

HOUSEHOLD.

FOR SUNDAY'S ROAST.

There is nothing which will more quickly dispel the family appetite than the re-appearance of Sunday's roast in its original form. Thinly sliced cold meat is not to be despised for supper, but do not let it be seen too often at breakfast. There are so many savory dishes to be devised from a roast that it is quite as great a source of enjoyment as in its first state. Hash has fallen into disrepute, but when properly made it is very good indeed. Try this way: Remove fat and gristle, chop medium fine, and put in a saucepan with water enough to come up through it. Let it simmer for a few minutes, then season with salt, pepper and a little chopped parsley. Rub a tablespoonful of butter smooth with one and one half teaspoonfuls of flour, pour some of the gravy over this till it is like thick paste, then stir into the meat. Have ready two hard-boiled eggs for each quart of meat, chop fine, and add just before serving. This is like the famous dish of the nursery rhyme, "fit to set before the king."

Casserole or Rice and Meat.—Boil one cupful of rice in two quarts of boiling water until tender, drain, and line a mold. Fill with a large pint of cold chopped meat well seasoned and moistened with one cupful of tomato sauce or with one cupful of milk in which is a beaten egg. Cover with the rice, and bake about twenty minutes. Serve with tomato sauce or some of the gravy left from the day before.

Fricassee.—Chop the scraps of meat and place in a stew-pan with a little water, salt, pepper, and a little lump of butter. Add one half cupful of milk in which is some thickening. Serve on slices of toasted bread, and be sure that the dish is hot when sent to the table.

Meat Cheese.—Boil the meat scraps which you have on hand—the more kinds the better—in a very little water until soft enough to mash to a pulp. Add salt, pepper and a little sage, put in a dish with a plate and heavy weight on top. The next day turn out carefully, and serve cold. Cut the slices with a sharp knife. It is very nice for supper.

FOR PUDDINGS.

Does every housekeeper know that hard sauce, that old stand-by, is far better made of powdered than of granulated sugar? The latter may be sweeter, but powdered sugar is sweet enough, and gives a much better texture. The proportions to be maintained are twice as much sugar as butter, and if the sugar reaches three times the amount of butter it will not be to the detriment of the sauce. Cream the butter first, then sift in the sugar, and beat until light; add the flavoring, heap lightly in a glass dish, and stand in the ice-box to chill before using. Nutmeg makes the most acceptable flavoring.

Favorite Sauce.—Cream one fourth of a cupful of butter; add gradually one-half cupful of powdered sugar and the yolks of two eggs, beating to a cream; next add one-half cupful of cream, and cook over hot water until the mixture thickens. Then add a dessert-spoonful of lemon-juice, some nutmeg, and the whites of the eggs, beaten to a froth; blend thoroughly.

Kentucky Sauce.—Cream together two cupfuls well flavored brown sugar, one-half cupful of butter and three egg-yolks until very light; then add one-half cupful of cream; and heat over hot water, stirring all the time until it is foamy all through, then add flavoring; serve immediately.

Fresh-Fruit Sauce.—Beat together to a light cream one-half cupful of butter, one cupful of powdered sugar, and the white of one egg. Mash a cupful of ripe berries, cherries or other fruit, and sweeten, allowing it to stand an hour. Heat the beaten mixture over hot water until it becomes foamy, when strain into it the fruit-juice. If preferred the fruit-pulp may be added, but if possible strain out even the smallest seeds.

NOSEBLEED.

Nosebleed is so common in childhood that little account is ordinarily made of it. Where it occurs repeatedly without apparent provocation, however, effort should be made not only to check the immediate attack, but to ascertain the cause of the trouble. It is well known that heart-disease, congestion of the liver, and other conditions affected by, or affecting, the circulation of the blood, predispose to nosebleed, and considerable anxiety is frequently felt lest the nosebleed of childhood may be the result of serious constitutional causes. Most commonly the cause is local.

