liceman"
Are her friends, she loves them all.

And when'er she sees them passing
Comes she running up to me :—
"Here's the horses wif their tails off
And the licemens, hurry! See!
There they do as hard as ever
They tan dallop. Mamma, say,
Whose else's little didl you 'spos'
Has been and lost herself to-day."

GOOD-BYE.

We say it for an hour or for years;
We say it smiling, say it choked with tears;
We say it coldly, say it with a kiss;
And yet we have no other word than this.—
Good-bye.

We have no dearer word for our heart's friend
For him who journeys to the world's far end
And sends our soul with going; thus we say,
As unto him who steps but 'fore the way.—
Good-bye.

Alike to those we love and those we hate,
We say no more in parting.—As life's gate,
To him who passes out beyond Earth's sight,
We cry adieu to the wanderer for a night.—
Good-bye.

Days Without Nights.

Nothing strikes a stranger more forcibly, if he visits Sweden at the time of the year when the days are the longest, than the absence of night. Dr. Baird once related some interesting facts. He arrived at Stockholm from Gothenburg, four hundred miles distant, in the morning, and in the afternoon went to see some friends. He returned about midnight, when it was as light as it is in England half an hour before sundown. You could see distinctly, but all was quiet in the street; it seemed as if the inhabitants were gone away, or were dead.

The sun in June goes down at Stockholm a little before ten o'clock. There is a great illumination all night, as the sun passes round the earth towards the north pole, and the refraction of its rays is such that you can see to read at midnight without any artificial light. The first morning Dr. Baird awoke in Stockholm he was surprised to see the sun shining in his room. He looked at his watch and found it was only three o'clock, but there were no persons in the street.

The Swedes in the city are not very industrious. There is a mountain at the head of the Gulf of Bothnia, where on the 31st of June the sun does not appear to go down at all. A steambot goes up from Stockholm for the purpose of carrying those who are curious to witness the phenomenon. It occurs only one night. The sun reaches the horizon, you can see the whole face of it, and in five minutes more it begins to rise. At the North Cape, latitude seventy-two degrees, the sun does not go down for several weeks.

In June it would be about twenty-five degrees above the horizon at midnight. In the winter-time the sun disappears and is not seen for weeks; then it comes and remains for ten, fifteen or twenty minutes, after which it descends and finally does not set at all, but makes almost a circle around the heavens. Dr. Baird was asked how they managed in these latitudes with regard to hired persons, and what they considered a day. He replied that they worked by the hour, and twelve hours would be considered a day's work. Birds and animals take their accustomed rest at usual hours whether the sun goes down or not.

A Dutch Interior.

It would be hard to find a prettier picture than Dutch cheese-making in the summer time. The empty cow stalls are as clean as scrubbing can make them, and well white-washed, with adornments of a pale blue color that contrasts well with the dark rafters overhead. The floors of the stalls are stamped tiles, slightly raised toward the middle, so that all moisture runs off. Between stall and floor is a trough for waste and water, now well carpeted. Round each stall are hung beautiful old Delft plates, and on the floor is set a well-polished brass or copper kettle or pitcher, that any connoisseur would be proud to put in his drawing-room. Imagine the stored-up wealth of beauty that it implies to decorate a dozen or more of cow stalls in this lavish way. The raised platform at the end, where in winter the calves live, is the family sitting-room in the summer, carpeted, hung round with plates, and fitted with a table, whereon stands the ever-present tea stove. The mistress of this establishment wears wooden shoes, a rough frieze petticoat and a cotton jacket; but who looks at them while round her neck are rows of pink corals as big as filberts, fastened with a diamond clasp, once her grandmother's, and on her head is a gold helmet, covered with point lace cap, and in the front of it more diamonds, set in pins and beaten-gold clasps? Even a Dutch cheese becomes romantic amid such surroundings.

LIFE IN ICELAND.

Men and women, masters and servants, all inhabit the same room, while cleanliness is not much attended to; but, poor as they are, they set an example of cheerful contentment. The beauty of the young girls is remarkable; their fair hair falls in long plaits, partially covered by a black cloth coil, daintily worn on one side of the head, finished at the top with a tassel of



AN ICELANDIC LADY.

colored silk, run through a silver or steel buckle, which seats on the shoulder. The dress is made of the cloth woven in the country, and on festive days the bodice is gaily adorned with silver braid and velvet, while the belt and sleeves are ornamented with silver devices, beautifully chased, and often of great value. On wet and cold days the shawl becomes a useful mantle, completely enveloping the head.

THE PARSEES OF BOMBAY.

The invariable dress of every Parsee is a tall black cap, fully fifteen inches high, made of pasteboard, and covered generally with waxed cloth: it narrows towards the top, which looks as if it were cut off. The long grey dress is always of exactly the same make. Even the shirt must be of a certain cut, with nine seams, and folded on the breast. Over this is worn a girdle, without which no Parsee must ever appear in public, save during prayer, when it is removed. It is said that no agreement or contract is considered valid if either party to the bargain was without the girdle at the time. It is solemnly assumed when a boy attains his ninth year, up to which age children are allowed much freedom.—Thenceforth, however, the boy becomes a responsible being, and at the same age the damsel may commence the cares of house-keeping. Among the invariable items in Parsee dress are the white cotton stockings and patent-leather shoes of English manufacture, which entitle the wearer to keep his feet covered in all English places of business, and government offices—a privilege equivalent to allowing a European to keep his hat on.

When the hour of death is at hand, the dying Parsee is carried down to the cellar, or the lowest room in the house—with what notion I failed to learn. Afterwards the body is borne to a great burial tower, there to be exposed to the winds of heaven, the burning sun, the beating rain, and all the host of foul carrion birds. Some rich families have a private tower of their own, a sort of family mausoleum. The public burial towers, of which there are five, stand on Malabar Hill in a garden of flowering shrubs overlooking the sea. Here, amid fragrant bowers of roses and jessamine, stand these Towers of Silence, as they are called, ghastly receptacles for the dead. They are about thirty feet high and sixty feet wide. On the top of each is an open grating on which the bodies are laid in three circles; children in the centre, then the women, and men at the outer edge. Innumerable birds of prey are forever hovering with their sharp hungry cries round these towers, or sitting perched on them, solemnly waiting for the grateful feast that is never long delayed—a feast which daily averages three Parsees, besides women and children; for it is estimated that each day three of these prosperous, intelligent, well-to-do-looking merchants find their last resting-place in the voracious maws of these ravenous birds. And when the birds have done their part, and wind and sun and rain have all combined to whiten the skeleton to a thing like polished ivory, gradually the bones separate and fall through the open grating into a well below the tower, whence, it is said, they are taken by a subterranean passage and cast into the sea, and so the space is left clear for the next comers.—*Macmillan's Magazine for January.*

Dr. Wm. G. Wheeler gave the first of a series of talks on hygiene, to the Chelsea school teachers, Friday, of last week.

The Mother of Dickens.

The childhood of Dickens was so shadowed by poverty, and his sensitive and imaginative mind was so keenly alive to his position, that it is hardly possible that he could draw an absolutely impartial picture of his parents. His mother had a keen appreciation of the droll and of the pathetic, and likewise considerable dramatic talent. She was a comely little woman, with handsome, bright eyes, and a genial, agreeable person. From her Dickens undoubtedly inherited his temperament and intellectual gifts. She possessed an extraordinary sense of the ludicrous, and her power of imitation was something astonishing. Her perception was quick, and she unconsciously noted everything that came under her observation. In describing ridiculous occurrences, her tone and gestures would be inimitable, while her manner was of the quaintest. Dickens declares that to her he owed his first desire for knowledge, and that his earliest passion for reading was awakened by his mother, who taught him not only the first rudiments of English, but also a little of Latin. Poverty saddened and darkened many years of her life, and her children were early compelled to leave her and earn their own living, but they all honored and loved her as she deserved.—*Woman's Argosy.*

Norwegian Beds.

The bedrooms in all the Norwegian inns are the same small boxes, not large enough to swing a cherry in. Throughout Norway the beds are the same little narrow cots, no wider than a steamer berth, with the same high sides, presumably to keep one from falling out, if he should incautiously move or turn during the night. To add to the torment of these berths, the pillow is a flat feather thing that you could put in your pocket, and beneath it lurks a broad, wedge-shaped bolster arrangement that keeps one sliding down to the footboard, unless he can retain his place by bracing at full length at an angle and attitude that the human frame only assumes on an undertaker's or a dissecting table. In one Norwegian inn where the dusting maid wanted to do her kindest she put a wedge at head and foot of my berth, and I dreamed that I lay in a hammock that touched the ground. The white spread that covers the bed in the daytime like a pall, or a sheet on sweeping day, is carefully put away at night, and one struggles with quilts and blankets that are always too short and too wide for the narrow bunk, and can never be made fast at the footboard. These are minor things, however, that one contends with everywhere in the towns, villages and on frequented roads, and he must go off the beaten track to find the true Norwegian bed that is only four feet long, very narrow and built into the side of the room, where it can be shut up like a cupboard all day long. At Nystuen there was an exacting Englishman six feet in stature, who insisted on seeing the beds before he would take his traps off his carriage. He found them many inches too short for his gaunt frame, and drove on to the next place for the night.—*Cor. St. Louis Globe.*

The Connecticut Blue Laws.—Text of the Original Laws Enacted by the "Dominion of New Haven."

