

HOUSEHOLD.

The Sitting-Room Window.

BY ANNIE L. JACK.

It is autumn and we are busy garnering the fruits and other products of the earth. The sitting-room window is deserted, but for a few ferns, and every one is doing a little toward the harvesting. There are flower seeds to pick and label, sweet herbs to dry and put in bottles, and the pumpkins and squashes to put on a cool dry shelf. Parsley dried in the oven and packed away in paper bags is very useful through the winter, and speaking of bags, those who have only a few grapes can keep them from birds and have them ripen better if put into paper bags as soon as they are formed. I find, too, it is a protection against early frost.

This Province has a great deal to contend with in the matter of climate. Late frost and cold in spring, early frost in autumn make a short season and make fruit growing quite precarious. The children revel in grapes and apples and they seem to be able to eat them without any decrease of appetite.

The bees have finished storing honey for this season, and we realize that it has been a very poor one comparatively. How rich this year that it is being manufactured and simply glucon and syrup. The science of adulteration has made rapid progress and one is hardly sure, off a farm, that products are genuine. Like these long autumn evenings, they are full of pleasant possibilities, and if we do not always carry out our intentions in the way of improvement and study, who does? Let us enjoy the seasons as they come. The violets have left us, the roses are gone, so we will try to be contented with the chrysanthemum and our home cheer. We will pile on the back log, and get out the plates of fruit, for the long winter is at hand when the sitting-room must be the cosiest and cheerfulness room of the house, full of pleasant associations and cordial good will.

"Come, stir the fire, and close the shutters fast,
Let fall the curtains, wheel the sofa round,
And in innocent recreation and mirth,
With thankful hearts and contentment that all is well.
"So let us welcome peaceful evening in."

The Care of Shoes.

For men and children, especially, shoes (or boots, if they are worn) should be well oiled from time to time, depending upon the employment of the wearer, the quality of the leather, and the weather. Not only is a hard, dry leather painful to the feet, but it is of short life, cracking and breaking away oftentimes when with proper care it would last much longer. It not frequently happens that makers or dealers are blamed because their goods do not wear better, when in fact the principal fault is with the wearer, or in not using reasonable care. Speaking generally, any shoes which have been well should be well dried, thoroughly cleaned, and then faithfully oiled before being worn again. The kind of oil to apply varies somewhat with the nature of the shoes. For ladies' fine shoes, vaseline is recommended; glycerine is sometimes used with good effect; or castor oil can be employed, and will be found excellent. Whatever is applied, the leather should be warmed—not heated so as to involve danger of burning—and the application should be, faithfully rubbed in, so that the entire body of the leather may be reached and softened. For coarser shoes, such as are often worn in farming and manufacturing employments, any oily substance possessing "a body" will give satisfactory results, provided it be absolutely free from salt. Lard should not be used, but entirely fresh butter answers admirably. So does a mixture of about equal parts of pure tallow and lard. Lard should not be used, but entirely fresh butter answers admirably. So does a mixture of about equal parts of pure tallow and lard. Lard should not be used, but entirely fresh butter answers admirably. So does a mixture of about equal parts of pure tallow and lard.

General tidiness not only "pays" on its own account, but because to be tidy is to be economical. First of all—and it is surely only necessary to say this for the children—keep the shoes neatly buttoned or laced. It requires only the absence of a button or two to spoil the effect of the most elegant pair of shoes; and as for going with them unbuttoned, as sometimes is done, for the sake of ease to the feet—don't. But a pair of slippers or easy low shoes, if necessary, for this particular service, but do not spoil a fine pair of shoes in that way. Do not consider that it is too much work to replace a missing button when it is needed; do not put it off because "things are not handy." Have them handy! It is very little trouble, indeed, to have a little box of shoe buttons, a needle and thread, in easy reach, and it is the work of but a moment to give the few stitches that are needed. Then—the work is done. If laces are used, never fail to have a few extra pairs, right where the hand can be placed on them when they will be wanted. All this costs nothing—it is simply the difference between providence and improvidence. And speaking of buttons, especially for the restless feet of the child, beware of patent fastenings. They are sure to break away sooner or later—generally sooner—and then it is no simple matter, either to replace them, or supply the absence with an ordinary button. A plain, round, black button, securely fastened with strong thread, is the best.

A Few Pickles.

You call for recipes. The following are from my home-made, hand-written book, and I know they are reliable:

BEAN PICKLES, PLAIN.—Pick and top young tender beans (wax are best), and boil in salted water till tender. Pack carefully in glass jars or crocks, if not for long keeping, and pour over them clear white-wine vinegar in which you have boiled to each quart one tablespoonful of sugar, any spices

liked, and one small teaspoonful of vanilla. Seal while hot.

FRESH PICKLE.—Slice one part of small onions to two of cucumbers. Put in separate dishes, well sprinkle with salt and let stand twenty-four hours. Drain, mix, and pack in jars. Cover with cold vinegar and a paste made of one tablespoonful of pepper and two of mustard mixed with sweet oil. Seal.

CHILI SAUCE.—Four quarts of tomatoes, four onions, six peppers, six cupsful of vinegar, six tablespoonfuls of sugar, one of salt, one of cinnamon, cloves and allspice. Skin the tomatoes, chop the onions fine, and boil about one hour. Bottle hot.

PICKLED ONIONS.—One peck—green tomatoes, sliced, one-half peck sliced onions, one cauliflower, one peck small cucumbers. Leave in salt and water twenty-four hours, then place in kettle with a handful of scraped horseradish, one ounce tumeric, one ounce whole cloves, quarter pound pepper, one ounce cinnamon, one pound white mustard seed, one pound English mustard. Cover with vinegar and boil fifteen minutes.

CHOICE MUSTARD PICKLES.—One cupful vinegar, half-cupful sugar, half-cupful of flour, six tablespoonfuls of mustard, half-ounce of tumeric, half-ounce of curry powder. Have the vinegar hot and stir in the dampened seasonings. Pour over onions (small), sliced cucumbers, cabbage, beans, etc.

PICKLED PEACHES OR APPLES.—Pare fruit, stick with cloves, scald till tender, and pack in jars. Pour over them one gallon of vinegar, seven pounds brown sugar, one ounce of cloves, one each of cinnamon and allspice.

PICKLED WALNUTS.—Gather when soft enough to be pierced with a needle. Cover with strong brine and let stand three days, changing the brine each day. Place in the sun till they turn black. Pack in jars and pour over them one gallon of vinegar in which has been boiled two ounces pepper, half-ounce each cloves, ginger root, allspice and mace. Will keep any length of time and will be ready for use in four weeks.

CHOW-CHOW.—One quart cucumbers, one small cucumbers, two of onions, four heads of cauliflower, six green peppers, one quart green tomatoes, one gallon of vinegar, one pound mustard, two cupsful sugar, two of flour, one ounce tumeric. Put all in salt and water over night. Cook in the brine till tender. Pour over vinegar and spices.

PICKLED RED CABBAGE.—Slice into a colander, sprinkled with salt and let drain two days. Place in jars and cover with boiling vinegar. A few slices of red beet will give it color. Spice if liked.

Sleeping Two in a Bed.

The custom of sleeping in double beds is one which is going—and rightly going—out of fashion, says the *Sheffield Telegraph*. Of course, every one knows, theoretically, that it is far more healthy to sleep alone. But what avail has this theoretic knowledge been?

The child has been first allowed to sleep with its nurse—a most pernicious custom—or its elder sister, or its mother; the growing girl sleeps with her room-mate at school; the young lady with her aunts and her cousins and her girl friends indiscriminately.

People who would have hesitated to allow a bunch of roses to remain in the room over night, or a growing plant, have never had their own bed to themselves year in and year out. The plant—which did not consume the oxygen of which their lungs stood in need, but precisely the effete gases thrown off by their own system—was thought very injurious.

Another pair of lungs breathing up the breathable air and infecting the remainder with the respiratory refuse of those physical processes that are most active during sleep was not thought of with any objection at all.

Yet what a simple law of hygiene would not do, fashion, a notion as to what is "correct," is beginning to achieve. From fashionable furniture establishments there comes the announcement that two single bedsteads are always called for at present with each chamber suite furnished for what is known as "swell patronage."