The best means of checking the immediate attack is pressure with the fingers on the upper lip just beneath the nostrils. A small pad of absorbent cotton or a piece of handkerchief may be placed inside the lip and tightly pressed against the gum from without, thus compressing the two small arteries of the upper lip that supply the nose. These can ordinarily be felt pulsating in this locality. If the bleeding is profuse or prolonged, the child should be placed in a

restful position, but with the head elevated, while ice may be held to the forehead or the back of the neck. To decrease still further the blood pressure within the vessels of the nose, a mustard foot-bath is of service.

In the meantime, blowing the nose must be avoided. Plugging the nostrils both in front and back is a last resort to keep the sufferer from actual peril.

The predisposing causes of nosebleed are, as has been said, commonly local. Careful examination of the nose by the physician is, therefore, always necessary in recurrent attacks. Diseased areas in the nose are usually found, in which the vessels are spongy, and unnaturally turgid.

The depression of the child's health caused by repeated attacks of nosebleed not frequently requires attention. If the trouble is due to systemic weakness, attention is to be especially directed to an improvement of the general condition; while if the lungs are themselves weak, repeated attacks of nosebleed are sometimes indications of the need of a change of climate, or of proper physical exercises at home.

The formation of scabs or crusts, often attended in childhood with picking of the nose, must not be overlooked as a cause of nosebleed. Watchfulness may be required to prevent the formation of an unfortunate habit, but the affected spots must also be treated with ointments or other simple means of healing.

READING ALOUD.

Reading aloud to the children and in the family circle—how fast it is becoming one of the lost arts. What multitudes of children of former days were entertained and instructed by this practice, and how few there are so entertained and instructed now-days. Children now, after being taught to read, join that great army which takes in the printed word swiftly and silently. Most parents, doubtless, are too busy to spare time to educate their sons and daughters by reading to them, and as the children grow older they find their hours too crowded to devote any of them simply to listening. "What is the use?" they would say, if asked. "Tastes differ, and we can read what we want in a fraction of the time that would be consumed if we had to sit still and hear it."

This is all true enough, but is there not something lost in having the custom of reading aloud lapse so entirely? As a sign of the times, the change is another proof of the rush and hurry of life, and, in the family, it is more or less to be considered an evidence of the tendency to "independence" on the part of the younger members. Common interest in a good book, read aloud by a father or mother, is a factor in the home that is important enough to have some attention paid to it.

The opposite of "skimming" is a book, it develops certain mental faculties that it is well to have developed, and as an exercise in elocution for the reader it has distinct advantage. Books so read are remembered, and their influence on character far exceeds that of many a volume whose pages are turned in a desperate effort to reach the last. Reading aloud is a salutary check on the habits of reading too much and reading too fast.

It would certainly be worth while to take up the practice in families, where the conditions favor it, as an experiment. The winter evenings are long, and as one looks back on them he can find a few hours that could have been devoted to reading or to listening. Reading aloud is a quiet enjoyment, to be sure, but it is an enjoyment.

DON'T THROW AWAY RIBBONS.

Clean colored ribbons that are only slightly soiled after this method: Fill a glass fruit jar about half full of gasoline and place the soiled ribbons in the jar. Screw the cover on tightly and leave it closed for about six hours, shaking occasionally. Take out the ribbons and hang them to dry in the air, until all odor has been removed. Be careful not to get the gasoline near a lighted stove or lamp, as it is explosive.

To wash white ribbons prepare a suds of soft water and white soap, wash the ribbons in this and allow them partially to dry. Take each ribbon while still damp and roll it smoothly over a card or piece of pasteboard, rolling a strip of muslin with it. Wrap the muslin around it last, so that the ribbon will be covered and place the whole under a heavy weight. Leave until dry.

TEN ACCIDENTS A DAY.

The street accidents of London amount to about 3,500 a year—nearly 10 a day.

SOME KINDS CAN'T.

War can always be avoided, asserted the lecturer.

The man in the back row laughed scornfully.

Evidently, he said, the speaker is not married.

PLEASANT PROSPECT.

Marie, after we are married, what course shall you pursue to retain my love?

Oh, Harry, I shall spend an awful lot of money on fine clothes and look just as pretty as I can.

AN ACQUITTAL.

Thurston Tompkins says he is in poverty through no fault of his own. How does he make that out?

Why, he says he was born with expensive tastes, but without sense enough to earn the money to keep up with them.