At this time, when there is so much talk about "blue laws," it may not be uninteresting to know just what is meant by the term, and what the original laws of this denomination were. The laws in question were enacted by the people of the "Dominion of New Haven," and became known as the blue laws because they were printed on blue paper. They are as follows:

"The governor and magistrates convened in general assembly are the supreme power, under God, of this independent dominion. From the determination of the assembly no appeal shall be made.

"No one shall be a freeman or have a vote unless he is converted and a member of one of the churches allowed in the dominion.

"Each freeman shall swear by the blessed God to bear true allegiance to this dominion, and that Jesus is the only king.

"No dissenter from the essential worship of this dominion shall be allowed to give a vote for electing of magistrates or any officer.

"No food or lodging shall be offered to a heretic.

"No one shall cross a river on the Sabbath but authorized clergymen.

"No one shall travel, cook victuals, make beds, sweep houses, cut hair or shave on the Sabbath day.

"No one shall kiss his or her children on the Sabbath or fast days.

"The Sabbath day shall begin at sunset Saturday.

"Whoever wears clothes trimmed with gold, silver or bone lace above one shilling per yard shall be presented by the grand jurors, and the selectmen shall tax the estate £100.

"Whoever brings cards or dice into the dominion shall pay a fine of £5.

"No one shall eat mince pies, dance, play cards, or play any instrument of music, except the drum, trumpet, or Jews harp.

"No gospel minister shall join people in marriage. The magistrate may join them in marriage, as he may do it with less scandal to Christ's church.

"When people refuse their children convenient marriages, the magistrate shall determine the point.

"A man who strikes his wife shall be fined £10.

"A woman who strikes her husband shall be punished as the law directs.

"No man shall court a maid in person or by letter without obtaining the consent of her parents; £5 penalty for the first offence, 10 for the second, and for the third imprisonment during the pleasure of the court."

An Indignant Protest.

The following preambles and resolution were adopted by the Woman's Christian Temperance Union at its regular meeting last Thursday afternoon:

WHEREAS, The *Current* and *DAILY PIONEER* of this city made an exceedingly offensive and obscene notice of a death which recently occurred here, and other of our city papers made unnecessary mention of circumstances connected therewith, and

WHEREAS, These papers enter so largely into the homes of our city and form so large a part of their literature, therefore,

Resolved, That the Woman's Christian Temperance Union of Big Rapids do hereby, in the interests of christian morality and decency, indignantly protest against such publications, believing them to be greatly injurious to the whole people in every way. And we hereby respectfully request our city editors, in future, to refuse to publish police or jury reports, or any other items calculated to degrade the thoughts of their readers to the level of vice and its lamentable results.

Mrs. G. W. WARREN,
Mrs. H. T. GRAY,
Mrs. FRANK JAMES,
Committee.

Copies of the above preambles and resolution were placed in the hands of our city clergy to read to the congregations which assembled at the churches yesterday morning; but we have yet to hear of one clergyman who considered it his duty to comply with the request which accompanied the document; and in refusing to carry out the desire of this temperance organization, we believe the Reverend gentlemen exhibited better judgment than did the framers of the protest in question. The principal mission of this paper is to publish the news, and to state necessary facts in connection with all matters published. Should the *PIONEER* cease to make mention of "police and jury reports," or fail to record particulars in connection with murders and suicides, it would cease to be a newspaper. But if the publishing of a newspaper is an immoral occupation, perhaps the newspaper business better quit. It is hardly probable, however, that the views of the majority fully coincide with those of the Big Rapids Temperance Union; and we rather think these women are attempting a trifle too much when they undertake to suppress the newspapers of this country.

THE CUPS THAT CHEER.

BY EMILY THACHER BENNETT.

WE are told that the first mention of the tea plant and its use for a beverage was by a learned physician of Padua in Italy. He wrote of it in the sixteenth century, A.D. Queen Catherine of Braganza, a Portuguese princess, wife of Charles II. of England, made the drinking of tea fashionable in Britain. Upon one of her birthdays the East India Company presented her with a chest of the precious leaf tea. Many years afterward the good Queen who is the British sovereign in our times, when a young and beautiful princess, in the first hour after being crowned on the throne of her ancestors, gave this as her first command: "Bring me a cup of tea and the 'Times'."

"Wars and rumors of wars" have been caused by the strifes and money interests of the tea trade and its commerce in Asia and Europe.

Lord Macaulay wrote of a "cup of tea" that was passed around in a certain company only to be looked at and just tasted by all. This was in the year 1640.

Two hundred years ago a French traveler in Persia thought that the hospitable custom of offering a cup of fragrant tea to visitors was a Persian desire also to give them medicine. It is true that both tea and coffee are medical productions of the earth, and this is a good reason for using them with temperance and judgment. Coffee is called the drink of ceremony with the Arabs and the Turks. Tea is used in the same manner in Persia, India, China, and Japan. And in Russia only the higher classes of people enjoy good tea. There the best qualities may be procured, such as we and people of many lands do not freely have, partly because sea voyages are said to injure the fine flavor of the dried leaves of costly tea.

I should like to show you a life picture, if I might, of "thousands of merry leaf-gatherers," who go forth singing, laughing, and talking in the soft morning air of summer lands where the *Thea* shrub is cultivated in fields and on hill-sides.

Young girls are especially taught for the delicate employment. Every leaf must be picked separately. The costly tea called "Flowery Pekoe" must be gathered with gloves of perfumed leather on the hands. Perhaps those tea workers are weary often, and do not go home at night so merry as they came out at morn, but surely we think such labor is delightful, though its pay in money is so very small.

There are only a few "species" of tea plants, or *thea*. They are evergreens, with small white or rose colored flowers. The tea shrub now valuable to all countries and nations is thought to be native—"indigenous," the students of botany must say—only in the Assam regions of India. Certainly tea was transplanted to China. It did not always grow in that empire which has done so much to make tea famous. It has been said that "nothing in the history of commerce is so marvelous as the tea trade."

THE GREAT CHINESE WALL.

TRIMONY, III.

James Fays, an English writer, in a letter written to the *New York Independent*, positively asserts that the great Chinese wall, concerning which so much has been written, is all a myth. Can Our Curiosity then give us some positive information on the subject?
L. S. Egan.

Answer.—The iconoclastic rage of modern travelers, their desire to overthrow all the idols that previous travelers have set up, and to prove all explorers before them mistaken, often leads them into strange errors. The fact is, the great Chinese wall, though now largely in ruins, was one of the stupendous works of the world. It was begun 214 years before Christ, its purpose being to protect China from the incursions of the northern tribes. It was completed in about ten years. From S. Wells Williams' work, "The Middle Kingdom," probably the best work on China and the Chinese ever prepared, we condense the following description of the wall as it can now be seen. It begins at a coast town known as Shanhai K'wan, runs along the shore for several miles, terminating on the beach near a long reef. From this point its course is west, tending a little to the north till it strikes the Yellow River. This is the best built part of the wall. Beyond it goes nearly west till it strikes the Yellow River again, and then goes in a northwest direction to its termination near Kraya K'wan. The entire length of the wall is 23½ degrees of latitude, 1,255 miles in a straight line, but its turnings and doublings increase it to fully 1,500 miles. The construction of this great work is somewhat adapted to the nature of the country that it traverses, and its material was taken or made on the spot where it was used. In the western part of its course it is in some places merely a mud or gravel wall, and in others is of earth cased with brick. The eastern part is composed of earth and pebbles faced with larger bricks, weighing from forty to sixty pounds each, supported on a coping of stone. The wall here is about twenty-five feet thick at the base and fifteen feet at the top, and varies from fifteen to thirty feet high. There are brick towers at intervals, some of them more than forty feet high, but these are not built on the wall, they are independent structures, and in many places the wall between the towers is a mere crumbling dirt, but the towers stand almost as solid as when built. As, excepting in a few places, nothing is done to keep the wall in repair, much of it is in a mere state of decay. In this western part, beyond the Yellow River it is mostly "a mere mound of earth and gravel about fifteen feet in height, with occasional towers of brick, or gateways of stone. At Kalgan portions of it are made of porphyry and other stones piled up in a pyramidal form between the brick towers, difficult to cross, but easy enough to pull down. The appearance of the rampart of Ku-peh-kan is more imposing; the entire extent of the main and cross walls in sight from one of the towers there is twenty miles. In one place it runs over a peak 5,215 feet high, where it is so steep as to make one wonder as much at the labor of erecting it on such a cliff as on the folly of supposing it could be any use there as a defence. The wall is most visited at Nan-Kan, in the Ku-yung Pass, a remarkable Thermopyla fifteen miles in length, which leads from the plain at Peking up to the first terrace above it, and at one time was guarded by five additional walls and gates now all in ruins." To the testimony of Professor Williams, who spent forty-three years of his life in China may be added that of scores of others who have visited that country, and the legitimate conclusion is, that if Mr. Fays did not see the great wall of China it was simply because he did not go where it was.

More than four hundred years ago a solitary Arab roaming among Abyssinian mountains, stopping to rest in a grove of small trees, broke some branches to make a fire to cook his rice. He saw some dry-looking berries upon the twigs, and when they were burning he smelled a delightful fragrance which they emitted. They were new and strange to him, and he had the curiosity to take some of the scorched seeds in his hands and to crush them with a stone.