How many fatal diseases, how many cases of slow undermining and poisoning of the system are due to this custom of promiscuous sharing of double beds on the part of young girls, who will ever know?

The fact will never be fully realized till people grow sensible enough to know that bed linen takes the insensible rejections of the pores as well as body linen, and who would care to wear another's body linen?

Have your single bed, then, if possible; if not possible, do not sleep with a person much older than yourself. Young girls occasionally sleep with their grandmothers!

When to Marry.

Some discussion has recently taken place as to the proper age at which girls should marry; one of the weekly journals requested its readers to state what in their opinion was the best, marrying age; and of all the answers received, the vast majority fixed on twenty-five as the most suitable age, while none mentioned a figure lower than twenty-one. As I myself was married within a couple of months of leaving the schoolroom, I should not like to be too severe on early marriages, but I feel sure that there is a growing feeling in British society against allowing girls to make their final choice too early in life. It is quite the exception for girls in good society to marry before they are eighteen (although the Marchioness of Stafford and the future Duchess of Sutherland entered into the bonds of wedlock on their seveneenth birthday), and many parents object to their daughters marrying till they are over twenty. For my part, it seems to me that it is a question impossible to settle by a fixed rule. There are plenty of girls regarding whom it would be very difficult to bring forward any tangible reason, either physical or moral, to prevent their marrying while still in their teens. On the other hand, there are a large number of English girls—many more, I fancy, than in America—who remain curiously girlish and undeveloped until long after their school years are passed. Under such circumstances mothers ought certainly to defer the marriage question until their daughters are three or four and twenty.

HEALTH.

Children's Teeth.

"Let good digestion wait on appetite, and health on both," says Shakespeare. Health will fail to "wait" on either if parents will allow their own and their children's teeth "to become a mass of decay" at an early age.

There is no one point on which people are so careless as the proper care of children's first teeth, and those of the second set that erupt between the fifth and seventh years of age. There is no one condition that tends in a greater degree to produce good health and vigorous growth of the body than a good sound set of teeth.

People do not relish the idea of being told that a subject of such vital importance would receive the most careful attention. Incalculable harm is done to both the health of a child and to the integrity of the second set of teeth, in allowing the temporary teeth to become decayed and abscessed, carrying pain and suffering, and frequently indigestion and all its accumulated evils.

The number of children who have decayed teeth, and in many cases a part of the first set gone, and the second set badly broken down is too great.

"Neglect is the mortal enemy of the teeth." If the first set of teeth is lost before the proper time, the second set suffers much from their loss, and in some cases, does not erupt at all. If decayed, the first should be filled with plastic filling material, and let remain until their places are ready to be taken by the second teeth.

But a great deal of good can be accomplished and cleaned. The child should be taught to brush its own teeth, and use the pick after every meal.

In this manner, one can save more teeth, using no instruments but the brush and pick (and, by the way, one should use nothing but a quill tooth pick) and silk thread, than all the dentists can by performing their usual dental operations.

It must not be inferred that we can, by any means, always or in every case avoid the necessity of filling children's teeth. But when cared for properly, the defect would be detected at so early a stage that the operation for repair (filling) would be painless, not tedious, involving but little expense and its durability beyond question.

If not filled then, while decaying, the mouth will be foul and unhealthy, the lips and tongue will be irritated, often severely, by the rough and ragged edges presented, the decay will be likely to reach the pulp, causing excruciating pain, the death and premature loss of the tooth, and lasting injury to the jaws and position of the incoming set.

The child will not and cannot chew on sore gums and teeth. The food will be put down and out of the way as soon as possible, without the proper preparation of it for the stomach, and the result is early dyspepsia with its train of horrors. The one point of paramount importance which I wish to urge, is that the teeth should be kept clean from their first appearance through the gums, no matter how young the child may be, even if born with teeth, as some are.

Teeth should be kept as scrupulously clean as the cheeks, the eyes, or the ears, for they will suffer more from neglect, even though milk be the only food for the extremely young. The brush is the only thing that will accomplish this.

All Forms of Life Cellular.

