

## HOUSEHOLD.

### THE WAY TO A MAN'S HEART.

We have heard young and injudicious wives say that they did not believe in the saying that the way to a man's heart is via the stomach, and if they could not have a husband's love, pure and simple for their own sweet sake, they would not give a snap of their fingers for a man.

Unfortunately there is often too much sentiment in young married people. Marriage is such a stern reality. It is so different from what the fond dreams have pictured it. When within reasonable time they come to a realization of what it means, there is for each one of two things. A happy, congenial connubiality, or a life of misery and unrest and discontent. The housewife who considers first her husband's interest, his welfare, his happiness, is most apt to be blessed with the greatest bliss that can come to woman—that of being a happy wife.

Now, since it must be admitted that a man's happiness should be the wife's first consideration, it follows that this can only come from prompt, well cooked, carefully selected meals. Such dishes as he likes, in infinite variety within one's means, and especially of nourishing and digestible quality, should be the housewife's constant care.

If your husband sits down to a breakfast that is appetizing, digestible, and set before him in such a way as to please and satisfy, do you not think that when he goes forth from the home, to earn the bread of that day, that he will be the better for it? That his mind will be clearer, his energies more pronounced, his success greater? Is not this the very basis of your existence? It matters not whether his income be ten hundred dollars a week or ten dollars. It will depend upon how he is fed. Can you not see that your thoughtfulness in this way may be—nay, is—beyond question, blessed again and again in his inner consciousness. It would be well if women could realize this, that often and often the husband far away from home, in the battle of life, allows his mind to reflect for a moment upon the face of his loved one who is enshrined in his heart, and whom he knows awaits his home-coming with a smile and a kiss.

The wife should strive by all means in her power, to be past mistress of the art of cooking. How to make good bread, how to buy and prepare wholesome meats and vegetables, how to make such a cup of tea or coffee that you only can prepare to his mind with just that delicacy and flavor.

This is the open sesame to a man's heart, and it is a mighty power for good if the loving wife will only use it.

If you are not competent in this, try, with all your strength, to learn and perfect yourself. If you are still young, so much the better, but if, unfortunately you have matured in years, without the knowledge, do not think it too late to begin.

Remember, especially if you have a family, that it is at the table where the most delightful meeting should always take place. Day after day, you will all meet at meal time, and then the spirit of love and harmony should flow freely. Then is the time for the enjoyment of each other's society when conversation is light and happy, and mirth and laughter abound, and nothing is so conducive to this as a well-prepared meal. You know, and we believe there are few exceptions, that cares and duties and pleasures of yourselves or of the children, separate you again as soon as the meal is done. Therefore, as the meal hour is the time of the family's daily reunion, make the most of it at all times.

### USEFUL RECIPES.

**Gold Cake.**—One-half cupful of butter, one and one-half cupfuls of sugar, one-half cupful of sweet milk, two and one-half cupfuls of flour, one egg, and the yolks of four eggs, one-fourth teaspoonful of soda, one-half teaspoonful of cream of tartar.

**Silver Cake.**—One-half cupful of butter, one and one-half cupfuls of sugar, one-half cupful of sweet milk, two and one-half cupfuls of flour, whites of four eggs, one-fourth teaspoonful of soda, one-half teaspoonful of cream of tartar.

**Celery Salad.**—Break the stems apart, cut off all green parts, and wash well in cold water before serving.

**Stewed Celery.**—Cut the tender inner parts of celery into pieces about two inches long. Keep the outer or tougher stalks for seasoning soups. Put the cut pieces in a stew pan and add sufficient water to cover; then cover the pan closely and set it where it will just simmer for an hour, or until it is very tender. Then add a pint of rich milk or cream, salt to taste, and when boiling put in a tablespoonful of flour, rubbed smooth in a little milk. Boil up once and serve.

**Celery and Potato Hash.**—To three cupfuls of cold boiled or baked potatoes, chopped rather fine, add one cupful of cooked celery, minced. Put into a shallow saucepan with cream enough to moisten well, and salt to season. Heat to boiling, tossing and stirring, so that the whole will be heated throughout, and serve hot.

**Sweet Pickled Peaches.**—Select ripe, but firm fruit free from blemishes; peel them carefully; allow a pound of sugar to a pint of good cider vinegar; place cloves and cinnamon in a bag, and boil in the vinegar; when the vinegar has come to a boil, drop in the peaches (a few at a time), and let them remain until done through, but not soft or broken; then remove them carefully with a skimmer, and place them in jars; repeat this process till all are done; then fill up the jars with the remaining vinegar, and seal while warm. In the same manner may be made sweet pickled pears, plums, crab-apples, and cherries.