HINTS FOR THE FARMER.

HOW TO SET FRUIT TREES.

The season is again near at hand for planting trees, shrubs, vines and plants, and no time should be lost in preparing all the requisites so as to be in readiness for planting at the first opportunity. Many persons fail to understand the importance of having the soil in thorough tilth at planting time. The lifetime of a tree or plant depends materially on a scientific system of planting, and the first five years after planting determines the existence and profitability of the orchard or vineyard.

Select the location for a new orchard with care. See that the soil conditions suited to the nature and requirements of each variety are present. Give the apple the loamy soil and the peach, pear, cherry and plum the thinner or poorer soil. The dwarf pear requires, good garden loam. Plow the ground deep, harrow and level and mark off for the trees accurately. Dig the holes, or if planting largely, four furrows may be turned apart with the plow, leaving an open furrow for the line of trees. Have the trees trenched, each variety separately, near where they are to be planted. Take 10 or 12 from the trench at a time, giving protection to the roots by covering with damp burlap or old carpet. Cut back the mutilated roots to sound, healthy wood. Use a sharp knife, cutting from the under side. Set apple trees one to two inches deeper than they stood in the nursery row, leaning 10 to 15 degrees to the southwest. Have the top soil thoroughly fined or pulverized. Fill in by sprinkling the roots packing in with the fingers. When the roots are well covered, the dirt should be well firming with the feet so as to leave no air space about or near the roots. If the soil is too dry to supply proper moisture, then water. One to three gallons may be poured in the hole after the roots are covered, and after the water has settled out of sight, continue the filling and firming.

Peach, plum and pear trees should be planted three to four inches deeper in the orchard than they stood in the nursery, as this will bring the budding junction under ground, and in time the bud stock will cast roots and give support and vitality. After the planting of apple and peach is concluded, go over and cut back the growth of the apple one-third to one-half, cutting the peach back, all side branches, to one and two buds of the center stalk. Head back the center stalk to two and three feet. Pear, plum and cherry should not be cut back except to take out broken limbs.

MAINTAINING FERTILITY.

No soil in itself will hold its fertility. Nature cannot reclaim it in half the time man can. If man acts in unison with nature the reclamation will be rapid. To do this tillage is first necessary. Many years ago, Jethro Tull said, "Tillage is manure." He was right so far as he went. But he had learned only half of his lesson. Tillage is manure, but the half of the lesson is, humus must be kept in the soil.

Tillage now changes unavailable plant food into the available form. The great agent to do this in the air. Keep the air from the tomato can or the fruit jar and the fruit add vegetables keep pure and well preserved. Admit the air, and decay and decomposition at once result.

So with the soil. Admit the air to it and in it, and decay and decomposition at once result. What is this decay and decomposition?—the change of unassimilable plant food into the assimilable form. This is the great office for the air in soil. This results from tillage. We have scarcely begun to realize how important tillage is in this respect. But it is physical improvement, and that is the greatest thought of our incoming agriculture.

Allied with tillage to promote physical improvement is the growing of clover. Clover by means of the tubercles that grow on its roots takes from the air what is unavailable nitrogen and changes it into assimilable soil nitrogen. The results obtained from analysis show that over 1300 pounds of nitrogen is added to the soil by so doing. This in a great measure answers the supplying of this important fertilizer ingredient.

Where animal husbandry is followed a good forage is necessary for profitable feeding. There is no better forage for farmers than clover. It is almost a balanced ration in itself, and in its growing it furnishes nitrogen and a superior forage for all kinds of live stock.

FARM TOPICS.

Pigs should have access to fresh water at all times.

Corn fodder is excellent feed for horses especially as a change of diet.

Each pig pen should be divided into two parts, one for sleeping and the other for feeding.

Systematic feeding is very important. Give the animals their rations at the same time each day.

Permit a hog to break through a fence once and it will give you trouble

as long as it lives and can find a fence that it can get through.

Old seed is not as likely to germinate as new. The loss in vitality due to age is always a serious matter. It is best to use new vigorous seed when this can be obtained.