All life is cellular; this is true of the lowest plant and of the most highly developed animal. In the unicellular organism all the functions of life must be performed by the one cell; it must absorb, digest and excrete. It must fecundate and produce its species. As we ascend the scale of development we find a greater number of cells in the body. Not only do the cells multiply in number, but there is a division of labor among them, and the more marked this differentiation becomes, the higher stands the organism. In man, some cells take upon themselves the duties of digestion, others that of elimination; some are concerned in locomotion, others in celebration; others reason from the facts thus recognized. Communities of cells, engaged in the performance of a certain duty or duties, constitute an organ; and these, with their paths of inter-communication, form our bodies. Health is maintained only when each of these various communities of workers does its duty fully. If the pancreas fails to elaborate its proper secretion, the food does not undergo the normal digestive changes, and the liver, the heart, the lungs, the brain, and in short, the whole mass, becomes diseased or out of health.

Diphtheria in Chewing-Gum.

A contemporary thus calls attention to the contemporary spreading of diphtheria through chewing-gum:

"The practice of chewing gum has become very wide spread. It is not a very elegant habit; to many it is positively repulsive; and there are sources of danger, too, that should not be overlooked. A case in point was related to us a few days ago. Diphtheria broke out in a family in East Des Moines. After the child had recovered, the clothing and all the exposed articles fully disinfected, the parents, with the convalescent child, visited some relatives in the country. The indispensable chewing-gum, like Satan, went also—in the mouth of the little child. Prompted by generosity, it allowed its country cousins—two children—to chew also the gum previously chewed by the visiting child. In three or four days, without any other known source of infection than the chewing-gum, the two children were simultaneously stricken down with diphtheria in a most serious form. It would be hard to imagine a more successful mode of propagation—distributing the disease. It would be a great deal safer not to chew the stuff at all, but it must be done to satisfy the demands of a weak head and a depraved appetite, our advice is, don't 'swap' gum to chew any body else's gum, nor allow any body else to chew yours."

Measures for the Prevention of the Increase in Diphtheria.

Diphtheria has come to occupy such a leading place in the thoughts of hygienists, on account of the way in which it is gradually but surely spreading, that nothing that bears on this serious question can fail to arouse our interest. We think, therefore,

that it may be useful to call the attention of readers to the discussion which took place at the Berlin Congress in connection with the means best suited to prevent the spreading of this terrible disease. The following are the conclusions that M. Roux, of Paris, presented in the paper which he read on the subject before the section of hygiene:—

The disease should be diagnosed at the earliest possible moment, and in order to do this bacteriological means should be brought to bear, as they enable us to form an early and precise opinion. As the virus can continue to exist a long time in the month after the patients are apparently cured, they must not be allowed to resume their ordinary life until proof has been furnished that they are no longer carrying the bacillus with them.

The virus keeps its vitality for a long time in a dry condition, especially when it is protected from the light; everything therefore that has been in contact with diphtheritic patients should be sterilized by boiling water or steam, and this is particularly necessary for all linen and other coverings before they are sent to be washed. The dwelling should also be disinfected, as well as the vehicles that have been used to transport the patients.

In order that the patient's relations should not carry away the germs of the disease with them from the hospital to their homes all visits should be forbidden as far as possible. Those visitors who are allowed to enter the ward should be required to put on a special garment which they shall lay aside on leaving, at which time they must also disinfect their faces and hands.

When a case of diphtheria has appeared in a school the throat of each of the scholars should be repeatedly examined with the greatest care. In all complaints of the throat during the course of measles or scarlatina, especially in children, repeated antiseptic gargles should be employed from the beginning.

Dr. Loewler, of Griefswald, who also read a paper on this subject, completed in the following way the conclusions of M. Roux:—The diphtheritic bacillus exists in the products of the secretion of the diseased mucous membranes and can be found there several days after all the membranous products have disappeared. Children must be kept away from school for at least four weeks.

The bacilli continue to live four or five months in fragments of dried diphtheritic membranes. It will therefore be necessary to disinfect rooms in the most thorough manner, and especially to scrub the floor with sublimate in a solution of 1 to 1,000, and to rub the walls with soft bread. Dampness favors the continuation of the vital properties of the microbe; all dwellings therefore that are badly lighted and damp should be made more healthy and accessible to the light and air.