The story says that some of the fragments of the seeds as he broke them fell into his vessel of water, and, not afraid of poison, as we might have been, he tasted the colored water. He had carried in a leathern bag that stale water some days over desert sands, and now he was surprised that it tasted so fresh and fragrant. Soon he fancied that the tea thus made by the seeds had made him stronger and given him a feeling of happiness!

Then he gathered some, and carried them to the Mufti of Ardue in Arabia. This Mohammedan high priest was suffering by his use of opium. He was persuaded to try a drink made of the Arab's wonderful seeds, and it seemed magically to cure him. They soothed his distressed nerves like an "antidote," as a medical book might tell us.

The cured mufti named the unknown tree "*cahuah*," which means force. The teachings of Mohamet forbade the use of charcoal; and other priests afterward condemned coffee which in time became the name of *cahuah* the world over, because the hard berries must be burned before they will give strength and cheer.

But that war on coffee ended, and a more sensible mufti declared that it was not "coal."

And yet now, in our days of knowledge, some superstitious descendants of the Portuguese living on a bank of the Zambesi River, in Zululand, believe that if a man plant coffee he will never be happy.

Like many good things that God created for the use and pleasure of his people in this world, coffee may be intemperately used, and so become harmful; rightly indulged, it is a blessing. In the capital city of Brazil merchants say, "Coffee is King." That great empire's prosperity depends much upon its commercial trade in this small, cherry-like fruit, with its two hard, greenish-colored seeds.

There are different kinds of coffee trees and shrubs. Botanists believe that at first the plant grew as God created it only in parts of Africa and Arabia, so they have named it *Coffea Arabica*. Now coffee is cultivated in many countries; millions of people are supported by the trade it produces. In Rio de Janeiro children may gather or "glean" quantities of coffee seeds dropped in the streets. Soldiers of all the world's armies value the coffee necessary to their rations. The little sack containing this seed treasure went everywhere with the Union soldier in the War of Secession.

Somebody has said, perhaps truthfully, that since the first use of coffee in Paris and London, in the year 1670, enough of the beverage has been drunk in Europe and America to float the British navy! The United States for some time has paid yearly to Brazil more than \$50,000,000 for coffee.

In the island of Sumatra the natives prefer a tea made of coffee leaves instead of the wondrous, exhilarating seeds.

It is not known certainly that the ancient Greeks or Romans used this famous vegetable production.

The fragrant snow-white blossoms and the crimson-colored fruit among the shining foliage of the coffee plant make one of the most beautiful living pictures.

CHOCOLATE.

A very beautiful tree about the size of an apple tree which always grows in the tropical and hot countries of America is called the *cacao* or chocolate tree.

In the history of commerce nothing is said of *chocolate* before the discovery of the New World by Columbus.

Botanists call this tree of shining dark-green leaves and clustering white blossoms *Theobroma*. Its lovely fruit ripens twice every year. It is mostly valued for the rather large seeds it contains. They give us *cocoa* and chocolate, when ground or mixed in a sweetened cake which we may eat as candy, or scrape into hot milk for a delicious beverage. The people of warm countries almost may subsist upon "chocolate."

Cacao fruit looks a little like not very large ripe cucumbers, only more pointed at the lower end. It has a thick "warty" rind, and is yellow and rosy in color. The inside pulp that holds the brown seeds is not disagreeable to the taste of some persons, although few like to eat it. A thin covering, called in botany a *silicle*, is removed from the seed kernels. You may call this a husk. The husks are sold in large quantities under the name of "cocoa shells." They make a chocolate-flavored tea good for invalids, and which some persons are fond of. But the rich drink from the cocoa kernels, or "nibs," as they are called when broken a little and ready for sale, is more agreeable.

Manufacturers of chocolate in the shape of cakes often extract the plenteous oil naturally contained in the seeds of *Theobroma cacao* and sell it to druggists and perfumers at a high price. Then they use some other and cheaper fat, such as suet, lard, or poor butter, to mix in their chocolate paste.

If we desire a delicious, pure drink of chocolate, we should only use *ground cocoa*, and not the "paste" mixtures.

The Mexicans "cook" their chocolate like a mush, and eat it with a spoon. Natives of South America and the West Indies are very fond of this harmless production of their sunny lands.

The cacao tree is now cultivated in warm latitudes of the other continents, and chocolate is a beverage used all over the world. In Norway "chocolate parties" are fashionable among the wealthy and educated people.

Table Etiquette in Zanzibar.

A contributor to the *Overland Monthly* gives the following surprising and amusing account of the table manners of the natives of Zanzibar:

Five or six of them seat themselves around a large bowl of rice, surmounted by a skinny fowl, all being curried. Two seize the wings with their fingers, and two the legs, and simultaneously tearing these off, leaving the carcass to the fifth, afterward taking out the rice by handfuls and dexterously conveying it to the mouth with a peculiar jerk.

One mark of hospitality shown to guests when at table, consists in the chief's rolling some rice into a ball in the palm of his hand, and aiming it at the guest's widely distended jaws.

On one occasion this piece of civility was shown to myself, but not being an adept in the art of swallowing rice balls when so projected, the effect was anything but what my kind entertainer anticipated, for, independent of being nearly choked, the grains were scattered, or rather sputtered, over the table in a manner that elicited roars of laughter even from the very grave Arabs. This, of course, was the last experiment of the kind tried upon me.

LIFE IN HONDURAS.

Strange Customs that Prevail in the Villages of the Caribs.

The approaches from the interior of Honduras to Truxillo are mere trails through the mountains. The only means of transportation is by pack mules. Most of the houses in Truxillo are long, low-roofed, one story dwellings, built of stone and mortar, cool and well adapted to the climate. Very substantial, I am told they are; indeed, some of them must have been standing hundreds of years. They are anything but picturesque looking, being totally unornamented on the outside. It seemed to me that all the houses looked alike; in fact, an air of sameness pervades the place.

The surrounding scenery, on the other hand, compensates for the dullness and makes a beautiful frame for a very plain picture.

Behind the town is a high range of mountains thickly wooded, with little streamlets trickling down to the sea. In the valleys on either side are Carib villages—one, the village on the Rio Crystallis, the other on the Rio Negro. We visited the Carib town on the Rio Crystallis and found it a much larger settlement than it appeared to be. These so called Caribs are, properly speaking, not Caribs, but are the descendants of an African tribe. Yet they most decidedly object to being classed as negroes, and boast that they have never been slaves. They are quite like the ordinary negro, with this exception, that they are scrupulously clean about their persons.

As is common among most of people of rude civilization, the women are the drudges. They are the hewers of wood and the drawers of water, and it is not uncommon to see a mother paddling a dory load of bananas, with her infant squatting in the bottom of the boat.

When a man among the Caribs wishes to take unto himself a wife he hews himself out a dory, and, with the assistance of his friends and a jug of rum, gathers together where-withal to build his hut, which consists of a few poles, a pile of clay to form the floor and to fill in the wickerwork sides of the house, and some leaves of the cohune palm to thatch the roof with. He then clears off a patch of ground and plants a few ears of corn, and some yams and cassava root. This he calls his plantation. He is then considered an eligible swain, and is in a position to choose a partner from among the dusky maidens.

This plantation is entirely looked after by the woman. She gathers the corn to make tortillas, and digs the cassava root to make her bread. I visited a Carib house and watched the operation of Cassava bread making. They first wash the root, then grate it on a board studded with small, sharp particles of flint to form a rough surface; then strain it in order to extract the surplus juice, which is considered poisonous. Their mode of straining is extremely primitive. The article used as strainer is a long snake-like arrangement, made from a species of palmetto grass plaited together, and look exactly like a huge serpent. It is about eight feet long and about three inches in diameter, and open at one end. The strainer is suspended on a hook from the rafters, the grated cassava is poured in, then a heavy weight is attached to the lower end, which causes the strainer to contract, and so expresses the juice. After it has been thoroughly strained it is baked into large, flat cakes, which form the daily bread of the Carib.

These appliances for making the cassava bread, together with a couple of stools, a table, and the inevitable hammock, comprise the furnishings of the house.

While walking through the town we happened in on the school. There were about fifty Carib boys, all orderly and clean looking, taught by a young Spaniard. The text books are all Spanish, the history and geography of Honduras being the principal studies. We had a delightful ride on horseback along the beach and up the Rio Crystallis, where we surprised a number of Carib women who were washing clothes in the stream. There they stood knee deep in the water, rinsing the clothes and putting them to dry on the stones. While riding up hill and fording the river we gave the horses the reins and allowed them to choose their own path, and to the utter consternation of the Carib washerwomen, the horses walked right over the spotless clothes.

The beautiful crystal stream made its

source away up in the mountains, and besides lending a charm to the surrounding scenery, furnishes the town of Truxillo with drinking water. It is brought into the town by the Carib women in jugs, for which they charge a half real a jug.

It is a strange sight to witness these Carib women, with a shawl, sometimes of wool, but generally of silk, thrown mantilla fashion, over their heads and their shoulders, arms, and feet, without any covering save what Dame Nature provided.

Calhoun County Medical Society.

