# THE HOME.

## HOT ROLLS FOR BREAKFAST.

Dainty hot bread and rolls seem to be essential to breakfast, though perhaps they may not be good for the digestion. There are so many kinds of bread and ways of making them that one need not be at a loss to produce that variety which is both excellent and a delight to the housewife.

For raised rolls take half a cup of finely mashed potatoes and beat into it half a cup of lard or butter, a teaspoonful of salt and the same quantity of sugar. Beat until light and add one pint of boiled milk, one cup of flour, and half a yeast cake dissolved in lukewarm water. Mix together and let the mixture stand over night. In the morning add flour enough to it to roll out and form in long or round rolls and let them again rise; then bake in a brisk oven.

Breakfast rolls may be quickly made by the following rule: Sift one quart of flour with three teaspoonfuls of baking powder, and rub into this a tablespoonful of butter and a saltspoonful of salt. Moisten with milk until just stiff enough to roll out in sheets about a half inch in thickness. Cut the rolls out with a large round cutter, spread with butter, and fold over in half circles. Place them on buttered tins and bake in a quick oven.

White muffins are made thus: Beat one egg very light and add to it one tablespoonful of sugar. Melt a piece of butter the size of an egg and thoroughly stir into the egg mixture before adding one cup of milk and one and one-half cups of flour, into which one and one half teaspoonfuls of baking powder, has been sifted. Bake in patty pans in a hot oven.

Delicious raised muffins may be made by putting a pint of sifted flour into a large bowl and mixing into it half a cup of butter, one teaspoonful of sugar and a salt spoon of salt. Dissolve half a yeast cake in a little lukewarm water and add it to the mixture with two eggs well beaten; mix very thoroughly and add enough flour to make it into a very soft batter. Cover and let it stand in a warm place over night. In the morning heat gem irons or tins and butter them, and with a spoon half fill them with the raised mixture, not stirring it more than is necessary. Let them rise in the tins about half an hour before putting them in a hot oven to bake.

To Make Rice Muffins—Pour one pint of sweet milk over one cup of cold boiled rice and let it stand over night, or for several hours at least. Then mix with it one tablespoonful of butter, warmed, one tablespoonful of salt, two eggs well beaten, and one pint of flour into which has been sifted one teaspoonful of baking powder. Beat together very thoroughly and add milk enough to make a thin batter. Bake in gem tins in a quick oven.

For Hominy Muffins—Beat two cups of cold boiled hominy with one cup of milk until it is smooth; then stir in two tablespoonfuls of melted butter, one teaspoonful of salt and two of sugar. Beat three eggs light and add with two cups of milk and one heaping cup of flour and one and one-half teaspoonfuls of baking powder. Have the muffin pans buttered and fill two-thirds full with the mixture. Bake in a hot oven.

Apple gems are nice for breakfast on a crisp winter morning. Chop very fine four sour apples and stir into them one beaten egg, one-quarter of a cup of molasses and one and one-half cups each of yellow cornmeal and sifted flour Dissolve a teaspoonful of soda in warm water and add enough water to make a thin batter. Bake in buttered gem pans in a moderate oven.

To make a delicious corn bread, stir to a cream half a cup of butter and three-quarters of a cup of sugar. Add to this three eggs beaten well, a pinch of salt, and one pint of sweet milk. Mix together two cups of flour and a scant cup of yellow bolted meal. