

HOUSEHOLD.

SUGGESTIONS TO HOUSEKEEPERS.

The Dietic and Hygienic Gazette says emphatically that odors, no matter how abominable, have no influence in preventing the ravages of moths. Three years of close observation have demonstrated this beyond a doubt. Therefore it is useless to spend money for moth balls, camphor, etc., because they are of no avail to discourage the tiny larva with such a rapacious appetite. Brush and beat the garment to be put away thoroughly in the open air, in the sunshine if possible. If there are grease spots on it wash them out with ammonia or borax water. Moths love a dirty grease spot. Then fold the garment and put in a tight paper bag, or wrap it in three or four thicknesses of newspaper and pack it away in a tight barrel or box which has been freshly papered on the inside, and which has a cover securely pasted over the top.

When the young beets are just right to boil and are nice and tender, cook a quantity, slip the skin off as if you were going to serve them on the table, but instead put them into fruit cans. Fill up the cans with hot vinegar, to which you have added a little sugar and spice, and seal as in canning fruit. They make a most acceptable relish in the winter and spring.

Don't try to make pieplant jelly in the spring. It will not "jell" half as readily as that made in the early fall. It does not in the least matter if the pieplant is stringy, the jelly is just as good in flavor.

Tar and carriage grease may be removed from clothing by rubbing the spot with lard, and then washing with soap in warm water.

TO COOK CHOICE MEATS.

What meats to choose and how to cook them is a problem that engages the attention of every housekeeper. To the one who seeks only to set a good table, with no regard to the food values of what she puts upon it, the task is comparatively simple. It is made easier still if she is not obliged to consult economy in her marketing. No one need ask sympathy in the business of catering for a household who is not constrained to humor her purse and the digestions of her family.

The case is quite different with the woman who must study expenses and hygiene in making her purchases of food. In the first place, several articles must be ruled off her bill of fare.

There are several reasons why beef should have the reputation it has won in nearly all countries of being the most nutritious kind of meat. In the first place, there is in the carcass of the ox a larger proportion of flesh-forming material than in that of the sheep and hog. Moreover, beef is of closer texture than any other kind of meat, and possesses a larger quantity of red blood juices. Fresh beef has this added advantage, that it can be eaten without weariness for a longer time continuously than any other sort of meat.

As a matter of course, roast beef comes first on the list. And before going into the question of recipes it may be as well to say something of the process through which meat goes when it is prepared for the table by either of the above mentioned modes of cooking.

All of them are rapid in their process. In other words the aim in each is not to cook the juices from the meat, as is done in stewing or soup-making, but to seal them up in the meat and cook them in it. The chief nutriment in beef—or in any other meat—is albumen. This, whether held in solution in the blood or fibres of the beef, or seen by itself in the white of an egg, hardens or coagulates at a temperature of 160 degrees.

This fact at once shows the reason why steak or chops should be at the very beginning of their cooking placed over an extremely hot fire. The heat, hardening the albumen closes the pores of the meat and prevents the escape of the juices. Sealed in the envelope thus made, the juices cook, the fibres are softened, and the result is a steak or chop that is well done on the outside and underdone in the middle and tender and juicy throughout.

The length of time a piece of meat should be cooked is not a matter that can be settled by rule, although there are a few good precepts upon the subject, which make an allowance of so many minutes to the pound. Experience with an oven and individual taste are generally the best guides.

Panned Beefsteak.—Heat a frying pan very hot and lay in it a steak. The pan should be hot enough to sear the surface of the meat immediately. Turn it and sear the other side. Move the pan then a little from the fiercest heat, cover and cook the steak from eight to twelve minutes. The length of time must depend upon whether you wish the meat well done or rare, and also upon the thickness of the steak. When done transfer it to a hot plate, put on it a tablespoonful of butter, salt and pepper and let it stand in the oven a few minutes before serving.

Roast Breast and Neck of Lamb.—Have the bones removed from the neck and breast of lamb and make both into a meat roll. Tie this tightly. Roast in a quick oven and serve with a tomato sauce. Select a rather lean piece of meat for this dish. It is both savory and economical.

DOMESTIC RECIPES.

Escalloped Asparagus.—Cook the asparagus, after cutting into inch lengths, drain off the water. Put a layer in a baking dish, season with bits of butter and salt and pepper, cover with a layer of bread or cracker crumbs, then another layer of asparagus, etc. Beat an egg into a cupful of the water in which the asparagus was cooked, pour over the top—which should be a layer of crumbs, and bake.

Creamed Asparagus.—Cut the asparagus in inch lengths and cook in boiling water for twenty minutes. When

done turn off most of the water, add a small lump of butter and season with salt and pepper. Wet a teaspoonful of flour with a little cold milk, fill up the cup with cream, beat well together and pour into the asparagus. Let it boil up, when it is ready to serve.

Asparagus on Toast.—Lay the stalks of asparagus in boiling salted water for five minutes to blanch them. Pour this off and cover with boiling water. Cook fifteen or twenty minutes, season with butter, salt and pepper, pour over thin slices of well buttered toast and put several bits of butter on the asparagus.

ABOUT PETTICOATS.

The bustle skirt has a tiny ruffle round the bottom and in the back near the waist line and also near the bottom a bit of wire is run in. This supports the outside petticoat and skirt, keeping the former from "flopping" round the heels and the latter from "slumping" at the waist. Without these little bustle skirts it is well-nigh impossible to give a skirt, however well hung, that much-desired stylish swing. A fine, black taffeta, warranted not to crack with six months' wear and sufficiently stiff to "stand alone," has a fine wide flounce with a dust ruffle underneath and the flounce is trimmed with a heavy corded ruffle. This, by the way, is faced with peraline and bound with velveteen, as are all petticoats designed for the street. Those for house wear are simply hemmed.

For hard wear there is nothing more satisfactory than a black moreen petticoat. Petticoats to wear under organdies are ruffled and trimmed with laces.

CARE OF BRASS BEDS.

In the care of brass bedsteads no polishing powders nor liquids should be employed, the brass requiring nothing more than a rubbing with a soft rag to keep it looking bright. After the lacquer is broken by the use of powder it will be a task to keep the brass in anything like good condition. The lacquer with which these bedsteads are finished is not meant to be disturbed, but is intended to protect the brass from tarnishing through action of the air. These remarks apply equally as well to the brass handles and other trimmings to be found on furniture. Should the handles tarnish by moisture from contact with the hand they may be relacquered at small expense to look as well.

TO POLISH YOUR FURNITURE.

Where a piece of furniture is very much soiled and requires to be cleaned and polished, first wash it thoroughly with warm, soapy water, washing only a small surface at a time, and drying it quickly by rubbing it hard with a flannel. Mix together one pint of linseed oil and half a pint of kerosene, wet a flannel with the oil mixture and rub the cleaned furniture. Rest half an hour before taking a fresh piece of flannel, and then by vigorous rubbing polish the wood until it shines like glass. This will not injure the nicest woods, and is an easy method of keeping furniture bright. The odor soon disappears if the windows are left open.

TO MAKE BAKING POWDER.

Housekeepers desirous of making their own baking powder can do so with very little trouble. The following formula is one that has been used for many years: Weigh six ounces of flour and thoroughly dry it, without browning it, in the oven. Procure six ounces of the best soda and thirteen and one-half ounces of cream of tartar. Add them to the dried flour and rub together half a dozen times through a sieve, then put them in airtight jars or cans and keep in a dark closet, using the powder from a small jar so that it will retain its strength.

RECOMPENSES.

Though friends are false and fate unkind,
The sunset keeps its gold,
And violets blue and sweet I find
As those I found of old;
As erstwhile blackbirds build and sing
Among the orchard trees,
Primroses bloom and daisies spring
As thickly o'er the leas.
As sweetly in the holy hush
That comes at twilight dim,
The clear-voiced thrush in alder bush
Pours forth his vesper hymn;
And when the green waves kiss the shore,
And break around my feet,
I hear as in the days of yore
Sea-music grand yet sweet.

No added thorns are on the rose
That blooms by lawn and lea,
The wind of heaven as freshly blows
As ere it blew on me,
Though fickle fortune turn and fly,
And friends forget my name,
The charms of earth, of sea, and sky,
To me are still the same.

CHINESE LOVE LETTER.

Here is a good sample of a love-making missive from the Flowery Kingdom. It is from a man who desired the daughter of a neighbor as a wife for his son: "On my knees I beg you not to despise this cold and common request, but listen to the words of the matrimonial agent and give your daughter to the sake of a son, so that the pair, bound by the silken threads, may have the greatest joy. In the beautiful spring-time I shall offer wedding presents and give a couple of geese. And let us hope for long and continuous fortune, and look forward through endless generations to the fulfillment of genuine love. May they sing of plenty and have every joy. On my knees I beg you to consider my proposal favorably, and throw the mirror-like glance of your eyes on these lines."

To this letter the father of the bride replied that he would attend to the portion of his "poor and poverty-stricken daughter," that she might not be without bedclothes, cotton clothing, hairpins and earrings. Therefore it was to be hoped that the couple would have constant fortune.

HEALTH.