The Marshall Chronicle furnishes an extended report of the quarterly meeting held in that city on Tuesday, which mentions the Battle Creek members very prominently as follows:

The Calhoun County Medical Society held its quarterly meeting in this city yesterday. J. H. Kellogg, of Battle Creek presiding. Its meeting was particularly interesting and the expression of members upon the nature and treatment of pneumonia, introduced by Dr. Geo. H. Green, was very interesting and instructive. This discussion was followed by the reading of a paper up on the use of oxygen in pneumonia by Dr. Dunlap, of the Battle Creek Sanitarium. This, too, afforded a topic of unusual interest and was illustrated by the report of a number of clinical observations at the Battle Creek Sanitarium. The discussion of this paper continued until 6:30 when the society adjourned to meet at the Tremont where the members partook of a sumptuous supper, prepared for them by Geo. Watson in his best style. At the session a paper entitled "How to Lower the Temperature in Fevers," was read by Dr. Kate Lindsay. The literature and practical applications of the various means for lessening the temperature in fevers were clearly and well brought out. Following the discussion of this paper, typhoid fever, its etiology and treatment, was ably discussed and the president, Dr. J. H. Kellogg, presented to the society some very fine specimens of the bacilli of typhoid fever. The little imps of destruction were plainly seen, squirming about under the microscope, giving one a disgust for the impure water that is loaded with them and increasing our vigilance in maintaining purity of the fountains from which we quench our thirst. At a late hour the society adjourned to meet in Albion three weeks from this time.

WOMAN'S EDUCATION.

Dr. Lucy M. Hall on the Higher Education and Woman's Health.

Social Dissipation, Fashion, and Folly Account for Feeble Mothers and Childless Homes.

Miss A. S. Blackwell Denies that Family Jars Will Increase When Women's Ballots Prevail.

TRAINING FOR MOTHERHOOD.

Dr. Lucy M. Hall, in the current number of *Popular Science Monthly*, considers the question of the higher education of women with reference to its effect upon the health of the sex. Her remarks were called forth by the assertion of Dr. Withers-Moore that the higher education was interfering seriously with the natural power of women, a statement which she does not think is borne out by facts. Though admitting that observations made by herself in a number of American families showed a great falling off in the number of children born in this generation compared to previous generations, she thinks that this is not caused by education. "The diminishing and vanishing native family is a fact," she says, "but a fact which must be accounted for in some other way than the one proposed."

Leaving out of the discussion the responsibility that may attach to men for this fact, Dr. Hall considers the conditions that concern women. With them she finds the two primary causes that induce childlessness to be: 1. Physical disability. 2. Disinclination to bear or rear children. She thinks it highly absurd that an educated physician should pass over without a word all the death-dealing follies that are making invalids of tens of thousands of women "while he lifts his voice in dismal croaking over the awful prospect which looms before

HI-JAUNDICED VISION.

of a time when more women shall be educated." She recalls her own college work, and is convinced that it was conducive to health rather than otherwise. She says that the "terrible strain" of competitive work concerning which so much has been said has no foundation in reality. She does not think that the training of the intellect causes "physiological expenditure." If the body is not neglected or abused the training of the intellect conduces to physical vigor rather than otherwise, and goes on to say:

"Where is there a physician who does not know of countless numbers of women among the wealthier classes who are beset by all manner of ailments, for no other reason than because they have nothing to do, or rather because they have brought nothing into their lives which called forth the strong motive forces of their natures? The petty, selfish considerations which have dominated them have been too shallow to float them out into the broader channel, and they have become poor, stranded wrecks, with no interests but their aches and pains, no comfort but in the doctor's daily visit. The contemplation of these wasted lives, powers for good gone to rust and decay for lack of use, should make the angels weep. God forgive the man or woman who would wish to keep alive the hateful thralldom of old prejudices and customs which work such irreparable evil to the human race! John Stuart Mill has said that there is nothing after disease, indigence, or guilt so fatal to the pleasurable enjoyment of life as the want of a worthy outlet for the active faculties." He might have added that nothing so leads to promote

of fashion, of the effects of social dissipation upon the impression of the nervous system of a young girl, or the neglect of such exercise as is necessary to her vigorous health, I have no time to speak more fully, but among these are found some of the greatest hindrances to health, some of the most serious obstacles to motherhood. One of the greatest of living physicians, Sir Spencer Wells, says: As for the outcry against women taking up men's work, it is breath wasted. For my own part, I think women capable of a great deal more than they have been accustomed to do in times past. If overwork sometimes leads to disease, it is morally more wholesome to work into it than to lounge into it, and if some medical practitioners have observed cases where mental overstrain has led to disease, I can not deny that I also have at long intervals seen some such cases. But for every such example I feel sure that I have seen at least twenty where evils equally to be deplored are caused in young women by want of mental occupation, by deficient exercise, too luxurious living, and too much amusement.

That a strong disinclination to bear children is manifested by many American women no one can deny, and the rich even more than the poor seem averse to giving themselves to the cares and deprivations incident to the rearing of a family. These women are ready and willing to marry, but they have no intention of burdening themselves with

THE LAUDABLE RESULTS OF MATRIMONY.

Women with one or two children, wealthy, living in palatial residences, will tell you that they can not afford to have more children; also that they are quite worn out with their present cares, and that to have a large family would break them down completely; so by their manifold arts, all tending to thwart the Divine laws of their being, coupled with the selfishness and inanity of their lives, they succeed in bringing themselves to a state of physical disability which one of our prolific great-grandmothers would have been horrified to behold!

The root of the whole matter lies in the purposeless drift of everything which has been wont to enter into a woman's training. She has been made to feel that "woman should be protected from the rude battle of life by the work and labor of man," and these women have boiled down the sentiment into a selfish disregard of every obligation which they owe to the world. They most decidedly approve of all the limitations to "woman's sphere." They marry because they want to be taken care of, and their estimate of the value of life lies in the getting of the greatest amount of creature comfort with the least possible personal outlay; so "Bacon for want of a mother, is not born." Not, however, because "the woman who should have been his mother is a distinguished collegian," but because she will have none of him; and his unwelcome existence is cut short long before it is time for him to appear upon this mundane sphere. The poor woman has the same aversion to having a family that the rich one has, and for much the same reasons. Trouble and expense are to be avoided, and, worse than all, it is unfashionable to have a large family. This is the kind of sentiment which openly or covertly prevails with us, and this is the Moloch to which are being sacrificed not only the health of so many of our women, but the

LIVES OF UNBORN MILLIONS.

who should stand crowned the sons and daughters of our glorious land.

It is in the higher, broader education of women that our hope for the future lies. The alarmists who cry that women will not marry if educated know full well that they are firing blank cartridges into empty space. There will always be plenty of women with brains and plenty also without brains from whom to choose, so that no man need go without a wife. If he prefers one who has a knowledge of Greek verbs stowed away somewhere in the neighborhood of an adoring pair of eyes, so much the better for him. No amount of education will ever prevent a woman from marrying the man of

... should have a college. The meaning is that the colleges are the best ways for the training of girls to more healthful ways of living, both mental and physical, and the only thing to do for women of the wealthier classes, to lift them out of the ruts of idleness and destructive obedience to fashion's vagaries, is to educate them and give them broader interests and a mental grasp of the value of life because of its obligations to other lives. Men and women must ever be one in every interest which affects the public good. It is difficult to see how even individual welfare can be made distinct. Women with low ideals, selfish, and untrained; women with feeble, undeveloped physiques, as well as women whose high moral and intellectual worth is enhanced by bodily perfections, all have an influence that puts its stamp upon the

The Discovery of Coffee.

Toward the middle of the fifteenth century a poor Arab was traveling through Abyssinia, and finding himself very weak and weary from fatigue, he stopped near a grove. Then, being in want of fuel to cook his rice, he cut down a tree covered with dead berries. The meal being cooked and eaten, the traveler discovered that the half burned berries were very fragrant. He collected a number of these, and on crushing them with a stone he found their aroma increased to a great extent. While wondering at this he accidentally let fall the substance in a can which contained a small supply of water. Lo, what a miracle! The almost putrid liquid was instantly purified. He brought it to his lips; it was agreeable, and in a few moments after the traveler had so far recovered his strength and energy as to be able to resume his journey. The lucky Arab gathered as many of the berries as he could carry, and having arrived at Arden, in Arabia, he informed the Mufti of his discovery. The worthy divine was an inveterate opium-smoker, who had been suffering for years from the influence of the poisonous drug. He tried an infusion of the berries, and was so delighted with the recovery of his own vigor that in gratitude to the tree he called it cabnah, which in Arabic means "force." And this is the way coffee was discovered.

Cloves came to us from the Indies and take their names from the Latin clavus, meaning a nail, to which they have a resemblance.

The cantaloupe is a native of America and so called from the name of a place near Rome, where it was first cultivated in Europe.

Lemons were used by the Romans to keep moths from their garments, and in the time of Pliny they were considered an excellent poison. They are natives of Asia.

THE MISERABLE PROTS OF AN UNHAPPY CIVILIZATION.

What Our Disciplinary and Abandoned Fly Can Do to Make Human Life Miserable—A Study in Fly Devltry—Lingering Death of a *Musca Vulgaris* on Gilt Paper—Hard Facts About the Anatomy of Flies.