The plowing under of green crops had some advantages over feeding the crops on the land. The entire plant is returned to the soil and a large amount of humus added. Green manuring is especially adapted to light sandy soils, which require a large amount of humus.

The farmer who follows a judicious system of rotation will ordinarily succeed under all circumstances. He will lose no money in impoverishing his land, and if he can maintain, and perhaps increase, the fertility of his soil, he will not be running behind very much, even if he makes nothing on his crops.

Oats and peas sown in the orchard as soon as possible in the spring will grow a crop which will keep hogs in good condition. Treatment of an orchard in this manner has given first-class results. Not only is the soil enriched and kept mellow, but hogs destroy many insects found in the apples that drop.

We have all of us laughed at the old story of the immigrant, who on landing in this country saw a silver quarter of a dollar on the wharf, but would not stoop to pick it up, preferring to keep on up town, where he expected to find them larger and more of them. When men tell us that there is not enough money in a few colonies of bees for them to bother with, we are reminded of this old story, and wonder if they will not fail to find the larger profits they look for in their larger business. Few branches of agriculture give larger returns for a small investment and little care than does bee-keeping.

SOMETHING ABOUT NATAL.

LAND OF GLOWING PROMISE AND GREAT POSSIBILITIES.

Colonists From Every Land Find a Climate Yielding All the Natural Products of Their Native Soil—Interesting Facts About a South African Paradise.

Until the first rude awakening of a few months back, with the initial lessons at Dundee and Glencoe, ninety-nine men out of every hundred knew nothing and cared less about the Colony of Natal. Even Great Britain scarcely realized that it was on the map, but now that it is the seat of a possible revolution England hastens to placard that energetic bit of South African after a long period of neglect.

The colony derives its name from the fact that it was discovered on Christmas Day, 1497, the birth of "natal" day, by the celebrated Vasco de Gama, when that gentleman made his historic voyage, the first on record, to the East Indies, via the Cape of Good Hope.

Until developed by others this beautiful country had but little interest for Britishers. In 1836-7, however, the Boers accomplished the celebrated "trek" which landed them in Natal, and were not slow to turn to their advantage the wonderful resources of the fertile land. This they were allowed to do in peace until, of a sudden, the lion on an idle prow discovered that here was a garden spot of nature that had been temporarily overlooked, and in 1843 Natal was formally annexed by the British crown.

BOERS TREKED AGAIN.

An immediate exodus of the Boers was the inevitable and usual result; the ancestors of Oom Paul's present soldiers trekking northward to found their present home in the Transvaal in 1848. The next problem was how to get sufficient of the chosen people to take their place.

In this dilemma the British Government was greatly assisted by the private enterprise of one Joseph Charles Byrne. This gentleman was at that time the owner of huge tracts of land in Natal, for the development of which many thousands of immigrants were required. For this reason he put forward what is known as Byrne's emigration scheme, the alluring prospects of which were successful in bringing some 5,000 or 6,000 people into the colony about the year 1850.

Unfortunately for the scheme, the majority of the immigrants were of precisely the same class that still flock from Albion's shores whenever a sufficiently alluring bait is held out to them, be it from the frozen solitudes of ice-bound Klondike or the blazing heat of the African diamond fields.

There were, however, some few solid men among them, and these set to work and made the town of Durban what it is to-day, a thoroughly modern seaport, with beautiful suburbs, grand roads, excellent lighting and water supply, which welcomes the ships of the world to Port Natal.

EVERY VARIETY OF CLIMATE.

Durban is distant 72 miles by rail from the capital, Pietermaritzburg. The route thither winds continuously upward, a physical feature which is characteristic of the colony. Indeed, from the seaboard to the Drakensburg Mountains the ground rises in a continuous succession of long terraces. The natural consequence is that prac-

tically every temperature, from frizzling to freezing, may be chosen by the incoming colonist, according as his inclination and purse permit.

Just what this means to the inhabitants will best be appreciated, perhaps, when it is stated that practically every fruit and vegetable in creation can be grown between the Drakensburg and the sea coast.