FARE FOR THE SICK.

No matter how much care one may take to guard against it, sickness comes to every household some time. Then the housewife's brain is taxed to the utmost to provide suitable and tempting fare for the patient. The preparation of dishes for an invalid is a perplexing problem, for the food should be nourishing and nicely cooked and served in the daintiest and most attractive manner. In addition, changes are constantly required to tempt a capricious appetite. These few simple hints may be of assistance to some one.

An excellent thing for a delicate or exhausted stomach is a glass of hot milk. Sweeten it slightly and put in a piece of stick cinnamon while it is being heated.

One of the most satisfactory ways of giving an invalid raw beef is in a sandwich. Butter lightly on the loaf bread twenty-four hours old, and then slice it very thin. Scrape a choice, tender piece of beef, season it with salt, and also pepper, if the latter can be taken; spread it upon the buttered bread, put another piece of bread over it, and then cut the sandwich into finger pieces, being sure to remove all the crust. Serve them upon a prettily embroidered doily or a fringed napkin as soon as they are made.

When a stimulant is required, try putting a spoonful of whiskey or wine in a cup of beef tea instead of a glass of milk.

Beef tea is a food of which an invalid quickly tires. Try making it into a jelly. Soak for an hour a third of a box of gelatine in water enough to cover it; then pour over it a pint of hot beef tea; season to suit the taste, and turn the liquid into small cups or individual moulds and set it away to harden. When needed, turn the jelly from one of the moulds out upon a dainty saucer. Served with a nicely toasted cracker it will be very inviting, and the same amount of nourishment will be obtained as when the beef tea is taken in liquid form.

Another liquid of which an invalid soon tires is a raw beaten egg mixed with milk or wine. For a change prepare a cup of hot coffee with cream and sugar, or as it is liked. Have an egg previously beaten very light and gradually stir it into the prepared coffee, standing the cup holding the coffee in a pan of boiling water to keep it very hot. This makes a change and is very palatable as well as strengthening.

Always give a patient beef juice in a colored glass, a red one if possible. A good plan is to have for the purpose a claret glass or a pretty sherbet cup ornamented in gilt and standing upon a saucer to match. Put a hot toasted cracker upon the saucer, to be eaten after the juice has been taken. Beef juice offered to an invalid in this manner is not so likely to be greeted with the words, "I cannot take it."

A very soothing drink for an inflamed throat or lungs is flaxseed lemonade. To make it put two tablespoonfuls of flaxseed into an earthen bowl and pour over it a generous pint of boiling water. Cover the bowl and place it at the back of the stove, where it will keep warm for three or four hours; strain the liquid, and add to it the juice of two lemons and as much sugar as is desired. This drink may be taken hot or cold as the individual fancies.

When mutton broth is wanted quickly and there is not time for slow cooking, take the lean part of the meat, remove every thread of fibre, and chop the meat fine. For one pound of chopped mutton add two cups of cold water and a very little rice or barley. Cover the dish and let the ingredients soak fifteen minutes; then put them over the fire and cook gently for thirty-five minutes. Strain through a fine sieve and season with pepper and salt.

Nourishing gruels are always in demand for delicate persons as well as invalids. These most called for are of Indian meal or oatmeal.

For oatmeal gruel, put into a pan over the fire one quart of boiling water; add to it two tablespoonfuls of oatmeal by sifting it in slowly between the fingers, stirring all the while; when well mixed, cover the saucepan and place it at the back of the fire, where it will just simmer, for two hours. Season with salt enough to make it palatable, and sweeten it if desired; strain it through a medium fine sieve. To a small teacup two-thirds full of this hot gruel add a teaspoonful of cream when serving it to an invalid.

Indian meal gruel is made by mixing two level tablespoonfuls of meal with half a spoonful of flour. Stir into the dry ingredients half a cup of cold water before mixing them with one quart of boiling water. Let this mixture cook slowly at the back of the fire two hours, stirring it occasionally to prevent its sticking to the bottom of the pan. Season generously with salt, a very little sugar, and a suspicion of nutmeg. This gruel should also be served with cream like the oatmeal gruel.

Milk gruel, or porridge, as it is most generally called, is made thus: Put into a double boiler two cups of milk and half a cup of raisins, and stand it over a good fire; mix a heaping teaspoonful of flour with half a cup of cold milk, and stir it into the boiling milk; season with salt, and cook about twenty minutes; this gruel may be strained or served with the raisins; frequently two tablespoonfuls of wine is added to this porridge as soon as it is removed from the fire. It should be served as soon as possible, as it is best when hot.