**Sweet Cantaloupe Pickles.**—Pare them and cover with vinegar, after cutting

in pieces; pour off the vinegar, and to every pint put three-fourths of a pound of brown sugar, a little cloves, allspice, and mace; let it boil a few minutes; throw in the cantaloupe; take it out as soon as it looks clear; put in a jar and pour the boiling mixture over them.

**Sweet Pickled Watermelon Rinds.**—Prepare the rinds and put into weak vinegar and water for twelve hours; then boil them tender in the same water; drain well, and prepare to a pint of vinegar one pound of sugar, mace, allspice, cloves, stick cinnamon; put the rinds in a jar and pour this over them.

### SOME GOOD HINTS.

A polish for kid boots may be made as follows: Beat up the whites of two eggs with an equal quantity of water and a lump of sugar candy. This should be quite transparent and not sticky. It is good for all fine leather and kid. Use new flannel when cleaning fine kid boots.

Grease stains upon cloth may sometimes be removed by rubbing magnesia into the spot after first dampening it. Then let it dry, and when it is brushed it will be found to have removed the spot.

China silk may be washed, but it should be done as rapidly as possible. If there are any parts especially soiled, clean first with a little benzine or gasoline applied with a piece of flannel. Then prepare a soap suds of lukewarm water and plunge the silk in it, squeezing it up and down and rubbing it thoroughly in the suds. Rinse in water a little cooler and then in water again that is still cooler, and so on until the final rinsing water is quite cold. Do not blue them. Wring them through on a wringer as dry as possible. Lay them in sheets and roll as hard as you can in firm rolls and put them away for an hour; at the end of that time iron them on the wrong side.

White chiffon veils are not difficult to launder. Soak them for fifteen minutes in a thick warm suds, of castile soap. Then press between the hands in soapy water until they are clean. Rinse in clear water and dry by pinning evenly on a white towel and exposing to the air.

The dainty embroidered handkerchiefs should not be sent to the laundry. They may be washed in a few minutes and should always be done separately. When washed they should be wrung out and then a window-pane should be polished; upon this spread the kerchief and press it perfectly flat; when it has dried it will come off crisp and new in appearance.

Ammonia will bleach yellow flannels. Benzine sprinkled on the edges of carpets is a sure preventive of moths, and will evaporate doing no harm.

Always fold a dress right side out for packing, and it will not so easily wrinkle.

Black silk may be renovated by a thorough sponging with stale beer. Place between newspapers and press with a hot iron.

Silk which has become badly wrinkled may be made smooth by sponging on the right side with weak gum arabic water, and ironing on the wrong side.

To remove tar from any cloth, saturate and rub well with turpentine. If sheets or tablecloths are wrung by putting the selvage through the wringer the edges will not curl up, and they will iron much easier. Green tea will revive rusty black lace, and make it look as good as new.

### IN CASE OF ACCIDENT.

If poisoned, take mustard or salt, tablespoon, in cup of water, and swallow right soon.

For burns try dry soda, and wet bandages, too.

If blistered, then oil and dry flannels will do.

In children's convulsions, warm baths are the rule.

(With castor oil dose, too), but keep the head cool.

Give syrup of ipecac when croup's in store.

For fainting, stretch patient right out on the floor.

To soak in hot water is best for a sprain.

Remember the rule and 'twill save you much pain.

### WOMEN DUELLISTS OF 1792.

The combination of a woman and a pistol is not peculiar to the modern and distinctively burglar-capturing period. It was seen, indeed, so long ago as 1792, more than a century ago. And no one who read of the circumstances of the case could doubt the justification of the combat which then took place.

A Mrs. Elphinstone, who visited one day the Lady Almeria Braddock, understood to perfection the art of genteel and ladylike abuse. "You have been a very beautiful woman," she observed to Lady Almeria, who considered herself yet a girl. "You have a very good autumnal face even now," Mrs. Elphinstone went on, "but you must acknowledge that the lilies and roses are somewhat faded. Forty years ago, I am told, a young fellow could hardly gaze upon you with impunity." Whereat her ladyship declared she was not yet thirty. Mrs. Elphinstone cited authorities to prove this figure was thirty years out of the way, and there was then nothing to do but go to Hyde Park and have it out with pistols. Women, then, however, were not the shots they are to-day, and the blood-thirsty combatants fired at each other for awhile without either becoming wounded. They would not bear of a reconciliation, and drew their swords. Mrs. Elphinstone shortly after received a slight wound in the sword arm. This was deemed sufficient to decide the contest, and the ladies, feeling that the insults had run so far as possible wiped out, "quitted the field with honor."

