

THE HOME.

SOME PRACTICAL SUGGESTIONS.

POTATOES.

Potatoes baked in their skins should have a piece cut off the ends before baking, in order that the steam may escape. Prepared in this way they are light and dry when eaten.

When boiled, they may be prepared in the same way, and the skin removed just before serving to each individual. Potatoes are unquestionably dryer and finer of flavor when boiled in this way, than when pared before cooking. The utmost care is necessary to prevent their being cold when eaten, as they grow cold rapidly after skins are removed; and of all things potatoes should be hot in whatever form they are served, unless it be in a cold salad. It is not regarded in good form to place boiled potatoes upon the table in their skins.

For fried potatoes the skillet should be hot and the butter be thoroughly hot also—that they may fry quickly and absorb as little grease as possible.

Mashed potatoes, besides being made smooth with a masher, should be beaten light with a fork, a little milk having been added. In this way all heaviness is prevented, and the greatest lightness and creaminess secured.

After boiled potatoes have had the water poured from them they should be sprinkled with a little handful of salt and set a moment uncovered on the stove. In this way they become quite dry, and even tend to break, so perfectly is all steam and moisture removed.

Mashed potatoes left over from a former meal may form a dainty dish if milk and beaten eggs are added, and the whole baked and browned nicely in a dish in the oven. Salt should be mixed with the potatoes before baking.

No vegetable should be served repeatedly and continuously in the same way. It is so pleasant and stimulating to see things in new forms. Cut lengthwise in quarters or sixteenths, this vegetable is delicious when dropped in hot butter and lard mixed and browned quickly after the manner of doughnuts.

When there are no baked potatoes to use for breakfast, everyone knows that raw ones may be sliced and fried quickly. They are more apt to be soft and light if a very little water is added in the beginning and a cover placed over them for a few minutes, the butter having been hot before the sliced potatoes were put in the skillet. In a few minutes the cover may be removed, and they may continue to fry for a little while.

EGGS.

For poaching eggs, that most painstaking way of cooking them, there are now poachers to be had made of tin. They resemble a tiny set of gem tins, and have to be placed in a shallow pan which accompanies them, the cover being set tight over all; and the steam cooks the eggs perfectly. Eggs poached in this way never touch the water; but are removed from the buttered tins in round moulded form, as little or as much done as desired.

For boiling eggs there are now tiny barrel-like porcelain receptacles about the size of an egg, into which the egg is broken. The top is then screwed on securely and the little porcelain egg cup is put in boiling water, and the egg boiled exactly as if it were in its own shell. When done, the top is screwed off and the egg is ready to be eaten with no further question in regard to the shell. This way of cooking eggs is especially nice for an invalid; for eggs being so suitable as food to the sick, are difficult to prepare for eating by anyone confined to a sick bed; and every possible comfort and convenience should be provided for the invalid.

CRANBERRIES.

Cranberries should never be too ripe, or when cooked they will be dark and dull in color and lacking in flavor. While some prefer these refreshing berries cooked in their skins, the most elegant way is to put them through a colander, the skins being thus removed. The fruit should then be turned into a bowl, which will give a pretty moulded form when the jelly has congealed. When cold, this jelly mould should be turned upon a plate or in a ruby colored glass dish. For all state occasions cranberries should be served in this way. The rich clear red of the fruit is most beautiful in a rich red glass dish; and although such dishes are less favored than formerly, nothing is prettier for fruit moulds and jellies of the same hue. Artistic and harmonious effects are more charming than those achieved by frigid following of the latest fashion or fancy.

Good Manners at Home.