Rice gruel is made in this manner: Cook a tablespoonful of rice in two

cups of water for fifteen minutes; add a generous cupful of milk and a tablespoonful of flour, into which a gill of cold milk has been stirred, and slowly cook twenty-five minutes. Season with salt, a dash of mace and a little sugar, if it is liked. Strain and serve very hot with a crisp bit of toast.

TO WHITEN THE HANDS.

You can whiten your hands and prevent them getting coarse and red by washing them in oatmeal-water. To make this you have but to boil five ounces of oatmeal and two ounces of starch in a pint of water for 25 or 30 minutes, and then strain off the liquid through a piece of muslin into a jug. The oatmeal-water must be made fresh every day, as it soon turns sour. Occasionally, if the hands are very red, a few grains of chloride of lime can be put in the softened water you wash with, but remember to remove all rings and jewelry, as the lime discolors. Perfumed sleeping chamois or white kid gloves smeared inside with a good cold cream, if worn at night, will materially assist matters. But above all things be sure and dry the hands thoroughly.

GREAT BRITAIN'S ESTATES.

SKETCH OF THE GREAT EXTENT OF HER TERRITORIES.

The Empire Which Circles the Whole World—No Other Country of Ancient or Modern Times Equals It.

It is safe to say that never has a monarch been called upon to reign over a realm of greater extent or wider influence than that which acknowledges Victoria as Queen and Empress.

The British Isles alone consist of not far short of a thousand distinct islands or islets, excluding isolated pinnacles or rocks. Their area is 121,115 square miles, forming the boundaries within which some eighteen and a half millions of males and nearly nineteen and a half million females live, move, and have their being. They are fearfully in debt as a nation, to the amount of something like 680 millions, with an income of ninety-one millions.

The British Empire is a political creation without parallel in the world's history. It is scattered here, there, and everywhere, with an area approaching ten million square miles. Its 400 millions of inhabitants represent

ALL DEGREES AND PHASES of civilization. The Queen's Christian subjects are in the minority, there being two hundred million Hindoos, some seventy million Mohammedans, and eight million Buddhists. Something like 180 languages and dialects are spoken in this vast realm, in each of which the Bible is printed.

The Union Jack now floats triumphantly over a continent, a hundred peninsulas, five hundred promontories, a thousand lakes, double that number of rivers, and no less than ten thousand islands! This stupendous estate enables the Britisher to perform a feat which the native of no other nation can imitate—to circumnavigate the globe and touch a portion of the national possessions the whole journey. Sailing from England he makes for Halifax, N. S., dashes across Canada to Vancouver, thence by the Pacific to Hong Kong. Resuming his way he halts at Singapore, Penang, Mauritius, Cape Town, St. Helena, the latter place being the last stoppage ere Britain's white cliffs are reached. There is, however, an alternate route after arriving at Penang; thence he can go to Ceylon, Bombay, Aden, Perim, Malta, Gibraltar, and home again.

All zones are embraced in the British Empire, from the icy wilderness of Hudson Bay to the tropical jungles of India. There is scarcely a product of commerce not value which a British province does not bring forth in

ITS HIGHEST PERFECTION.

Notwithstanding the diversified elements comprised in this tremendous organization, the Government, with very rare exceptions, maintains order, and there is no apparent sign of dissolution.

Without a doubt the most splendid jewel in the Queen's crown is the Indian Empire, which is equal in size, if we exclude Russia, to the Continent of Europe. Its population, bordering on three hundred millions, is composed of a variety of distinct nationalities, professing a multitude of religions, practicing diverse rites, and speaking different tongues. Official reports state there are over a hundred distinct languages in India. Many of the races are further divided by discordant prejudices, conflicting social usages, and antagonistic material interests.

The diversified elements constituting the Indian possessions represent, according to a late Governor-General, as complicated a social and political organization as has ever taxed human ingenuity to govern and administer. After India comes Canada, and the Australian colonies, which are about to form a new southern Dominion.

HOUSEWIFE'S HELPFUL HINTS.

To prevent frosted fingers.—Apply a very thin coating of glycerine to both sides of the glass and no moisture will settle thereon.

To prepare home-made mucilage.—Boil a good-sized onion for a short time and squeeze the juice out. It is adhesive and answers the purpose as well as the boughten article.

To make an old lamp burner as good as new.—Dissolve an ounce of sal-soda in a quart of rain water. In this boil the burner for ten minutes, then wipe with a cotton cloth. Soak the wick in strong vinegar, dry thoroughly, and it will not smoke.

GREATER FROM THE LESS.

Freshly—Professor, is it ever possible to take the greater from the less? Prof. Potterby—There is a pretty close approach to it when the conceit is taken out of a freshman.