LEARN with great pleasure that the Royal Society of England at its last meeting listened to a paper on flies, and ordered it to be printed. I am very anxious to see that paper. As a rule, literary and scientific men have avoided the subject of the fly. He has been mentioned in but few select poems; only one song, "Three Jolly Flies," has been written

in his honor, and the encyclopedia merely calls him *Musca vulgaris*, and says he has six legs, a polygenous complexion, and breathes through his ears. And yet I believe that through the long and golden days of summer, through the balmy-scented autumn and the season of yellowing fields and purple twilight, the poet, the philosopher and the man of erudition and big language have each been given by a beneficent Providence noble and frequent opportunities of observing the beauties of the fly.

I myself have studied flies for years, and each spring, when wind and leaf and bird are attuned to hymn the coming of summer, I find myself thoughtfully taking up the subject again.

Is anything more innocent or moral than the fly? His ethical code permits him to do just as he pleases, and from this simple but beautiful rule of life nothing can tempt him to depart. Take a fly as you will, young or old, fat or emaciated, and you can see no flaw in his morals. Such as it is, his character is without a blemish.

How earnest and yet how naive is the mind of a six-legged fly. He has no vanity. Nature gave him a drab body, a brown head with a silver stripe down the middle, six costarcted legs, a pair of gauze wings and a talent for unretaining comeliness, and with these few and primitive materials he makes himself of more importance in the world than the diamond elephant or the blueberry whale. I have known great men, deep in some complex problem of vital interest to millions, to break violently from their labor to enjoy an hour or two of communion with one light-hearted fly.

A fly is so light and unassuming. He may be able to hover in the air, but he does not. He sits on a leaf, waits in midair, maintains one steady line of uproarious conduct for thirty-four days without drawing breath and perform other almost incredible feats of endurance and dexterity, yet he never blows about anything except a steak. He never utters an opinion. However deep his convictions on any subject he only speaks so—never is certain.

I awoke the other morning at daybreak. I had wrapped the drapery of my couch about me at 8 A. M. and had accomplished sleeping more than an hour, but just as dawn drew the mistral tempo and Cyrus Field's mill wagon jarred the perfumed silence of Gramercy Park, I emerged from the glory-throated canopy of my oblique dream greeted by three bespectacled and conspicuous flies.



I AWAKE.

The oldest and most deliberate fly had ascended to the summit erected by my knees, and was still engaged in personal adornment. He gave his goggles a careful polish with his forelegs, balanced himself on his middle legs, braided his hind legs and unravelled them again with amazing rapidity. Then he gave himself a brisk rubbing-down all over and cracked his heels in a sudden and ribald manner. He lifted his wings, scoured their interior with the ball of his toes, tied his central legs into a hard knot, untied them, carried himself gently on the side and indulged his head in a dry shampoo. Having limbered up by this massage, he tried his buzz, found it satisfactory, vaulted lightly into the air and took a musical turn about the room, inserting himself in my left ear at full speed, and dodging out with a mocking laugh just in the nick of time.

The second fly, who was younger and inclined to be funny, busied himself with the soles of my feet, while the third had just discovered a tunnel under the sheet, and, being of a scientific turn of mind, boldly entered, with a view to taking object lessons in anatomy.

I arose in wrath and smote the first fly, but he was elsewhere at that moment. He had just discovered that toothpaste is good to eat, and was removing the rough edges from his appetite. I collapsed the tented sheet and crumpled it violently in the hope of capturing the circus which had gone through the tunnel, but the next moment I saw that fly calmly braiding his hind legs on the glistening, with the air of one who felt entirely at home. I launched a vicious and accurate kick at the tickler, and he merely threw four aerial somersaults and tobogganed down my nose, then sailed over to the window and exchanged winks with the balled flies outside.

It is related of St. Xenophon di Novara that he never killed a fly. I can readily believe it, unless the medieval fly was considerably more disposed to lechery than the civilized and progressive fly of to-day. St. Xenophon was canonized about two hundred years ago and after he had been dead a long time. I never could see exactly why the honor was thrust upon him. What is really needed is an earnest and painstaking saint who will go around and kill all the flies, and I believe he would be immortalized in a month.

The encyclopedia speaks of our native fly as a "house" fly. This, I have reason to believe, is entirely superfluous. He frequently takes charge of a house. But that is not remarkable. There is nothing which a fly, in the height of the season, does not consider himself competent to run. I had even seen travel with me on the Saratoga Limited, so that I should not be lonely during the night. I have sailed to remote and uninhabited islands, and a fly has got there a few hours in advance, raised a large family and was ready to welcome me. These are wandering flies who make their journeys a year for the benefit of imaginary companies. They will run fly over the Atlantic Ocean, and they will get caught with you in the city, which is full of them.

number of flies, and the fly is the most common insect in the world.

Fly-paper is a great invention, which does serious injury to the tender and waddling nature of a fly. Being moist and soft and sticky, it appeals to him as being something good to eat. Alighting he gets one foot mired and doesn't like it. Nothing but complete freedom of movement satisfies an American fly. He beats the air with his wings and fails to get loose. A happy thought strikes him. He uses the other hind leg to pry out the first, and gets that into trouble. Then he thinks if he puts

IN TROUBLE.

down his two middle legs and pushes real hard, something will break loose. The experiment is a failure. He then yells for help and other flies come to his rescue. They interlace legs and pull, but find the fly still fast. Then they roll him over on his back, thinking he may slide easier in that position, but he is anchored firmer than ever. Then they ask him to remain just where he is until after luncheon and not get stuck up any more, and promise to wait until they will come back, and then they go off and forget all about him. He remains, feebly gesticulating with his two remaining legs, and finally gets tired and abandons himself to death. Subsequently the paper is thrown into the back yard, where a tomcat steps on it, and it takes him a week to comb the flies and pitch out of his fur.

A correctly built fly has 19,001 eyes, but he is lacking in foresight. During a prosperous season he will lay in a stock of 4,000,000 children, and yet not, if he can help it, will he leave them even so small a legacy as a piece of pie.

I earnestly trust that the able paper to be printed by the Royal Society will do justice to the beautiful, home-like and trustful disposition of the fly. I have often tried to do flies justice, but my efforts, combined with a wet towel, have always failed.

TAKING AN INTEREST.

Flies have always taken a deep interest in even the smallest things I do. As I write, one fly is going over the page carefully for omissions in punctuation; four others are assisting the flow of ideas by whispering coarsely in my ear and playing tag on top of my head; a fifth is balanced on the butt of my pen, enjoying the slow ride across the lines and the occasional excursions to the inkstand, and the rest have discovered a bottle belonging to the office boy, and are deep in the cross-eyed joys of a carouse.

HENRY GUY CARLTON.

HOUSEHOLD DEPARTMENT

BY MRS. HENRY WARD BEECHER.

WHEN AND WHERE WAS BREAD FIRST MADE?



AMONG the countless varieties of food, *bread* has been universally recognized as the "staff of life." But when it became known to be a necessity, or who invented it, we cannot tell. Fruits, nuts, and berries were all the food required until Eden was closed against mankind.

Until then there was no necessity to till or cultivate the earth, and no animal was killed to sustain human life. We have no doubt but Eve made the first bread, but how she made it, or from what, who will ever know?

The first mention of bread that we remember, is found in the third chapter of Genesis, when Adam was driven from Paradise, and compelled to eat bread: "In the sweat of thy face shalt thou eat bread," because he hearkened to the voice of his wife. Many of his descendants, we notice, have since his time, almost, if not quite, regained Paradise, because they did listen to their wives' counsels, but not when opposed to the command of God. Do not men some times forget this, and harbor a somewhat vindictive feeling because they believe that through the first mother, their prototype fell, and hence he and his posterity have "to work for a living." Is it this memory that makes them so resolute under the present efforts for a recognition of a broader platform for "women's rights?" How foolish, brethren! Let bygones be bygones! Was not woman more severely punished for Eve's folly than you for Adam's very ready participation in it? Don't bear malice. Help us up, not down you—we do not belong there; but help us to walk upward with you, close by your side, keeping step, where we may do good to you as you do good to us. If Adam had not been off on committee, public dinner, or at a club-house, but at home with Eve, to keep everything in order in Eden, we don't believe she would have eaten that miserable apple. Women don't get into mischief if they can work hand in hand with a good, kind husband.

The cultivation of grain for food has always been looked upon as a sign of progress in civilization, but the time when it began to be prepared in the form of bread is left in obscurity. For a long time after Cain, who seems to have been the first agriculturist, began to till the ground, grain was eaten green-boiled, raw, or roasted. *Ceres* was supposed to have been the first who formed any system in securing the products of the earth, and therefore the Greeks, who deified every new thing, crowned her the goddess of husbandry, and believing that Pan invented bread, he was at once deified. Long before *Ceres* or *Pan* were worshipped, however, the Egyptians cultivated the earth, and prepared bread from the grain, and bread is for the second time, as far as we can learn, spoken of in Genesis 14: 18, when Abraham pursued after those who had despoiled Lot, and had made him a prisoner. Returning triumphant, the King of Sodom, and Melchizedek, the priest of the Most High God "met Abraham, set before him bread and wine, and blessed him." Again, Genesis 18: 5, when sitting in the door of his tent on the plains of Mamre, the three angels stood before him: with the instant hospitality of that country, he set water before them, saying: "Wash your feet . . . and I will fetch a morsel of bread, and comfort ye your hearts."

