

ABOUT THE HOUSE.

FOR THE BOW-LEGGED CHILD.

If the child is still wearing nursery napkins they should be at once removed and drawers substituted, for the heavy, bulky napkins that so many mothers use in the hope of keeping the child's clothing dry are a fruitful cause of bow legs, crowding, as they do the tender little limbs apart. As a child grows and follows its natural inclination to put its feet together, the limbs grow rounded and bowed. Therefore, before anything can be done to effect a cure the cause must be removed. Procure a pair of comfortable easy-fitting, moderately heavy shoes, and have a shoemaker put on one extra thickness of sole leather on the outer part of each shoe sole, that is, on the right side of the right shoe and the left side of the left shoe. This will raise the outer side of the foot a little, which will naturally tend toward straightening the knees. Then on the inside of ankle—that is on the left side of the ankle of the right shoe and the right side of the left shoe, extending from the sole to the top of the shoe—have a piece of the heaviest sole leather about one inch wide, stitched on. This will prevent the ankles from turning and cause the child to step firmly, yet in such a way as to straighten the knee.

In ordinary cases this ought to effect a cure in a few months, but after three or four months' steady treatment, never allowing the child to bear its weight upon its feet without the support afforded by these shoes, if there is not a very decided improvement, a physician of experience in such matters should be consulted, as the child will probably need a brace extending from ankle to hip. But ordinary cases of bow legs will succumb to the foregoing treatment.

INSECTS ON HOUSE PLANTS.

The red spider and green fly are the principal cause of so many window and greenhouse plants looking sickly at this season of the year. The leaves turn yellowish and finally fall off. The dry air of the living room is just what suits these pests. If the plants can be sprayed frequently with an atomizer, these insects will not multiply as rapidly as when it is omitted, but where a furnace heats the house the effects of the spraying will not last very long. Spraying the plants with a decoction of tobacco, or kerosene emulsion, will save them if applied in time. It is also a good plan to place tobacco stems on the soil all around the plants. These act not only as an insecticide but also as a fertilizer. When the plants are grown in boxes it is a good plan to cover the entire soil with tobacco stems. On outdoor rose beds, they are invaluable, serving not only as a mulch, but as a fertilizer, and insecticide as well.

CARE OF FLOWERING BULBS.

With the earliest opening of spring, a part of the covering of the beds of hyacinths, tulips and other Dutch bulbs should be taken off and the remainder loosened. There is danger from extremes in either case. If the mulch is taken off too soon, the early shoots and buds will suffer from frost, and if all is left the early growth will be smothered or grow up sickly. If the mulching material used is short, like forest leaves or pine straw, a part of it may be left on altogether.

HARDENING PLANTS.

Plants which have been wintered in the house or in frames and are intended for bedding out, should be gradually hardened by giving them plenty of fresh air on all bright, mild days. If this is not attended to the plants will become unnaturally forced and cannot make a hearty strong growth during the summer. Straggling branches should be cut back so as to induce the formation of stocky and bushy plants.

A FEW SUBSTANTIALS.

Fish salad—Separate into small pieces or flakes half a pound of cold fish, slice an equal quantity of cold cooked potato, chop two gherkins fine; mix well and season with chopped parsley, salt and pepper. Place in a dish and cover with mayonnaise dressing.

Fish Souffle.—To an equal quantity of cold fish and mashed potatoes add a half cup of milk gradually, then season with salt and pepper. Stir in one egg, well beaten, put in a buttered dish and set in the oven until it becomes very hot; then beat the white of another egg very stiff and stir into it the yolk beaten with salt and pepper. Heap over the fish and brown.

Keobbed Mutton.—Purchase a loin of mutton, have it cut into chops keeping them fastened at the upper or flank end. Brush each chop with egg, sprinkle over bread crumbs and put them together in the same position from which they were taken. Cover the bottom of the baking-pan with vegetables, slices; put the mutton carefully on top. Fill the pan partly full with stock, and cook in a slow oven two hours, basting frequently. Serve with brown sauce.

Cream Roll of Fish.—Remove the skin and bones of one pound of halibut, chop it fine with a silver knife. Put one cup of bread crumbs and a half cup of milk over the fish; stir, and cook until smooth. Take from the fire and add the fish. Beat until smooth. Stir in the unbeaten whites of two eggs, add a teaspoonful of salt, a dash of red pepper, a half teaspoonful of onion juice and stand away until cool. When cold form into small rolls, dip in egg and breadcrumbs and fry in smoking hot fat.