## PRACTICAL HYPNOTISM

### ADOPTED IN A NEW YORK HOSPITAL AS AN AUXILIARY.

The "Sleep Room" and its Uses.—Dr. W. P. Wilkin, of the Post-Graduate Hospital, Describes its Operation.

The strangest room that any institution for the care of the sick possesses is located in the basement of the New York Post-Graduate Hospital. The hospital authorities have officially named it the "Sleep Room."

To the patients it is the room of mystery. It is the home of a new and modern method of treatment, a method which promises to become before many years one of the greatest aids to medical science that has ever been conceived.

It is here that the much scoffed at hypnotic power proves to be a blessing to the afflicted. Pain is banished, and pleasure takes its place. The most distressing operation becomes to the sufferer a matter of congratulation.

The doctors say that people, as a rule, have a very erroneous idea of hypnotism and its effects. As a matter of fact, hypnotism is like all other powerful influences, capable of being diverted into channels of evil as well as those of good. Hypnotic suggestion, when brought about by the proper person, is NEVER INJURIOUS

in its effects, because great care is taken in selecting a subject to ascertain if he or she is of such temperament as would suffer from hypnotic influence. If it is learned that nature has so constructed the patient that evil might follow hypnotic suggestion, some other method is tried.

The officials of the Post-Graduate Hospital were rather in doubt when the hypnotic idea was first seriously considered as to how the public in general would regard their "Sleep Room." It was the first experiment of the kind to be tried in New York city. There was no opportunity to profit by the mistakes of others. Every action must stand on its own basis. That is why the matter has been kept from the public as much as possible, and this is the first time the story has been publicly told.

Dr. William P. Wilkin, a man of much learning, and exceedingly well versed in modern thought, as it relates to medical science, has made a special study of the "Sleep Room" and its effects, which his regular attendance at the hospital has given him ample opportunity to investigate. The facts that are stated in this article, so far as regards the technical details of the treatment, were told the writer by Dr. Wilkin. They are strange, indeed, illustrating as they do what was long considered the fanciful theory that the influence of mind over matter, and mind over matter, could be brought to the aid of the disciples of Galen.

There is nothing in the first glance at the sleep room which indicates that anything of an unusual nature happens there. It is very plainly furnished, being practically bare of everything but benches along the wall, a few comfortable chairs, and several screens.

### A DISTINCT METHOD

lies in this plainness, for exceeding care is taken that there shall be nothing in the room to distract the patient's attention in the least from the person from whom the hypnotic suggestion comes. It is a well known essential of successful hypnotism to concentrate the patient's attention. This is the central idea of the entire arrangement of the room. Just how the patient is treated, just how hypnotism is regarded by the medical profession, is explained in Dr. Wilkin's own story as he told it to the writer.

"I may say," said Dr. Wilkin, "that my experience in treating a certain line of diseases has been such that the prejudice first felt in employing this method, a prejudice quite prevalent among the profession in this country, has been entirely removed, and I fully believe in the benefits to be derived by hypnotic suggestion properly employed. Hypnotism has great value in treating certain diseases, though its place in therapeutics is peculiar. My feeling is that its value is more striking in its effects than wide in applicability.

"There are many conditions, mental, moral and physical, to be met among the sick, and to be combated by one method or another. These conditions, some of them, can not be met by the ordinary therapeutical resources, and they make the successful management of a case oftentimes most perplexing. The physicians attending the clinics at the post-graduate, and who may be taken as reasonably representing the attitude of the profession at large, have evinced an active interest in this method of treatment, but, at the same time, have also displayed only a slight understanding of it, both as regards the method of employing it and the benefits to be derived from it.

"The method I employ for inducing the hypnotic sleep is the one in most general use, and is commonly referred to as 'BERNHEIM'S METHOD.'"

It is very simple. In the first place, it is so arranged, as far as possible, that every condition will favor the development of the thought we wish should dominate the patient, namely, that he go to sleep. To this end, then, must be considered the mental state of the patient, the attitude of the operator and the environment. It is my opinion that revolving disks, or any methods of seeming mystery, employed for the purpose of inducing the hypnotic sleep, are an imposition on the patient. I prefer to influence him by appealing only to his confidence and intelligence.

"It is explained then to the patient that, for the proper treatment of his disease, he is to be hypnotized; that the treatment, it is believed, will be effective in its results, and that certainly there is nothing unpleasant in the employment of it. His nervousness and any scruples or fears are overcome by a reasonable explanation of our object

and method, or by any means suitable to individual cases. We aim to secure his entire confidence and to place him at ease.

The attitude of the operator only need be quiet, confident and firm; any nervousness, or agitation, or uncertainty on his part is communicated immediately to the subject. There should be no noise in the room, and it is probably more favorable to have the room somewhat darkened.

"Then the patient is placed in a chair sufficiently easy to produce no physical constraint; his head rests against the back of the chair, or against the wall; he is directed to fix his eyes upon some object which is held up before his face, or upon any object in the room. And so, having the patient in a mental and physical condition favorable to the hypnotic state, he is told quietly, repeatedly and firmly to 'go to sleep.' His brow is usually stroked. In a short time his eyes look sleepy, his eyelids become heavy and tremulous. He is then commanded to close his eyes. The hand of the operator is passed gently over his eyelids, and the patient is informed that he

### CAN NOT OPEN HIS EYES

until he is told to do so. In almost every case the patient will be in the first stage of hypnotic sleep.

"No experimenting with patients, simply to satisfy the curiosity of the spectators or the operator, is ever done. It is manifestly unfair to the patient, and undignified, to take advantage of his passive state for the amusement of the spectators or the gratification of curiosity. The treatment of his disease is the only reason for putting the patient into this state.

"The degree of hypnotism need never, as a rule, exceed the first stage, the somnambulic state, though it will be found that some patients, those who are particularly susceptible, will pass so readily into the further stages that even the stage of rigidity may develop, with no desire on the part of the operator to induce it.

"We find it best only to make one or two suggestions, repeated over and over several times at one session. At the next treatment another suggestion is added to and repeated with the first one made. In this way the condition of the patient is gradually corrected. The duration of sleep varies from ten minutes to half an hour or more. To end the sleep, patients are simply commanded to 'wake up.'"

A noticeable truth which is demonstrated by the experience at the hospital is found in the fact that the hypnotic treatment is more beneficial to brain-workers than to others. It seems to produce an absolute nervous rest, or rest of the entire nervous system. The diseases that are conquered, however, with hypnotism's aid vary greatly. Among these are dipsomania, agoraphobia, syphilis, the melancholic, or neurasthenic, the perversities of a degenerate, the vagaries of a hysteric. Not the least curious of the ailments that hypnotism aids in remedying are drunkenness, as stated, and the tobacco habit in its very worst form.

### EASTERN PEDDLERS.

The Unique and Successful Plan They Work to Sell Their Wares.

The hawk of the East is picturesque in costume, and of many nationalities. His sunny smile and white gleaming teeth are of the very essence of the blue sky over-head. He does not stand still in the street and appeal to passers-by to buy his wares. He flies from cafe to cafe, and interviews loungers smoking their narghilez in the open air. He adopts the gambling system as being a more direct appeal to human passion. In his hand he carries a lucky-bag. When he enters a cafe, he invites you to dip your hand in the bag and try your luck for a pair of live turkeys, a beautiful Egyptian shawl shimmering with gold or silver embroidery, or some other of the many ornaments peculiar to the East. It is difficult to resist his persuasive eloquence. The method of procedure is this: In this lucky-bag the hawk carries 200 numbers. The figures are neatly inscribed on small slips of stiff paper. These are rolled and curled up in the lucky-bag, which resembles a pillow-case more than anything else. When the peddler enters the cafe his quick eye soon detects a likely customer. To start by doing a trade will greatly enhance his chances with others. Terms are arranged, say, three tries for half a franc. Then you guess, perhaps three times, at the lucky number—say between 100 and 120—as arranged.

On drawing the first number you pay down your half franc. Of course the odds are very much against you. The hawkers in Cairo and Alexandria make a very fair harvest when these cities are full. As much as 15 to 18 francs for a turkey which cost five francs is pretty good profit. Somebody, of course, wins it in the long run.

The articles disposed of in this way comprises boxes of splendid peaches and other fruits, soap, flowers in great variety, plants and the beautiful point-setia, turkeys and other live stock, game in season, fish, dates, a great variety of ornaments, cunning devices in clocks, furniture, etc.

### A NOVEL SOCIETY.

These mysterious capital letters (S. P. H. D.) stand for society for the Prevention of Hereditary Diseases. It is not a medical association, as you would naturally think, whose members are bald-headed and wear spectacles and peep through microscopes on the hunt for bacilli. Far from it. The members are young and marriageable women who solemnly promise not to become the wives of men who have any hereditary taint. The first article in the constitution of the S. P. H. D. contains an obvious truth—"We believe it to be a crime against society and future generations for certain persons to marry."

Do you go to school? little boy? Oh, yes, sir; I love to go to school. What do you study—reading, writing and arithmetic? All of those, sir. And are you familiar with punctuation? Oh, yes, indeed, sir. Teacher punctuated her tire 'as' week, an' I mended it for her in 'less' 'n ten minutes; yes, indeed, sir.

### A MINER'S HEROISM.

Snatched a Burning Fuse in Time to Save a Comrade's Life.

Heroes abound in every walk of life, and many a noble act of devotion and self-sacrifice goes unpublished and unknown. A serious accident, followed by a genuine act of heroism, occurred in a Western mine recently.

A miner by the name of William Friend had prepared and lighted two shots in a shaft forty feet deep, and was being hoisted out by a companion, William Overland.

As he reached the top of the shaft, the barrel upon which he was standing became detached from the rope, and Friend was precipitated to the bottom, upon the burning fuses. His right leg was broken in two places, and he was so bruised and stunned that he lay quite still, awaiting the horrible death from the coming explosion which seemed inevitable.

Without a thought of personal danger, but thoroughly alive to his comrade's fearful peril, Overland threw the rope down again, and made it fast to the windlass. He seized it, and slipping, sliding, hand over hand, descended rapidly to the bottom of the shaft. His feet touched the rock, and with the agility of a cat he snatched the burning fuses from the canted hoist. The explosion was prevented and his unfortunate fellow-workman's life was saved by his fearless promptness.

Overland's hands were blistered and bleeding from contact with the rope, but otherwise he was unhurt, and thought little of what he had done. Of such stuff heroes are made.

### QUEEN VICTORIA'S SUNDAYS.

How Her Majesty spends the Sabbath Day.

Queen Victoria's Sunday is described in a recent number of the Quiver. "After breakfast Her Majesty takes a turn round the grounds in her famous donkey chaise, and then goes to morning service. There it is customary for the preacher to wear a black gown and to read from a manuscript; that is, in England, for in Scotland the rule is not so strict. No personal reference to her Majesty in the preacher's discourse is admitted, a pure Gospel discourse, delivered as if the Queen were not present, being de rigueur. Many have tried to evade these rules, but commands to preach have not in these cases been repeated. The Queen likes and enjoys a plain, practical discourse, selected from the lessons or Gospel of the day, to occupy about twenty minutes in delivery. Questions of the day, and, above all, politics, must be entirely excluded. The Queen, when in residence at Windsor, was wont to attend service at the beautiful St. George's Chapel, but for some years past divine service has been held in the private chapel which communicates with her apartments. The state and servants sit in the body of the chapel in order of precedence. The Sunday service is at 12 o'clock, and consists of morning prayer, ante-communion, and sermon. The Queen's seat is slightly in advance of the others, and is still more marked by the presence of a small table to carry her books. On this is carved a radiant sun, with the words, 'Heaven's light our guide'—the motto of the Order of the Star of India. At Balmoral the Princess Beatrice or a lady-in-waiting plays the organ, the singing being led by some of the servants of the castle."

### LEGAL WIT.

Interesting Stories About the Noted Lord Westbury.

There is always a freshness about stories of the first Lord Westbury, even though some of them may have been often told and retold. His readiness was never at fault. When a solicitor handed him—then Sir Richard Bethell—a case in which he had advised years before in a sense directly opposed to the line he was now taking, his only remark was: "It is a matter of astonishment to me that any one capable of penning such an opinion should have risen to the eminence I have the honor to enjoy." Once when arguing before Lord Campbell he was stopped by that judge with a request for cases bearing out his contention. "My Lord," he said, "such is the law, but as I have to be elsewhere shortly, my friend, Mr. Archibald, will quote the case in support of it." Needless to say, Mr. Archibald hastily left the court before his leader. One who acted as his junior in a heavy case records that after stating all the points in their favour, he asked him to put anything he thought their opponents might have to say in reply. The junior, who had studied the case carefully, then put the opponents' in the best light he could. Bethell seemed to be listening intently, so the other at length said, "So you really think they will say that?" "They might say that," replied Bethell, "but what—fools they would be." Another remark of his to a young barrister too eager to distinguish himself is applicable to all time. "I think," said the junior, when he had finished and they retired for lunch, "that you have made a strong impression on the court." "I think so," too," said Bethell; "don't disturb it."

### SCIENCE AND GREAT CITIES.

Professor Brewer, of Yale University in a recent address called attention to the interesting fact that at the beginning of this century not a single city in Christendom had so many as a million inhabitants. In 1800 Paris had 548,000, and in 1801 London had 864,000. Great cities could not exist then as the advance of science has enabled them to exist to-day. Science has helped the cities not only by conquering pestilence, and teaching the laws of health, but by enabling them to draw their supplies from the remotest quarters of the earth instead of being dependent for food, as was the case at the opening of the century, upon the region of country immediately surrounding them.