When Hagar was driven out into the wilderness "Abraham took bread and gave her, etc." After this bread is frequently mentioned in the Old Testament, as "that which strengthens the heart." If the people were disobedient, the Lord said: "I will break the staff of bread in Jerusalem: and they shall eat bread by weight, and with care." Both in civilized and in half-barbarous nations, all have turned to bread, however rudely made, or from whatever grain or substance, as one of the most indispensable supplies. We are not aware what kind of grain the ancients of all countries used to make their bread. Indeed we learn that it was not always made from grain, and often things were used which would be decidedly objected to by this progressive generation. But in countries where our grains cannot be raised, to this day, the people find some substitute which they make into bread.

Earth-bread was formerly made in Upper Lusatia, once a

part of Germany, now under the rule of Prussia, times of scarcity is still used. The earth is dug from where saltpetre has been manufactured. When laid in the sun and heated it cracks, and globules like meal rise from it. These are mixed with a little flour and are then baked. Probably the saltpetre or soda in the earth gives it its lightness. Something similar has been found in Catalonia and in case of great want many live on it for weeks without injury.

Fish-bread is still used in Tartary, Iceland, Lapland, and places far north. After the fish is dried, it is beaten and often the inner bark of some trees in the vicinity is mixed with this powder. The whole is then wet, and without fermentation made into bread and baked.

Moss-bread in Iceland—the lichen or reindeer moss—in it much starch. Gathered in summer and perfectly dried it is then ground into meal, and bread, gruels, and porridges made from it, which are considered very nutritious.

Plantain-bread is made from the fruit of the plantain tree, gathered green, the skin removed, and the fruit roasted on a charcoal fire; it is then made into bread, or used dry with grated cheese. The natives prefer it to wheaten-bread. The fruit of the bread-tree. It is a native of Asia, largely cultivated in Jamaica, and among those who use nothing could supply its place.

Cassava-bread is prepared from a root that grows in the Caribbee Islands, called *Jatropha manihot*, but now cultivated in most southern countries. The juice—most children who are proficient in natural history or geography, know it to be a deadly poison. The Indians dip their arrows in it. The bread from the pulp of the root, after being freed from the poison, is much used by the natives, and by many others who stop at these islands.

After thoroughly cleaning the root, and scraping and grating finely, it is put into a sack made loosely of rush, then hung from a cross-bar over a tree, and heavy weights put upon the pulp, with a vessel beneath the sack to catch the poisonous juice. When this has been pressed dry like starch, and is suspended over smoke to free it from moisture. By these precautions it becomes perfectly harmless, and is then sifted and kept dry till needed. Thus prepared it is called "cassava." When made into bread, it is laid on hot iron plates, or hot earth, to bake, or it can be baked in an oven. We have often eaten it at the South Sea and found it palatable.

The finest part of the root is collected and made into regular globules or *tears*, as the natives call them, by straining the whole mass, while yet quite moist, and this is called *tapioca*.

In the islands of Banda, Amboyna, in the Malay Archipelago, the most important of the spice islands, the sago-tree flourishes. *Sago-bread* is made from the roots of this tree. Indian corn has not long been cultivated in those islands, and now with the sago-bread is very largely the most important part of the food of the natives. After cutting the sago-root into small pieces it is well beaten in a mortar. When that is done, water is poured over it, and left to stand most of the day, or so that there shall be abundant time for the pith, or meal of the sago, to settle. Then the water is thoroughly drained off, and the meal is well dried and made into cakes, or raised and made into bread. Visitors at these islands report that this is nearly equal to our wheat bread.

The trunk of a single sago-tree, when cut down, will yield 600 pounds, and 430 trees can be raised on one acre of ground, producing 120,500 pounds.

The Hottentots make bread from another variety of sago. After taking the pith from the wood they tie it up in a calf or sheep-skin that has been well dressed, and bury it for some weeks in the ground, to make the pith tender and mellow, then make it into cakes or thin loaves of bread, baked on hot embers. This is the kind of sago used in commerce, granulated by passing through a sieve while moist.

Bread-fruit is a native of the South Sea Islands. The fruit is about as large as a good-sized egg-plant, is wrinkled, the skin thin—a core inside the size of a finger. The part used as bread lies between the skin and the core, is very white

would in some cases be like a portrait made up of several sittings. It might be more than this, and at once be an evolution of human character, an evolution in art, and a final proof in a new line of the entire Darwinian scheme. But if the composite likeness is a lie it appears to be another argument to prove that mechanism cannot take the place of art, and cannot be used as an advertisement in that line. There are lies enough in would-be art already.—[Exchange.]

ANCIENT WONDERS.

Nineveh was 14 miles long, 8 miles wide, and 46 miles around, with a wall 100 feet high, and thick enough for three chariot abreast. Babylon was 50 miles within the walls, which were 75 feet thick and 100 feet high, with 100 brazen gates. The temple of Diana at Ephesus was 420 feet to the support of the roof; it was 100 years in building; The largest of the pyramids was 481 feet in height and 853 feet on the sides. The base covered 11 acres. The stones are about 60 feet in length, and the layers 208. It employed 350,000 men in building. The labyrinth of Egypt, contains 300 chambers and 12 halls. Thebes, in Egypt, presents ruins 27 miles around, and contained 350,000 citizens and 400,000 slaves. The temple of Delphos was so rich that it was plundered of \$50,000,000, and the Emperor Nero carried away from it 200 statues. The walls of Rome were 13 miles around.

ALFRED CENTRE

THE ODDEST TOWN IN ALLEGANY COUNTY.

A GLIMPSE AT OUR SABBATHARIAN FRIENDS.

(Continued from last week.)

Jonathan Allen, whose portrait is herewith presented, is President of Alfred University. He was born January 28, 1823, in the town of Alfred, less than one mile west of the site of the university. The country was then new, and the log house in which President Allen first saw the light was surrounded on all sides by dense forest, which has long since given place to cultivated fields and comfortable homes. When Alfred Academy was started in 1836, young Allen, then 13 years of age, was one of the first to ask admission to its class, and was a member of the first graduating class in 1844. After spending some three years as student and assistant teacher, he went to Oberlin for a year, graduated from that institution and returned to Alfred, where he became part owner and assistant principal in the academy. In the winter of 1856 he went to Albany and secured the charter which granted to the academy the privileges and duties of a college, with power to add theological and other departments as occasion might require, thus giving to the institution a university character. One of the first acts in organizing the university under its new charter, was the election of Prof. Allen as its President. This honor he modestly declined, and Prof. Wm. C. Kenyon was elected president in his place. Prof. Allen continued to teach and to serve the institution as financial agent, until the ill health of President Kenyon compelled him to resign in 1868, when Mr. Allen was again chosen President, in which capacity he has served uninterruptedly until the present time, a period of 25 years. Thus, for 25 years, President Allen has been connected with the school in one capacity or another. As the accompanying cut shows, he is physically a strong man; tall, broad shouldered and well proportioned. As a teacher, his work has embraced at different times mathematics, history, civics and natural sciences, natural history, literature, rhetoric, elocution, Latin, Hebrew, metaphysics and theology. In 1853 he received from the Regents of the University of New York the degree of Doctor of Philosophy; in 1874 or 1875, from the University of Kansas, that of Doctor of Divinity, and in 1885, from Alfred University, that of Doctor of Laws. The honors were

conferred and bestowed. They are the spontaneous expressions of the high regard in which he is held by these institutions, as a profound scholar, as an experienced educator and as a Christian gentleman.

We will venture to say that no picture of the University buildings will call to mind so many pleasant recollections as the one herewith presented—the University chapel. This building was erected in 1884, under the superintendence of Maxson Stillman, as architect and builder. It is situated above Ladies' Hall and nearly opposite the Steinheim. Its dimensions are 105 x 32 feet. It contains an assembly hall, recitation room, janitor's room and the session rooms of the gentlemen's literary societies, the Alleghanian and Orophilian. The annual commencement exercises are here held, as well as numerous concerts, lectures, etc., during the school year. The assembly hall is tastefully decorated with the University colors—purple and gold, and among the pictures on the walls are those of ex-President Kenyon and wife, Miss Caroline B. Maxson, the first preceptress, and President Allen. The room contains a large two manual pipe organ and a piano, gifts of former students and friends of the institution. Many a student will, as they look upon the picture of the old chapel hall, recall scenes of other days, when they participated in or listened to the exercises presented within its walls from year to year, and, doubtless, many will recall the names of Dexter, Lewis, Ford, Pickett, the Van Dusen, Casaday, Maxson and hosts of others. While the different classes come and go, changes are made necessary in the faculty. The same great pen upon the steeples writes their history upon the four winds, or points to the shining place upon the hill top as they murmur their requiem for the past. While a new chapel building is greatly needed, yet we are sure the picture of the old one will linger longest and most acceptably in the memory of old students of the university.