Hollandaise Sauce.—One-half cupful of butter, yolk of two eggs, juice of half a lemon, one-half cupful of boiling water, a little salt and pepper. Rub the butter to a cream in a small bowl with a silver spoon. Add the yolks, one at a time, beating well, then add the

lemon juice, salt and pepper. About five minutes before serving add the boiling water. Place the bowl in a pan of boiling water, and stir rapidly till the sauce thickens like custard. It may be poured around the fish or served in a gravy boat.

Baked Haddock.—Buy a haddock weighing about three pounds. Have the head and tail left on the fish, and have it opened underneath for the stuffing, which is made as follows: One cupful of cracker crumbs, one teaspoonful of salt, one teaspoonful chopped onion, one saltspoonful of pepper, one teaspoonful of chopped parsley, one teaspoonful of chopped pickles, one-fourth cupful of melted butter. This makes a dry, crumbly stuffing. Stuff the fish, sew it up, place two strips of white cotton cloth across the baking pan, stand the fish erect upon the cloth, in the shape of the letter S. Place strips of salt pork on the fish, dredge with flour, and baste often with the pork fat. Bake till brown. Remove from the pan by lifting the strips of cotton. Place upright on a platter. Stick stems of parsley or the ends of celery in the eyes and mouth, garnish with sliced lemon and serve with Hollandaise sauce.

Lamb Croquettes.—Prepare one-half the rule for cream sauce. When perfectly smooth, remove from the fire and stir into it one pint of finely chopped lamb (the remnant of a roast), seasoned with celery salt, one teaspoonful of chopped onion, a little salt, one teaspoonful of chopped parsley, a little pepper, one tablespoonful of lemon juice. Spread this mixture on a buttered platter. When entirely cold form into shape, roll in sifted cracker crumbs, dip in beaten egg and then in the crumbs again. Fry to a golden brown in boiling lard. Drain on brown paper. Serve hot, garnished with parsley. Veal, chicken or turkey may be used instead of lamb. The croquettes can be fried at once and reheated on a paper placed in a tin in the oven, the next day. A variety is secured by serving the croquettes with canned peas or tomato sauce.

IN THE SOUDAN.

Interesting Account of the Rise of the Khalifa and the Mahdist Kingdom.

An autobiographical sketch entitled "Fire and Sword in the Soudan," just issued from the pen of Slatin Pasha, is of particular interest just now in view of the British advance and Slatin's participation therein.

As Governor-General of Darfur, Slatin Pasha was in a position to understand and explain the ethnological, social, and political condition which made the triumph of the Mahdi possible, and during his long captivity at Omdurman he was an eye-witness of the ruin which the revolution brought on the greater part of the native population. Slatin Pasha is of the opinion that the whole situation in the Soudan might have been changed if, in the winter of 1882-83, the authorities at Cairo had accepted the good advice which they received, not to despatch a large expedition with the aim of reconquering Kordofan, but to station reinforcements from Egypt in strong defensive positions along the White Nile, and to leave, for the time being, the rebels to themselves. In the author's judgment, the military forces at the disposal of the Royal officers were quite sufficient to stamp out the revolt in the so-called Gezira, or island between the Blue and White Nile, and to check the advance of the Mahdists from the west.

THE KHALIFA.

The Mahdi, as is well known, died of typhus fever in Omdurman not long after the fall of Khartoum, and his spiritual and temporal power devolved upon the Khalifa Abdullah, who still rules under the name of Khalifa. El Mahdi Sayed Abdullah Ibn Sayed Mohammed—such is the full name of the Khalifa—belongs to the Kaisha section of the Baggaras, as all cattle-owning nomad Arabs are called. When Abdullah joined the Mahdi he was 35 years old, and was then a still active and powerfully built man. It seems that latterly he has become very stout, and his lightness of gait has long since disappeared. He is now 50 years of age, but looks considerably older, and the hair of his beard is almost white. Slatin Pasha describes him as quick-tempered and rash, often acting without a moment's consideration. It was he who gave the order for no quarter at the storming of Khartoum, and it was he who subsequently authorized the sweeping massacre of women and children, as well as men. The Khalifa, however, is said to be devoted to his son Osman, who is now 21 years of age, and who has been instructed in all the commentaries on the Koran by able Mohammedan teachers.

THE MAHDIST EMPIRE.

The extent of country now governed by the Khalifa is little altered from that occupied originally by the Egyptian Government, but prosperous districts that once possessed a teeming population have been reduced to desert wastes. The great plains over which the Western Arabs roamed are deserted, and their places taken by wild animals, while the homesteads of the Nile dwellers are now occupied by those nomad tribes who have driven out the rightful owners of the soil, or enslaved them to till the land for the benefit of their new masters. According to Slatin Pasha, it is folly to imagine that the country can right itself by internal revolt. The helping hand must come from without.