The diphtheritic bacillus develops very well in milk. This product should therefore be watched closely, and should be condemned whenever it comes from a place that is infected with diphtheria.

The different diphtheroid complaints of the various animal species, such as pigeons, fowls, calves and pigs, have no connection with human diphtheria; still, Klein claims to have observed a disease of the cat which is the same as the diphtheria of man. This is a point that must be verified.

The slightest lesions of the throat increase the risk of catching the complaint; they should, therefore, be attended to. During an epidemic the mouth, throat and mucous membrane of the nose of children should be taken care of with the closest attention; prophylactic gargles and washes should be prescribed, made of aromatic solutions or of sublimate one in ten thousand.

The section of hygiene adopted all these conclusions, which, if they were scrupulously applied, would certainly have on the spread of diphtheria a restrictive effect that would soon be perceptible.

A MEANS OF MODERATING THE PAINFUL CRISES OF ATAXIA.

In the report of the Limoges Congress a very simple, and interesting means of modifying the painful crises in locomotor ataxia. If this means were to prove successful in every case an immense service would have been rendered to those unhappy individuals whose terrible sufferings inspire pity in the most hardened breasts, and so often lead these patients to morphomania.

In the case of one of these patients who had reached an advanced stage of the disease Mr. Mossi succeeded by compression of the neck in putting a stop to most distressing crises of dyspnea as well as to the feeling of thoracic and cervical constriction. This means was successful on several occasions and in a very manifest way, but the time during which the effect lasted varied.

This is a new phenomenon, as far as my knowledge goes at any rate, in the visceral complications of tabes. It seems that by this process the same effect is produced as that which is obtained by the compression of special zones in hysteria or of the painful spots in some forms of neuralgia. The result was immediate and effective, but, as might have been expected, it did not last long.

Are we to believe that it was really the compression of the pneumogastric nerve that produced the effect mentioned? In consideration of the complicated anatomy of the region on which the pressure was exerted it would not be possible to assert that it was the direct action on these nerves that brought about the desired result; therefore without trying to explain the physiological mechanism of this phenomenon, I will be satisfied with making public the results that can be obtained by compression of the lateral regions of the neck in ataxia depending on the medulla oblongata in ataxia.

Cochman Williams's Luck.

Cochman John Williams, who guards the horseflesh of E. C. Howe of Bristol, Pa., is in luck. He has just returned from a trip to California, where his uncle died recently, leaving a large estate. The interest on \$750,000 was bequeathed to John and his brother William, who lives at Blackburn N. Y. The wealthy decedent, Theodore Luderick, emigrated to America from Metz, Germany, in 1849 during the gold excitement in California, and he went to that State with only enough money to pay his fare. He got into the mining business and prospered. In 1876 he was worth \$10,000,000, but during the panic in 1877 he lost heavily. Before his death he left several millions to charitable institutions in his country.

It takes more religion to hold a man level in a horse trade than it does to make him about at camp meeting.

My Old Wife and I.

Many long weary years have labored by,
Since I caught the first glance of her sparkling
eye.
Her cheek all aglow, was passing fair;
Her temples adorned with nut-brown hair.
I sought her affections, I gained her hand;
United, we pledged in life's battle to stand.
We've passed through deep waters, we've
struggled in pain,
But true Spartan was she, and scorned to complain.

Our summer of life with the past is told,
My good wife and I are growing old,
Weak and fragile her form, all silvered her
hair,
Pale and sunken her cheek, her brow furrowed
with care.
But come winter's cold blast, come summer's
parched breath,
Come weal or come woe, come life or come
death,
My old wife is faithful, confiding, serene,
In duty unflinching, the obscure and unseen,
In trials heroic, in all things a Queen.

And now, as the evening of life draws apace,
And these limbs can no longer contend in the
races,
'Tis the source of much anguish of soul, eye, and
tears,
No provision is made for declining years.
Were due recognition of merit the rule;
Had labor's recompense just and full;
There were store of the needful to cheer her
way,
Down the winding slope, till the close of day.

Half a century's labor, in sunshine and cloud,
Should command other robe than a pauper's
shroud,
Half a century's labor, if righteousness reigned,
Would mean independence, with competence
gained.

What now is in store for that pure, brave soul,
Too tender, too royal, for charity's due,
I ask, what's the future with faded breath,
For the only reply must be: timely Death.

Whenever these hands shall relinquish their
skill,
And cease to respond to the bid of the will,
When overstrained effort falls short, to provide
little comforts, that now should be multiplied.

O say not, "effeminate, cowardly, base,"
When a man to compassion is brought face to
face,
Should he long for this boon, the last, nay, the
best,
That he, with his loved one, may soon be at
rest.

O yes, there are children, as loving and kind,
As ever best a household, love's pledges to bind,
But on life's troubled ocean on which they rove,
It will need both their hands to steer their own
boat.

You will say that prevision in manhood's pride,
Would avert these forebodings—in life's ful-
fill-
tude,
That a little saved here, and a little there,
Would in time assume proportions fair.

That the provident bee, in its native meads,
Will provide ample store for its winter needs,
That wise nature has written on every page—
"In the day of thy strength prepare for age."

The industries begin in its native haunts,
Will provide ample food for its future wants,
And when covetous man despises the hive,
The bee will get something to keep it alive.

But civilized man in this Christian age,
Must toil all the year at a nominal wage,
In which he produces from nature's store,
Enough for his family needs, and more.

The surplus, oft-times the larger share,
Pays for walking God's earth, and breathing
God's air,
Not to God the donor from whom those gifts
came,
But a *merchant*, with bogus priority claim.

O, preach not to those on self-sacrifice
Who for leave to exist have paid the full price
Who in life's early spring, to the yoke were
yoked,
And throughout a long life have no respite
secured.

Who would stint the young mother with
nourishing food
That she shares with her offspring to form its
young blood,
Would discount the comforts enjoyed by the
slaves,
Would withhold the last meal from the doomed
convict's cave.

With clothing, and fuel, and house rent to pay
Their little to save from a dollar a day
Who could revel in dainties that pittance
would bring?
She had little enough, God knows, poor thing.

And when nature's forces give signs of decay
And fail to bring forward the usual relay,
When the hand can no longer the body supply
The man, like the worn horse, is turned out to
die.

No record is kept of his long years of toil,
No stipend from those who have eaten the
spoil,
His labor and penury pass to the shade,
Though a green tract appears, where there grew
but one blade.

G. G. PURSEY.

The Day We Bade Adieu.

Rapt in immensity the sun
Still lingered, tho' the day was done,
The day we bade adieu,
Pensive, as even out of space,
Reluctant, with a weary grace,
I watched you pass from view.

I saw you in the waning light
Go up the hill and out of sight
Like some celestial trance,
Then all grew dim; my severed path
Led down a forest vale, and hith
Been shaded ever since.

I wondered what the years would do,
When you were gone, To be with you
Was such a peace serene;
And even now I scarce can look
On any little flower or book,
Remembrance is so keen.

A. RAMSAY.

Sentiment.

Dark-eyed Spanish Signora,
Your jet black eyes with beauty bright,
Always flushing and wounding
Sparkling through darkest night.

Brown-eyed country maiden,
Thy eyes with beauty mild,
Are always full of loving,
Thou art Nature's child.

And thou, too, grey-eyed damzelle,
With eyes of changing light,
Now so cold and flashing,
Now so soft and bright.

But O, my blue-eyed darling,
Your eyes of sparkling light,
Are oft with kindness dewy
With love of't dazzling bright.

Those eyes can flash with anger,
Thy eyes grow cold with scorn,
Rough eyes so full of loving
My heart in twain have torn.

The Spaniard has his dark-eyed Dona,
And gray eyes have their lovers true,
The rustic loves his brown-eyed maiden,
But no eyes are like eyes of blue.

Blue eyes dewy as the fountain,
Blue eyes deeper than the sea,
Blue eyes sparkling as the mountain
In the sun, they shine on me.

"ALFIE."

When the Honeymoon Waned.

Mr. Paddock Field—Remember that you
took me for better or for worse,
Mrs. Field—O Paddy! I know that I took
you for a good deal better than you are!