And, now, having visited, though hurriedly, the university, let us make a tour of the business places of Alfred Centre, glancing briefly at each one. The first place visited by your reporter was the establishment of Crandall & Bunchell. The gentlemen of the firm—Messrs. E. T. Crandall and L. Bunchell—deal in dry goods, groceries, drugs, and shoes. They are one of the leading firms, and their stock occupies three stories and basement. They do a lively business, and are pleasant gentlemen with whom to be brought into contact in business or socially. Buelick & Gross—D. S. Buelick and J. C. Gross, are dealers in general hardware, cutlery, cutlery and implements. Their building is a three story one, and is built from top to bottom. The shop is

that can be collected in their line, and are always to be found "at hand." They employ two hands and do quite an extensive tinning business. N. F. Allen, dealer in ready made clothing and general furnishing goods, has a neat and well stocked establishment, under the able and efficient management of Mr. Geo. Treuman. He has a branch store at Horseshoeville. The ladies are looked after by Mrs. L. A. Palmatier, who conducts a millinery business. Fred Howard runs the tenorial department and Samuel Ellis has a harness shop and does repairing. John Jaycox is the village cobbler. The meat market, which is an excellent one, providing everything in the way of fish, game, etc., in season, is conducted by G. S. Hubbard. E. Langworthy occupies two floors with his stock of books, stationery and artists materials. He caters in a large degree to the wants of the students. One of the attractive places is that of J. H. Burdick, dealer in groceries, confectionery and drugs. His store is a large and pleasant one, and the proprietor is a genial and obliging gentleman. Wm. C. Burdick, dealer in grain, seeds, cheese, etc., has pleasant offices adjoining the bank. He carries on an extensive business, and is one of Alfred Centre's substantial citizens. The University Bank, a private concern, has comfortable quarters in a central part of the village. It was established in 1882. The officers are, E. S. Bliss, president; Will H. Crandall, vice president, and E. E. Hamilton, cashier. M. J. Green has three stores, two of which are devoted to furniture, and the other contains a large stock of dry goods, groceries and crockery. Taking the two branches of business together, Mr. Green carries the largest stock in the village. A. A. Shaw deals in watches, clocks, jewelry and string instruments and does a general watch and jewelry repairing business. The Alfred Centre Steam Laundry is conducted by T. H. Thoworth. He has the patronage from a large portion of the surrounding country, and the work turned out by him gives the best of satisfaction. The people of Alfred are somewhat proud of their laundry. W. H. Wyler carries a fine stock of boots and shoes and P. S. Place looks after the undertaking business. In the rear of the Boarder building is the foundry and machine shop of D. H. Rogers. Mr. Rogers is a mechanical genius of no mean order, as everything connected with his shop demands. The machinery is all of the latest pattern, and is kept in the best of order. He employs five hands, and has all the work he can attend to. He has recently put in as an experiment a 25 light electric system, with which he furnishes lights for his shop and the Boarder cells. When the Alfred Centre is built by the State

it will be a manufacturer of gloves, suits, etc., and do quite a business in the line. The post office is in charge of postmaster, Eben C. Burdick, who conducts Uncle Sam's business to the satisfaction of all, assisted by Mrs. Burdick. The office is neat and roomy and contains about 200 boxes. Mr. Burdick is well known throughout the county, and is president of the Postmasters' Association. A building of which the citizens are not a little proud is the fire hall, the home of the A. E. Crandall Hook & Ladder company, of which there are forty members. This handsome edifice has been recently erected. It contains the truck room, front parlor, dining room and kitchen and a spacious reception hall. Here, also, is the Opera House, conveniently arranged and containing about 400 chairs, with room to add another 200. At the rear end is a comfortable horse shoe gallery. The company is to be congratulated on having such cozy quarters. The foreman of the company is M. B. Green; assistant foreman, L. W. Niles; Sec'y, A. E. Green; Treas., W. F. Burdick; Trustees, C. D. Reynolds, D. S. Burdick and Will H. Crandall. It is an incorporated concern. The medical profession is represented by Drs. H. P. Saunders, Mark Sheppard, I. P. Trueman and H. C. Coop. Rev. T. R. Williams is pastor of the First Sabbatarian church. The fire and life insurance is in the hands of A. E. & W. H. Crandall, who represent the Etna, Hartford and Phoenix companies, all of Hartford, Ct., and Mr. Will Crandall represents the Equitable Life Assurance Society of New York and the Fidelity and Casualty Accident Insurance company of New York. The Board of Trustees of the University is F. B. Langworthy, President; L. A. Platts, Sec'y., and Will H. Crandall, Treas. Following is the faculty of the University: J. Allen, D. D., LL. D., Ph. D., President, Professor of Metaphysics, Ethics and Literature. A. A. Allen, A. M., Professor of Drawing and Modeling. D. E. Manson, D. D., N. V., Hull Professor of Pastoral Theology. I. F. Kenyon, A. M., Professor of Modern Languages. Theo. R. Williams D. D., Ph. D., Fairfield Professor of Systematic Theology, and the Hebrew Language. A. H. Lewis, D. D., Professor of Church History and Homiletics. E. M. Tomlinson, A. M., Wm. B. Manson Professor of the Greek Language and Literature; Librarian. A. E. Stillman, A. M., Professor of Painting and the History of Art. Mrs. W. H. Crandall, Instructor in Fine Arts. H. C. Case, M. D., Ph. D., School Professor of Figures, and Professor of Chemistry. A. B. Kenyon, S. M., Professor of Mathematics and astronomy of the faculty. A. E. Crandall, Sec'y. of the faculty.

Mrs. William, Ph. D., Professor of English of
 Mass. F. A. Foss, A. B., George
 B. Rogers Professor of English at Wash-
 ington, Professor of Anatomy, C. M. Foss,
 Ph. D., Professor of Natural History and
 Civics. Mrs. L. T. Shuman, Ph. D.,
 O. E. Boston, Instructor in Penmanship
 and Bookkeeping, Estelle W. Hoffman,
 Ph. B., Associate in the Normal and Pre-
 paratory Schools. Edwin H. Lewis, A.
 M., Wm. C. Kenyon Professor of the
 Latin Language and Literature. Mrs.
 Eleanor Ellsworth, A. M., Instructor in
 Water Colors and China Painting. Eva
 St. Clair Champlain, Litt. M., Assistant
 Librarian. R. E. Brown, Ph. B., Princi-
 pal of the Normal and Preparatory Schools.
 A. Maud Hoard, Ph. M., Tutor in Latin.

Among the places of interest to be visit-
 ed in Alfred Centre, is the Publishing
 House, of which Mr. John P. Mosher is
 the business manager. Here is published
 the *Sabbath Recorder*, a sixteen page week-
 ly publication, of which are issued 2,700
 copies, and which is edited by Rev. L. A.
 Platts; *The Outlook*, a sixteen page month-
 ly, Rev. A. H. Lewis, editor, 51,000 copies;
 the *Sabbath Reform Library*, a sixteen
 page monthly, L. A. Platts, editor, 10,000
 copies; *The Peculiar People*, a Hebrew
 paper, Rev. W. C. Deland, editor, 17,000
 copies monthly; the *Helping Hand*, a Sab-
 bath school quarterly, 3,000 copies. From
 the foregoing may be gained an idea of the
 vast amount of press-work done and paper
 consumed. In addition to the above, the
Evangelii Budbarura, a Jewish paper is
 edited in Alfred Centre, and published in
 Chicago. The plant of the office consists
 of two large cylinder presses, and a large
 jobber, power folder, etc. They do their

own stereotyping and have a complete bind-
 ery. Twenty hands are employed on an
 average the year round. The building is
 a three story one. The power used is
 steam, and the lighting is done by electri-
 city. Over this establishment Mr. John
 P. Mosher has entire supervision, and has
 as assistant, or general foreman, Mr. F. A.
 Crumb. Mr. W. B. Mosher is foreman of
 the press room. The company have a

trust depository in New York City. The
 average amount of mail matter sent out
 from this office is about three tons per
 month. Everything connected with the
 office is done in a perfectly systematic
 manner, and reflects credit on the manage-
 ment.

The Alfred Sun, John H. Mosher, asso-
 ciate editor and manager, is located in the
 Record building. The Sun is a weekly
 paper, four pages, seven columns, pub-
 lished on Thursdays. It is Republican in
 politics, and is one of the leading papers
 of the county. It receives considerable

more than
 was estimated
 and raised for a
 in his pro-
 The paper is owned by a
 the Sun Publish-
 ing Company.

One of Alfred Centre's principal indus-
 tries is the Terra Cotta Works. The com-
 pany is known as the Terra Cotta Com-
 pany, Limited, of which Geo. H. Babcock
 is president and Will R. Clarke, sec'y. and
 treasurer. Their specialties are colored terra
 cotta and frost brick. Of their office, the
Heraldville Press says, "There is probab-
 ly no more novel or artistic building in

Allegany county than the new office of the
 Alfred Centre Terra Cotta Company,
 which has just opened. It is constructed
 entirely from material made by them and
 it is a great advertisement for the com-
 pany and for the workmen who built it."
 The company has been doing business
 about two years, and are working up a
 wide reaching reputation and trade.
 They will soon be making 10,000 roofing
 tiles a day, in addition to their brick. They
 have seven kilns, with a capacity of from
 14,000 to 18,000 tiles each. There are in
 the basement of a large long story build-
 ing, 100 x 130 feet. Eighteen different
 styles of roofing tile are made, the great-
 est of all being manufactured from the
 colored clay, a beautiful green, which is
 found in the bed of the stream at the rear
 of the building. The work gives occupa-
 tion to forty hands. It takes about six
 days to burn a kiln, and four days to cool
 it. The setting, burning and emptying of
 a kiln takes about two weeks. Eight tons
 of coal are required to burn a kiln, each
 having ten fire places. Their specialties
 are made principally to markets of Phila-
 delphia, Chicago, Boston and New York.
 The colored clay, which is exclusively an
 Alfred production, gives a superior quality
 of tile. They are impervious to the action
 of water, fire or frost can not destroy
 them. The color is not a mere "dip," but
 is the result of chemical action upon the
 body itself, and is pleasing and restful to
 the eye. It is also a material of extraor-
 dinary crushing resistance. A visit to the
 terra cotta works will well repay one, and
 under the courteous conduct of Messrs.
 Clark Ross, and

ALFRED CENTRE.
 (Continued on page 2.)
 At present the
 public are invited
 Mr. Warrant, at
 his private home,
 a pleasant time
 to be opened, and
 to be of as good a
 as any of the
 the



PREMONT ALLEN.



THE OLD CHAPEL HALL.

ALFRED CENTRE.

THE ODDEST TOWN IN ALLEGANY COUNTY.

A GLIMPSE AT OUR SABBATHARIAN FRIENDS.

Alfred Centre, of which probably less is known by the outside world than any other town in the county, contains more that is of genuine interest than any of the places we have yet visited. This pleasant little village is cozily situated on the banks of Whitney Valley Creek, a little north of the center of the town and about two miles distant from the Erie railroad. What prominence the village has gained was first derived from the University, which has served as a center about which the village has grown. In 1839 the settlement contained a church, the University and 177 inhabitants. Since that date its growth has been marked.

The town of Alfred, of which the Centre forms a part, lies near the center of the eastern border of the county, and has an area of 19,300 acres. The surface of the town is broken by irregular hills, separated by deep and narrow valleys. The soil is a clayey loam with which shale is mingled on the hills and a gravelly loam in the valleys, well adapted in all parts to grazing, and making dairying a profitable industry. The settlement of the town was begun in 1807, by Clark Crandall and Nathan and Edward Green. Crandall came from Rhode Island and the Greens from Brookfield, Madison county. The party made the journey on foot, and took up 800 acres of land, part of which was in lot number eight, where Crandall located. He was the first member of the state legislature from that town. Settlement was slow until after the war of 1812. Among those who came in 1813 was David Satterlee, a native of Connecticut. He purchased fifty acres of Nathan Green, where there was a small clearing, erected a log house and took up another fifty acres of wild land adjoining. In 1814 James C. Burdick of Connecticut, settled in Alfred, buying 100 acres of lot number 25, at 95 an acre. Here Russell W. Burdick was born. Amos Burdick of Rhode Island was a settler that same year. Others among the pioneers were Elin Smith, Abbeild Smith, Richard Hall, Abel Burdick, Stephen Coon, John Whitford, Jeremiah, Truman, Hudson and David Pinn. Among those who came in 1817 was John Allen, Burdick's son. In 1818

Alfred was purchased from the State of New York by the State of New York, March 11, 1808. A part of the police was annexed in 1810. Its area was reduced by the formation of Almond and Independence, March 16, 1831, and a part of West Almond was set off April 15, 1831, also a part of Ward, November 31, 1831. The first town meeting was held at the house of Benjamin Van Campen, the first Tuesday in April, 1808, at which Joseph Karr was elected Supervisor and Joseph A. Rathbun town clerk. It was resolved that fences should be constructed; that for each wolf actually taken and killed there should be a bounty of \$4 paid out of the town treasury, and that the next annual meeting should be held at the house of Benjamin Van Campen. At a meeting of the citizens held at Alfred Centre, July 8th, 1847, it was unanimously resolved to form an association under the name of the Alfred Rural Cemetery Association. Maxson Green was chosen chairman and Erastus Green secretary.

Thus, we have in brief, an outline of the early history of Alfred and Alfred Centre, and will now turn our attention for a while to Alfred University and surrounding buildings. A sketch of the establishment of the university, must, of necessity, include an outline of its founder's life—William Colegrove Kenyon. Mr. Kenyon was born at Richmond, R. I., Oct. 22, 1812, of poor and humble parentage. At the age of five he was "bound out" to a guardian, and when old enough to work he was hired out during summer months to neighboring farmers. In winter he was put out to board, working for the same, getting such schooling as he could at the district school. When sixteen years of age he bought his time of his guardian, giving his note, which he subsequently paid, principal and interest. He learned the trade of a machinist, continued schooling and reciting with classes in a school known as the Lyceum. In the summer of 1830 he entered Union College. In entering upon his duties at Alfred Centre, Professor Kenyon expected to remain only two or three years at the most, for he had prepared for the ministry, and intended to devote his life to missionary work in foreign fields. Here, however, in a field comparatively unoccupied by institutions of learning, he saw a mission worthy of his efforts, and soon became interested in educational projects, to the success of which his whole efforts were devoted. His exertions were rewarded that summer which was the year of Alfred University; and with the same year he was elected to the place of President of the college, and during his administration in a suitable

which stands... his unaccounting... his memory is... In 1841 he raised the attendance... and in the summer of the same year a large two story front was added to the academic building at a cost of about \$3,500. August 18, 1840, Professor Kenyon was united in marriage with Miss Melissa B. Ward. In 1837, when the university charter was granted, he was appointed president, an office which he held till 1858. Illness compelled him to seek medical aid, rest and foreign travel. He spent the winter of 1858 and 1859 and the following spring in France. Accompanied by his wife he then started for the Orient, intending to visit Egypt and Palestine, but was unable to get further than Geneva, Switzerland, his health compelling him to turn back and start homeward. On reaching London they were obliged to pass. From there he wrote; "I am but a shadow, but hope the shadow will not cross the ocean, for I shall be a joy to reach America. May the Lord bless you all." This was his last home message. On June 7, 1867, he passed into the other life, and his remains were laid to rest in the Abney Park cemetery near London, but were afterwards brought to this country, and now lie by the side of his first wife in the cemetery at Schenectady.

The University grounds and buildings are situated on rising ground, overlooking the village, and commanding a wide-reaching view of the surrounding country. A more beautiful outlook than that to be obtained from the turret of the University Chapel can scarcely be imagined. A central feature in the group of buildings is Ladies' Hall, containing the university boarding department, reception room, professors' rooms, music rooms, session rooms for the Alfredian and Athanasian lycæums and rooms for lady students. The accompanying picture of Ladies' Hall is a faithful representation thereof. It occupies a commanding position, and its beautiful surroundings make it at once an object of interest to the stranger.

On the opposite side of the campus stands Kenyon Memorial Hall. This handsome building is built of brick and covered with cut stone, the basement being entirely of stone. It was erected, as its name implies, in a memorial of President Kenyon, the funds for it being largely supplied by contributions from former students and from other friends of the institution. It is 50 x 25 feet on the ground and 45 feet high to the roof. The tower is 20 feet high, including the cupola. The tower story contains the... The building was... by...

The second story... The small story... a lecture room thirty by forty... used as a recitation room by the professor of divine and history; a recitation room used by the professor of natural history; on this floor is also a laboratory and a hallway 10 x 22 feet. The third story is chiefly devoted to the library and natural history purposes. The tower has on the first floor an entrance vestibule, on the second a room used by the Theological Department, and on the third the janitor's room.

The most picturesque, as well as the most interesting of the group of buildings situated on the university grounds is the Steinheim or "stone house." The cut of it herewith presented is not what we would wish to give, but being unable to obtain the larger one, we use what we have at hand. The building is 40 x 84 feet on the ground and sixty-six feet high at its highest point. It is built entirely of stone, the facing being chiefly of boulders, representing most, if not all of the rock formations, as far north as Labrador, that were

hard enough to bear the transporting agencies of the glacial or drift period. Scarcely any two stones are of the same variety. The walls are thus, of themselves, a fine geological cabinet. This material was all obtained within two and one-half miles of the building. It being located near the



southern end of the glacial drift. The main room is twenty feet high, surrounded by a gallery, and finished in wood indigenous to Alfred. The front and upper rooms are finished in woods from various countries of the

globe, making the whole an interesting study. The lower floor of the main room is devoted to Paleontology, Conchology and minerals. American fossils are well represented, as well as quite an assortment of foreign fossils. In Conchology, the land and fresh water shells of the United States are quite complete, as well as those of Europe and Asia. There is also a fair representation of marine shells. The upper floor of the main room and the upper front room are devoted chiefly to Archeology. The stone age of both Europe and America are represented by several thousand specimens. The bronze age is also illustrated. The line of pottery represents ancient Egypt, Palestine, that of Babylonia, Greece, Denmark, Rome, Persia, Mexico and the Mound Builders. There is also an assortment of modern pottery. Most of the ancient and the modern nations are represented in the walls of copper. There is likewise a fine miscellaneous collection of... The beautiful Steinheim...

...The beautiful Steinheim... The collection... property of President Allen. For... a high degree of great delight would... a fine collection, which has been gathered together by him during his... work.

Going to the courtesy of Mr. John H.... we have at hand a cut of our... that we had prepared giving this work. We are, however, while regretting it exceedingly, obliged to omit it for want of space. Next week we will present a picture of President Allen, the University Chapel, and conclude with a summary of the business interests of...