ORGANIZED CHARITIES.

SOME FACTS ABOUT THE GREAT JULY CONFERENCE.

Relief and Prevention Work—Poverty, Crime and Other Social Problems to be Considered—Large Attendance Expected—Programme Outlined.

Toronto is being specially favored by large Conferences this year. The first of these great meetings is the National Conference of Charities and Corrections which opens with a public reception in the Horticultural Pavilion on the evening of July 7th, and continues in session until the afternoon of July 14th. This Association is composed of the leaders in the great charitable movement that is doing so much at the present day to ameliorate the condition of the poor and the afflicted. Every phase of benevolent work will be represented at this meeting, from the humble contributor to the poor of his or her own neighborhood, to the official heads of the great institutions for the care of the insane and the custody of the prisoner. Men and women who have made a life study of relief work and who direct the charity organizations of the country will be present to exchange experience and the managers of reform institutions will state the degree of success that is attending their efforts. The morning and evening meetings will be devoted to papers and addresses of a general character in which all will be interested, while the afternoon meetings will be given over to some six or eight sections dealing with special branches, such as charity organizations, child-saving, the care of the insane, municipal and county charities, social settlements and prison reform.

This Association has been in existence for twenty-four years. The President is Mr. Alex. Johnson, Superintendent of the Indiana State School for the feeble-minded, while the Secretary is Mr. H. H. Hart, Secretary of the State Board of Charities of Minnesota.

Among the different subjects that will be taken up and a few of the speakers that will take part, the following might be mentioned:—

The Chairman of the Committee on the study of Social Problems, will be President Gilman, of Johns Hopkins University, Baltimore, Md., and this committee will be attended by the Professors of Social and Political Economy from the great Universities of the Continent.

Mrs. E. E. Williamson of Elizabeth, N. J., is chairman of the committee on Municipal and County Charities. The management of poor houses, the distribution of out-door relief, the tramp problem, and kindred questions will be dealt with by such men as Prof. Henderson, of the Chicago University, Homer Folks, Secretary of the Late Charities Aid Association of New York, J. J. McLaren, Q. C., of Toronto, Miss A. M. Mancher of Kingston, Ont., and Mr. Ernest Bicknell, Secretary Board of State Charities of Indiana.

The committee on the feeble-minded will be presided over by Dr. F. M. Powell, of Glenwood, Iowa, and the main subject treated by the committee will be prevention. Mrs. Kate Gannett Wells, of Boston, will read a paper on "State Regulation of Marriage," and Dr. Krohn, of Illinois University, will deal with child study as applied to defective children; while Dr. C. T. Carson of Syracuse will also take part.

The committee on the care of the insane will be presided over by Dr. H. C. Rutter, of Gallipolis, and the proceedings will be participated in by nearly all the leading authorities on the care of the insane.

Miss Jane Addams, of Hull House, Chicago, Rev. Percy Alden, of Mansfield House, London, England, and Rev. Robt. Ely, of Cambridge, will speak of social settlements in large cities. The chairman of this section is Prof. Peabody, of Harvard University.

The Prison-Reform section will be presided over by Philip C. Garrett, of Philadelphia, while the discussion will be taken part in by the Hon. S. J. Barrows, of Boston, Hon. Charles T. Lewis, of New York, and Warren F. Spaulding, of Boston.

Child-saving work and juvenile reformatories are two of the largest and most interesting sections of the Conference, and all matters relating to neglected and dependent children will be discussed at these meetings. Altogether the gathering promises to be a most enjoyable and instructive one. Special railway arrangements are being made whereby single fare rates can be secured, and it is expected that many Canadians from all parts of the country will attend this meeting.

Hon. S. H. Blake is chairman of the local committee, while the secretaries are Dr. A. M. Rosebrugh and Mr. J. J. Kelo. Any desired information can be secured by writing to them.

Outside entirely of the benefit to be derived from the meeting, the opportunity to make the acquaintance of so many distinguished persons is one that should induce a great many Canadians to attend.

PARROT DISEASE.

Psittacosis, the peculiar form of bronchial pneumonia communicated by parrots, has broken out in Genoa, fourteen cases, eight of them fatal, being traced to a single importation of two sick Brazilian parrots. The Health Board has warned the citizens against harboring parrots as pets. At Berlin the Veterinary School has found that out of 174 sick parrots 54 were suffering from tuberculosis. The disease is hereditary in the birds, and is intensified by the close confinement and discomfort of the voyage to Europe.

SHE WON'T WEAR THEM.

My wife has found something that keeps her wraps from being worn out. What is it? Some patent moth preventive which smells like sin.