Perhaps no single thing in the education of children shows its value in the family circle more than the inculcation of good manners. Fathers and mothers, older brothers and sisters, should exercise good manners at home as well as teach their benefits to the younger members. Much of a family's happiness, indeed, depends on this, and therefore no one who is a member of a family circle, with or without children, can afford to heedlessly ignore the fact. Good manners are as effective a means of building up good feeling in a household circle as can be found, but, unfortunately, they are rarely found there. Fathers and mothers are apt to think "good manners don't matter for home use." But they are mistaken. It is said that "familiarity breeds contempt," and certainly, if it does not go that far, it has a tendency to cause each member of a family to loosen the check he or she keeps upon his feelings, especially on his selfishness, though when among strangers he finds himself expected, and almost compelled to control himself.

Many—we grieve to say most people—are often rude, careless and even unkind in their manners toward those nearest and dearest to them, who yet will be kind and courteous in company. This is not as it should be. Emerson says that one must agree to sacrifice his own feelings sometimes, to secure the peace and harmony that should

dwell in every family, and he is right. No family can ever grow up in good feeling and real love toward one another, that has not been taught to cultivate good manners.

"Good manners are made up of petty sacrifices." Remember this, mothers, and when you are teaching the little ones at your knee to be gentle, affectionate, polite or unselfish in manner, reflect that you are helping your child to grow up a man or woman who will leave an impression for great good on the family, and therefore on the great wide world. Forget not also that example is one of the easiest means by which to inculcate habit, and father and mother have it in their power thus silently to teach their children in many a pleasant way, when they are gathered round the board, or clustered at the fireside.

In no way can the precepts of kindness, good will to each other, and sacrifice for each other, be more effectively learned than this, in the teaching of good manners at home.

GRAINS OF GOLD.

There is but one temple in the world, and that is the body of man. Nothing is holier than this high form.—Novalis.

Irresolution is a heavy stone rolled up a hill by a weak child, and moved a little up just to fall back again.—W. Rider.

The way to fill a large sphere is to glorify a small one. There is no large sphere; you are your sphere.—Edward Braislin.

The gain of lying is nothing else but not to be trusted of any, nor to be believed when we say the truth.—Sir W. Raleigh.

No man has come to true greatness who has not felt in some degree that his life belongs to his race.—Phillips Brooks.

There can be no excess to love, to knowledge, to beauty, when these attributes are considered in the purest sense.—Emerson.

Many historians take pleasure in putting into the mouths of princes what they have neither said nor ought to have said.—Voltaire.

When I find a great deal of gratitude in a poor man I take it for granted there would be as much generosity if he were rich.—Pope.

There is this good in real evils—they deliver us, while they last, from the petty despotism of all that were imaginary.—Colton.

To the thinker, the most trifling external object often suggests ideas, which extend, link after link, from earth to heaven.—Bulwer.

We are commonly taught our duty by fear or shame, but how can they act upon a man who hears nothing but his own praises?—Johnson.

There is a gift that is almost a blow, and there is a kind word that is munificence; so much is there in the way of doing things.—A. Helps.

Fear is implanted in us as a preservative from evil; but its duty, like that of other passions, is not to overbear reason, but to assist it.—Johnson.

Games of chance are traps to catch school-boy novices and gaping country squires, who begin with a guinea and end with a mortgage.—Cumberland.

Something the heart must have to cherish; must love, and joy, and sorrow learn something with passion class, or perish, and in itself to ashes turn.—Longfellow.

THE THIRST FOR GOLD.

It is Behind Some of the Present Day Jealousy of England.

In particular, the thirst for gold, in its concrete and tangible shape, has broken out everywhere, almost as strongly as it broke out in the sixteenth century among Spaniards, Portuguese, and Elizabethan Englishmen, says the London Spectator. Mines, it is believed on the continent, are the swiftest, perhaps the largest, of all wealth producers, and not to possess them is to be poor. One great cause of the sudden exaltation of the jealous hatred of Great Britain is a belief that we have been suddenly enriched by new discoveries of mines yielding not only precious metals, but even diamonds and rubies, shares in which have recently excited a mania of speculation in Paris, Vienna, and Berlin. Look, say the hungry continentals, at the wealth those selfish English are obtaining in Australia, South Africa, British Columbia and British Guiana, digging it out of the very ground. Why should those insolent islanders, with no conscription, have all that, and we nothing, except what we can make by tilling exhausted soils, or competing with all the world for the sale of our still very feeble manufactures? We will have some of the really fat things, if we have to fight for them.