For instance, the low-lying coast orchards produce guavas, pineapples, bananas, mangoes, and, in fact, practically all the fruits of the East and West Indies. The higher lands produce the familiar plums, pears and apples of our own garden, whilst oranges, lemons and most of the fruits of Southern Europe are almost as common as our own gooseberry bushes. In addition to these, there is a growing trade in tea and sugar planting, which may mean much to future generations of colonists, once the present crisis is past.

To ascend from plants to people, perhaps one of the greatest surprises experienced by the stranger coming to Natal is the tremendous disproportion that exists between black and white population. Roughly speaking, there are ten Kaffirs and one coolie to every white man, and the task of keeping this enormous colored population, there are upward of 500,000 Kaffirs in Natal, in hand during the present troubles can only be appreciated by those who have themselves lived in the colony.

IMPORTED COOLIE LABOR.

Of late years the imported Indian coolie has made considerable numerical progress in Natal. Hailing principally from Madras, he is imported under a five years' indenture; and, although primarily introduced for the tea and sugar plantations of the coast, is now to be found all over the warmer portions of the colony, upon the sheep and cattle farms, and as odd man generally. Unlike his brethren in the West Indies, and the Chinese in the United States, the Natal coolie is of real benefit to the land, since he does not hoard up his wages, in order to become a "bloated bondholder" upon a return to the land of his birth.

On the contrary, he frequently settles down at the expiration of his indenture, and opens a small retail store for the benefit of the Kaffirs and such whites as will deal with him.

The one great danger of this coolie invasion will arise when the present 50,000 industrious coolies shall have been increased to such an extent that they shall have fully monopolized the shallow margin of work by which the 500,000 indolent Kaffirs at present manage to pay their annual hut tax and provide the necessaries of life. The result will probably be one of two extreme courses. Either the rapidly increasing coolie competition will induce the Kaffir to serious work, or the Government will be forced to follow Australia and California in their imposition of a poll tax upon the guileless Asiatic.

The principal work done by the Kaffir is of a domestic nature. According to his desirability or otherwise, he can be hired at anything between \$2.50 and \$7.50 a month, plus his board, lodging and clothing. Happily, the latter need never be a large item in one's expenses, as long as one possesses any highly-colored cast-off garments, male or female attire being accepted with cheerful impartiality, providing the prevailing hues are sufficiently startling. In addition to this, a weekly gift of a few cents is usually bestowed on Saturday nights.

KAFFIRS DON'T LOVE WORK.

The Kaffir domestic holds much the same views financially as any other savage. For a while he works hard enough. Then, just as he is getting really useful, he gathers up his traps and returns to his kraal, in order to live in complete idleness for just so long a period as his hard-earned savings will last out. In the large towns every native is subject to the Kaffir curfew. A bell is rung from the police station at 9 o'clock every night. After this hour every Kaffir found roaming the streets without a pass from his employer is promptly locked up by the authorities, upon the principle that the prevention of possible burglaries and other Kaffir weaknesses is better than their attempted cure.

At the present moment one unpleasant characteristic of Natal—the fatal and but little understood "horse sickness"—has suddenly developed from a local affliction into a subject of the most momentous importance. It is strongest in the autumn and is supposed to be connected with the action of the heavy dew upon the veld grass. In the ordinary way no Government horse is allowed out of stables between 5.30 p.m. and 7.30 a.m. during the autumn months. Once the frost sets in, however, the sickness disappears like magic.

Finally, it should not be forgotten that, as in most antipodean countries everything in Natal is upside down, as compared with home ideas. For instance, you burn at Christmas and freeze in June. Your south winds are icy; your flowers beautiful, but scentless, and your birds most gorgeous, but songless. In short, beautiful as it all is, there is not one colonist in a hundred who does not yearn in his old days to return to the land of his birth.

HE MISSED IT.

Even a painful disease may afford its possessor some crumbs of comfort. Mr. B., after having been afflicted for ten or twelve years with chronic rheumatism, was persuaded to try the medicinal baths at a famous health resort, and as the result of two months' treatment, he came home cured.

Your husband looks like a new man, said a neighbor conversing with Mrs. B., about it afterward. He must be one of the happiest of human beings, after all his years of suffering.

Well, I don't know, she replied. He seems kind o' glum and unhappy. He hasn't anything to talk about now.