FAIR QUESTION.

What is a domestic, mamma? A servant. But why do they call her domestic when she's imported?

HIS BLUNDER.

I wish you would find out how I have offended Miss Makeup? What did you say to her? I wanted to compliment her on her fine appearance and merely asked her if she had all her hair white, on, and she hasn't looked at me since.

HEALTH.

FRUIT AS A TONIC.

An ounce of prevention is worth a pound of cure. A little spring tonic is better than a gallon of summer medicine.

In the far southern countries folks are already beginning to take antidotes against malaria, or concoctions for purifying the blood. Human bodies, like trees, wish to put out fresh sprouts in a few weeks. A good dose of spring medicine enables them to do so in better form.

A gentleman asked a physician the other day what was the best tonic for this season of the year. He answered "fruit."

"Nothing is better than a plentiful diet of fruit for the spring," he continued. "I would omit bananas; they agree with some, but are apt to give the majority indigestion."

The gentleman told him that in his school days each spring the scholars were allowed to buy a barrel of apples. No restriction was put upon our eating as many as we wanted. The teachers selected good stock and our parents approved of the programme. It was an old-fashioned school, and that spring diet of apples was part of the curriculum.

When some one interrogated our old schoolmaster once about the oddity of this custom, he answered: "I never could teach anything to children with torpid livers." Hence the diet of apples.

"Your schoolmaster was a man after my own heart," said the physician. Apples are the finest spring medicine there is. A half a dozen a day is a good dose. With children so desirable a medicine has no terrors. Where something out of a bottle could not be forced down their throats an apple will be begged for, and the young rascals are just administering to themselves the best of medicine.

A woman may talk about the benefits resulting to the skin from this or that cosmetic, but if that woman would go in for a fruit cure, take my word for it, she would get more admirable results than ever hoped for.

Lemons, oranges, grape fruit, apples and grapes. "Just before breakfast every morning squeeze a lemon into a glass of hot water without sugar. Don't gulp this down, but sip it. The hot water is excellent for the stomach and the lemon cuts through the dryness in the throat, which is a usual morning condition.

"It stimulates the appetite and filters its way into the blood, purifying as it goes. This is an hour probably before your coffee, preceding one's bath and toilet. By breakfast one is ready for the orange which puts the palate into a pleasant tinkle for its food.

"Grape fruit, or the large Florida shaddock, is excellent for luncheon; eat it with plenty of sugar, as you know it is a most toothsome dish.

"For dinner I know of no special fruit to adopt. Baked apples are always palatable with one's meat, and oranges can follow with the coffee.

"Before bedtime comes the apple, or two of them, if you care."

"But that doesn't make up your six apples, doctor," I said.

"Oh, the others are added all through the day," he answered. "Eat one whenever you feel so inclined. I should advise a woman to keep a bowl of fruit in the room she oftenest sits in, so that whenever she feels inclined her appetite may be easily satisfied."

"But as I don't care especially for fruit, doctor," I said, "the inclination may never come."

"Yes it will," he answered. "It's like drinking beer in Germany. You can't stand a glass when you go there first, but you find yourself drinking quarts a day in a few weeks' time.

"If one is in the habit of awakening in the night and feeling thirsty a lemon squeezed over a glass of cracked ice and placed on a table near the bed will be found the most palatable of drinks."

"You have great faith in fruit, doctor," I said. "It's almost a cure-all, eh?"

"Well, it would serve the purpose of medicine very frequently if adopted."

REMEDIAL FOODS.

Celery is invaluable as a food for those suffering from any form of rheumatism, for diseases of the nerves and nervous dyspepsia.

Lettuce for those suffering from insomnia.

Watercress is a remedy for scurvy. Peanuts for indigestion. They are especially recommended for corpulent diabetes. Peanuts are made into a wholesome and nutritious soup, are browned and used as coffee, are eaten as a relish simply baked, or are prepared and served as salted almonds.

Onions are almost the best nerve known. No medicine is so useful in cases of nervous prostration, and there is nothing else that will so quickly relieve and tone up a worn-out system. Onions are useful in all cases of coughs, cold and influenza, in consumption, insomnia, hydrophobia, scurvy, gravel and kindred liver complaints. Eaten every other day they soon have a clearing and whitening effect on the complexion.

Spinach is useful to those with gravel. Asparagus is used to induce perspiration.

Carrots for sufferers from asthma. Turnips for nervous disorders and for scurvy.

Raw beef proves a great benefit to persons of frail constitution, and to those suffering from consumption. It is chopped fine, seasoned with salt and heated by placing it in a dish of hot water. It assimilates rapidly and affords the best nourishment.

Eggs contain a large amount of nutriment in a compact, quickly available form. Beaten up raw with sugar they

are used to clear and strengthen the voice. With sugar and lemon juice the beaten white of egg is to relieve hoarseness.

Honey is wholesome, strengthening, cleansing, healing and nourishing.

Fresh ripe fruits are excellent for purifying the blood and toning up the system. As specific remedies, oranges are aperient. Sour oranges are highly recommended for rheumatism.

Cranberries for erysipelas are used externally as well as internally.

Lemons for febrile thirst in sickness, for biliousness, low fevers, rheumatism, coughs, colds, liver complaint, etc.

Blackberries as a tonic. Useful in all forms of diarrhea.

Tomatoes are a powerful aperient for the liver, a sovereign remedy for dyspepsia and indigestion. Tomatoes are invaluable in all conditions of the system in which the use of calomel is indicated.

Figs are aperient and wholesome. They are said to be valuable as food for those suffering from cancer; they are used externally as well as internally.

Apples are useful in nervous dyspepsia; they are nutritious, medicinal and vitalizing; they aid digestion, clear the voice, correct the acidity of the stomach and are valuable in rheumatism, insomnia and liver troubles. An apple contains as much nutriment as a potato in a pleasanter and more wholesome form.

Grapes dissolve and dislodge gravel and calculi, and bring the stomach and bowels to a healthy condition.

Pie plant is wholesome and aperient; is excellent for rheumatism sufferers and useful for purifying the blood.

CRAMPS.

Some of the Curious Afflictions of Men Who Work Too Hard.

One of the curious consequences of the modern division of labor is the cramp that attacks those who constantly use their hands in one particular manner.

Writers' cramp was the first to appear, being quite unknown until the introduction of steel pens. It affects men far oftener than the fair sex, and singularly, those who suffer are not literary men, but copyists. It is almost incurable, and even when the left hand is used the cramp very soon crosses over to it.

Musicians of every kind are attacked. Among pianists it is chiefly ladies ambitious to become professionals who are the victims. Violent pain, weakness and fatigue of the arm make playing an impossibility. Violinists are affected both in the fingers of the left hand and the hand that holds the bow. Clarinet players get cramps of the tongue, and flute players get cramp in the larynx.

Telegraphers suffer very often, and they call it "loss of the grip." Tailors get cramps in the legs as well as hands. Smiths and carpenters get what is called "hammer cramp," resulting from the enormous number of blows struck. It is estimated that a forger of knives and scissors strikes 28,000 blows every day.

Drivers get cramps in the hand, especially in the case of those who break in hard-mouthed horses. Cigar makers, watch-makers, photographers, auctioneers, sawyers, billiard players, dentists, turners, stampers, weavers, painters, money counters and ballet dancers all suffer from their own peculiar cramps, and often so severely that they have to exchange their employment for some other.

DIDN'T DESERVE IT.

Had None of the Qualifications the Job Called For.

"What are you moping about, Hiram?" asked his wife.

"Jane," replied a citizen of a certain city who had been sitting moodily by his fireside half an hour or more without saying anything, "are there any ugly stories in circulation about me?"

"I don't know of any," said his wife.

"What are you asking me that for?"

"Have I got any enemies among the neighbors?"

"None that I have heard of. Why?"

"Do I ever get drunk and go howling and cawing around town?"

"Not to my knowledge. What on earth are you driving at?"

"Never knew of my selling whiskey, or keeping a gambling shop, or setting up for a prize-fighter, did you?"

"No. Why?"

"Haven't I always attended to my own business and behaved myself like a good citizen, so far as you know?"

"Of course. And now I want to know why you are carrying on in this way?"

"Jane," he groaned, "they are talking of running me for Alderman!"

"And he relapsed into gloomy silence again."

LIVING FOR SELF ALONE.

The man who lives to himself bequeaths his own folly and poverty and meanness for his monument. He has benefited nobody, while he has dwarfed and warped his own powers, and senseless stone or marble, however lavishly supplied to mark his resting place, does him no honor. He has lived in himself, he has died in himself, and all that he leaves in memory of himself speaks no word of praise in his behalf, no word of justification. This is no true life. It is the worst of failures. There are glorious opportunities in this world for service. He who wisely uses them enriches both his race and himself, and dying leaves a monument which outlasts granite and is brighter than polished brass.

LARGE TECHNICAL SCHOOL.

The new Municipal Technical School opened at Birmingham, England, contains 131 rooms, of which 116 are devoted to teaching; occupies a space of 2000 square feet, and cost \$445,000. Its expenditure is about \$50,000 a year. The school is used by 1600 students, of whom about two-thirds are instructed in science and one-third in metallurgy.

ABOUT HINDOO SERVANTS.

They Must Be Handled Roughly, as They Don't Appreciate Kindness.

"To-day the Hindoo servant is a lazy, good-for-nothing thief, and I will tell you how to handle him," said the General Traffic Manager of the Southern India Railway in his office at Madras, India. Continuing he said: "I have seen a good deal of change in the country during my 50 years residence here, and one of the most remarkable changes has been in the treatment of servants. A few years ago in the good, old days of the Madras Presidency, if a servant disobeyed his master he would have been strung up and whipped. If the whipping caused death a fine of seven rupees (\$1.75 in our money, according to present value,) would have been imposed.

"If, however, the servant's master did not care to run the risk of having to pay the fine, which was considered a big sum for the life of a Hindoo in those days, all he had to do was to send the offending servant with a note to the police magistrate, and an official whipper would return with Sammy. The whole appliances for whipping were kept at the Police Department. Sammy would be made to carry his own whipping post. Flog him hard? I should say they would. The general average would be 30 lashes, and if the master thought the rascal was not punished enough he would order 30 lashes more. If the Hindoo died from the effects of this punishment, why, there was no fine to pay, and it was simply 'good riddance of bad rubbish.' But look at the condition of things now. The rascally Hindoo will stand up and sass you.

"You ask why. It is because the Hindoo whipping post has been abolished. At present the offending Hindoo is brought before a Rajah or Judge of his own race, and of course he will not be severe on his countryman.

"The only way that these Hindoo servants can be made to obey is to beat and kick them. You cannot show them kindness or they at once put you down as a softie. Take my advice, as long as you remain in India and your servants are lax in their work, you just make them acquainted with the toe of your boot."

The old gentleman sighed as he recalled the former manner of dealing with servants. His tone of voice and looks indicated that he would like it re-established. His advice was both good and true, for Hindoo servants do not appreciate kindness, and understand only a kick when you desire them to obey. A "Sahib" (master) who will not give his servant a kick or a slap has no standing with the Hindoo, and is counted by them as "a no-good Sahib."

BROKEN WIRE.

How the Telegraph Operator Tells Where the Break is Located.

Perhaps the greatest of all mysteries, to the uninitiated, about telegraphy is the fact that when a wire is broken or damaged the operator, sitting in his office, can tell exactly where the accident has occurred.

The explanation, however, is very simple. It requires force to send electricity through a wire, just as it does to pump water through a hose. The longer the wire is the greater is the force required. This force is measured; but, instead of calling it pounds, as in the measuring the pressure in a boiler electricians call the units of electrical force "ohms."

Suppose a wire between two offices is 150 miles long, and that on a stormy night, it gets broken somewhere. The telegraphist knows that when the wire was sound it took just 2,000 ohms to send a current through, or 14 ohms per mile. He now finds that he can send a current with only 700 ohms. He divides 700 by 14, and finds that the break in the wire is 50 miles from his end.

When the wire is under the sea a curious thing happens. The electricity decomposes the sea salt, and a new salt is formed on the broken ends of the wire; and until that is cleared away by what is called a zinc current, acting for ten or twelve hours, no measurement can be made.

A MOVING MOUNTAIN.

An object of the greatest interest to continental Europe at this minute is a walking mountain in Gard, France, which is moving toward the river of the same name at the rate of fifteen feet a day. In its advance it has destroyed the machinery and pits of the Grand Combe colliery, and has also destroyed nearly a mile of the Alais railway. A great thing, which must be done now, is to prepare new channels for the Gard and Gardon rivers, which are sure, when the landslide comes, to be completely choked up. Six hundred persons have been obliged to leave their homes at Grand Combe. The lower strata of the mountain, which rises sheer from the valley, are grit and green mart. Both have given way, owing to the infiltration of rain. Nobody is suffered to go on the mountain or into the valley on which it advances.

THIS IS NEW.

A Ludlow, Vt., merchant encourages thrifty habits among the boys and girls of that town by offering to those who deposit 85c. in the savings bank the necessary amount to make their account \$1. Several children have taken advantage of this offer.

WOVEN FROM PEAT.

Irish peat rugs, which made their first appearance in London quite recently, are gaining approval in many quarters. Not only rugs, but dresses and men's suits can be made out of this peat, which is nothing more nor less than Irish bog mixed with a little jute.