The French have been persevering in Madagascar because they expect to find gold. The Germans are eager for the independence of the Transvaal, because it is a vast gold region, which may ultimately, they fancy, fall to them. Even the Japanese have been lured to Formosa by hopes, probably well founded, that the island may be found to be one of the "metalliferous patches" of the world. There is a positive frenzy of greed developed in the active nations, which lends heat and purpose to every accusation against England, and we ourselves are not innocent in the matter. Most of our mines came to us long before the thirst for mining began, but though it is culturable territory that we have first of all sought in South Africa, our necessity being emigration, there can be no doubt that the search for gold has influenced both our policy and our colonization. It has not influenced our Government much, or we should never have invested the Boers with property rights in the Transvaal, or given up so easily our claim to Madagascar; but it has influenced financiers, traders, and the hosts of adventurers who have followed in their footsteps.

Big Increase in Britain's Navy.

The Glasgow Herald says that the coming British naval programme will call for an expenditure of £9,500,000, with which will be constructed four battleships, four first-class cruisers, four third-class cruisers, and sixty torpedo destroyers.

WHAT UNCLE SAM IS AT.

ITEMS OF INTEREST ABOUT THE BUSY YANKEE.

Neighborhood Interest in His Doings—Matters of Moment and Girth Gathered from His Daily Record.

Mary Anderson has a slipper which belonged to Mary, Queen of Scots.

One million two hundred and eighty-six thousand eight hundred and sixty-three persons visited the Atlanta Exposition.

Mr. Daniel Gordon, of Knox, Me., has been teaching school for sixty-seven years, and is still in harness and working hard.

Many cities, towns and counties in the Northwest have been scaling down the salaries of public employes during the past year.

Motormen on the electric street cars in Danbury have been supplied with veils to protect their faces from the cold and driving snow.

Joel Connors, an old resident of Darke county, Ind., who died recently, instead of being very poor, as he said he was, had nearly \$10,000 in gold.

A groom of 74 and a bride of 60 were married in North Adams, Mass., recently. The groom had outlived five wives but the bride had only had one other husband.

A fairly good horse was sold at auction at Bethel, Vt., a few days ago for \$2, perfectly sound three-year-old colt, of good size, was sold in the same place last week for \$12.50.

Orange shipments from Riverside, Cal., averaged 40 carloads a day during the first two weeks of the month. The supply of fruit is not sufficient for the demands of the eastern markets.

"Lost, a small calf, his two behind legs is white. He is a she calf. Every body who finds him gets five dollars." A Dutch farmer posted this advertisement in a Pennsylvania tavern.

A novel document was filed in the office of the county recorder at Sedalia, Mo., a few days ago. It is a paper wherein Mrs. Belle Asher apprentices her daughter, Letha Asher, 9 years old, to Mary Jane Love, to learn the trade and art of dressmaking.

J. L. Allen, a telegraph operator at Loretto, in Marion county, Ky., has invented a railroad clock that is a marvel of ingenuity. It registers each train as it passes, and an accompanying device warns of incoming trains if another train has passed the station within fifteen minutes.

A steamship bound for La Guayra has just left New York with shipment of several thousand buttons, similar to the ordinary campaign badges, with a small satin American flag attachment. On the top of the button is a picture of President Monroe and the words "America for Americans; One Country, One Flag, One God."

Vermont's copper mining industry which flourished a few years ago and lately has been stagnant, is likely to be revived soon. The mines were abandoned when the much richer fields in the west were opened, but recently attention has been redirected to the old mines in the east, and Vermont is looking for a mining boom.

The youngest daughter of a revolutionary soldier, so far as known, was discovered at Lebanon, Conn., recently. She is Mrs. Augustus Avery, and is only 56 years old. Her father was 74 years old at the time of her birth. He was doubtless one of the youngest soldiers in the war. There are only eight other daughters of revolutionary soldiers belonging to the order.

A San Francisco woman is suing her sister for \$250,000 for "services rendered" in promoting the successful marriage of the latter. In her bill of particulars the plaintiff specifies that she "interviewed" the prospective bridegroom in respect to the engagement between him and her sister, and "solicited him to keep, fulfil and perform said contract," and that the interview was had at her sister's request.

Montana mines yielded \$47,115,000 worth of minerals last year. The copper production of the State was about 65 per cent. of the whole product of the United States. The gold product amounted to \$4,100,000; silver to 4,500,000 ounces, copper to 212,000 pounds, and lead to 24,500,000 pounds. The gold output was 10 per cent. greater than in the previous year, and 47 per cent. greater than in 1893.

Seven brothers, all over 65 years old, had a re-union in Fresno, Cal., recently, and a notable photographic group is an interesting memento of the occasion. The brothers are of the Funck family. There are three sisters in the family, too, all very near the three score and ten years mark. The eldest of the brothers is 84 and the youngest 65. A noticeable fact is that each wears a full white beard and none are bald.

Canon Isaac Taylor, of York, England, says that Baltimore is an Irish word and means "the town of the great house." Sir Charles Calvert, he says, who had obtained a grant of land in Ireland, took his title from a town in County Cork, called Baltimore or Balintimore, in Irish baile-an-tighe-mhoir, "the town of the great house," the great house being the castle of the O'Driscoll family, the ruins of which crown a rock near the town.

A six-year-old girl made the journey across the continent from Philadelphia to San Francisco all alone two weeks ago. She was placed in the care of the conductor at Philadelphia, and very soon young travellers in the car learned all about her, and she had lots of friends to take charge of her during the long trip. No one travelled all the distance with her, but she was passed from one woman to another as one left the train and another came aboard.

Prohibition does not appear to prohibit to any great extent in Iowa, either. Cerro Gordo county is said to be one of the strongest prohibition counties in the state. There is not a saloon in the county, and every effort to establish one under the Martin mulct law has been overwhelmingly defeated. Yet, during 1895, according to the official report of the state auditor, 6,121 gallons of liquor were sold in the county, at a valuation of \$4,000 and of this only six gallons was credited to doctors.

A 12-year-old coloured boy preacher, named Ralph Pixley, has been conducting revival services in the district about Farmland, Ind., during the past week

or two, and has attracted great crowds of listeners and made many converts among the colored people. He created considerable excitement among the colored folk during the first part of his crusade by prophesying that the world would come to an end on January 9, this year, and many sold their worldly goods to be ready for the great event.

GREAT BRITAIN IN INDIA.

AN ARMY OF FOUR HUNDRED AND FIFTY THOUSAND.

Many European and Native Regulars and a Large Volunteer Force Available in Case of War.

India is generally regarded as the most precious possession of the British Crown, and also as the most vulnerable. A great part of the policy of the British Government is influenced by considerations affecting the safety of India, and it is for the sake of India mainly that Great Britain keeps so large a fleet in the Mediterranean, and views with such jealousy any attempt on the part of Russia to occupy Constantinople. How then is India defended from an enemy who might desire to invade that country?

Before answering the question it is perhaps, well to state that there is only one civilized nation that under existing circumstances can invade India, and that is Russia. All other nations would have to send their armies to India by sea, and this they could not do so long as Great Britain retains her preponderance on that element, but Russian troops could reach India by land, provided they could overcome the natural difficulties which interpose between the Russian possessions and that country.

POSSIBILITIES OF ATTACK.

The size and character of the army in India is, therefore, influenced by the consideration that only one European nation could attack it by land, and that this attack must come from the north or north-west, and must be made through Afghanistan, a country which could not be occupied by the Russians without serious loss, and which could only be kept down by a large army. The northern and north-western frontier of India consists of ranges of lofty mountains, through which there are but few passes, and these are guarded by British troops in fortified camps, which are connected by railways with the various military depots of the country. Suetta, at the mouth of the Khyber Pass, may be taken as a sample of the fortified posts which guard the gates of India.

MANY NATIVE TROOPS.

The army which defends India from the enemies of Great Britain numbers 220,000 men, of whom 75,000 are British, and 145,000 native Indian troops. As the division of these troops into the several armies is significant and important, we give it below:—

	British Army	Native Army	Total
Cavalry.....	5,679	23,428	29,107
Artillery.....	13,319	4,311	17,630
Engineers.....	351	3,966	4,317
Infantry.....	53,740	113,813	167,553
Staff, etc.....	433	988
Total.....	74,010	115,738	219,778

It will be observed that the native army, while very strong in cavalry, is extremely weak in artillery, a fact due to the lesson learned during the Indian nation could attack it by land, and mutiny. When that took place the native army was five times as strong as the British army in India, and was complete in all arms, horse, foot, and artillery, so that it was able to take the field against the British. Now such a thing would be impossible, for the native army is practically without artillery, and is only complete as an army when joined to the British force. The quality of the native army is excellent, and when brigaded with British troops it may be relied on to do efficient service in the field.

EUROPEAN VOLUNTEER FORCE.

There is in India a considerable volunteer force of Europeans, which would be extremely useful in manning the fortified places and preserving order in the cities if the regular army should be sent to the frontier to defend it against an invader. This force numbers 28,000 men. The Indian native states, which are under British control, have armies numbering 350,000 men, which would be placed at the service of the British Government in the event of an invasion of India. Since 1888 a portion of the native armies have been placed under British officers so as to be fit to take its place with the other native troops in the British service. This contingent now numbers 20,000 men. There are also 13,000 trained men of the reserve of the native army, and 170,000 native police soldiers, although nominally merely police. When all these figures are added together it will be seen that Great Britain has 450,000 men for the defence and preservation of order in India, without taking into account the troops of the native states, except the 20,000 now under British officers. When the difficulties of an invasion from the north are taken into account, this force would seem to be quite sufficient to make India secure.

A Broken Ideal.

Mamma—And so he complained of your biscuits, did he? Well, I wouldn't mind; you will soon learn to make better ones, and then you will please him." New Wife—But it is not that, mamma. I don't mind his finding fault with my cooking. But to think that love, which I supposed was a sentiment of the heart is only an affair of the stomach!

Intoxec.

A dealer in stuffed animals, who also kept a few live creatures for sale, gave his shop boy, who was permitted to sell the stuffed specimens, orders to call him when any one asked for any of the living animals.

One day a gentleman called and demanded a monkey.

Any one of these asked the boy, who was in charge. He pointed to the stuffed specimens.

No—I want a live monkey, answered the customer.

The boy stepped to the door of the back shop and called to his master: You're wanted, sir.

HEALTH.

Bunions.

Over every joint in the body there is placed a small, cushion-like sac, which is filled with fluid, and which acts as a kind of protection to the joint from blows and pressure. These sacs are called bursae.

The thickening of the particular bursa which is situated over the great toe-joint, either from irritation, pressure or weakness, is commonly called bunion, although that term is sometimes applied to any enlarged bursa on the foot.

The origin of bunions is generally from without—either from the pressure of a tight boot, or the continual chafing of a loose one, and from some peculiarity of occupation or gait, by which the joint is constantly pressed upon the ground.

The signs of a bunion are first of all tenderness and pain, which becomes more and more excruciating. Swelling and inflammation, even to the breaking out of an open sore, rapidly follow unless treatment is begun. The toe itself is somewhat involved, and becomes distorted and contracted.

Changes like those of chronic rheumatism of the joint may lead, when uninterrupted, to fatal inflammation of the foot. Or gangrene may set in. Bunions are rarely altogether curable after the disease has gone on to continued inflammation, although much may be done towards alleviation of the pain.

The only absolute cure for a bunion, of long standing is excision of the joint.

Rest is the most important thing in palliative treatment. All pressure of the boot should be removed, as this is the chief exciting cause of the difficulty. Plasters of various kinds, soap plasters, painting locally with tincture of iodine, together with poultices and hot applications when active inflammation appears, form the bulk of the routine treatment.

When the bunion is discharging, stimulating ointments and dressings should be applied, and great care exercised lest the inflammation spread and the foot become affected.

In some cases the deformity can be corrected by mechanical methods, such as strapping and the like. Sometimes a proper division of the contracted tendons will relieve deformity.

Nitrate of silver solution, which is purchasable at any drug store, will often suffice to harden a tender skin and prevent irritation.

Wryneck.

True wryneck, so called, results from the contraction of a muscle which connects the side of the head, just behind and below the ear, with the top of the breast-bone. By the contraction of this muscle the face is of course tilted to one side.

The same deformity is sometimes present in hysterical persons, or it may be caused by disease of the vertebrae of the neck, but such cases are not cases of true wryneck.

It is not difficult to distinguish true wryneck from its spurious forms. There is local tenderness in disease of the spine, and a constitutional nervous trouble in hysteria; and lastly, in true wryneck, it is always easy to feel the tense muscle when the head is forced back to its normal position.

The successful treatment of wryneck is obviously dependent upon an understanding of its cause, and consists in a surgical operation,—dividing the muscle close to its attachment to the breast-bone. The head is afterward to be forced into position and kept there until a complete cure is established. Electricity and massage have been tried in such cases but with little success. It is important always to keep the patient in the best of general health, as the trouble is often dependent upon a peculiar state of debility.

In cases of hysterical wryneck we have a far more difficult, because a double, task—we must treat the hysteria itself and the peculiar form it has taken. As in all other cases of a hysterical nature, our patience and strength will be taxed to the utmost to relieve the mental perversion, quiet the nerves, and tone up the system generally. Massage and electricity will do more in cases of a hysterical nature than in any others.

Disease of the vertebrae of the neck calls of course, for special forms of treatment. These may be briefly stated as consisting of fresh and nourishment. A collar made of leather, or some other stout material, may be worn to raise the weight of the head from the spine, and to correct the tendency to deformity. As the majority of chronic diseases of the bone are of a tuberculous or scrofulous origin, treatment in this direction should be aided by cod liver oil and other tonics.

Lateral curvature of the spine is often a secondary result of any form of persisting wryneck. Sometimes the proper development of the face is interfered with, or even absolutely arrested, on the affected side.

For a Cold in the Head.

Put equal quantities of iodine, carbolic acid, camphor and ammonia in a bottle convenient to hold, and inhale for two hours or until cured. Usually this remedy will put a cold through all its stages in two hours.

Easter This Year on April 5

Easter Sunday this year falls on April 5 and Shrove Tuesday, the close of the carnival season in France and in the Latin countries, falls on Feb. 18. The establishment of the Christian festival of Easter, typical of the resurrection of the Lord, was a matter of much controversy in the Church for centuries, but was finally established by the Gregorian calendar adopted by the Roman Church in 1582, and Easter is always the first Sunday after the full moon which happens upon or next after March 21, which date is the beginning of the ecclesiastical year. Therefore the earliest date upon which Easter may occur is March 22. If the full moon should fall on March 21 Easter is the following Sunday. The latest date upon which the festival may fall is April 25. In 1761 and 1818 Easter fell on March 22, but that will not occur again in this or the next century. In 1896 it fell on April 25 and will do so again in 1913.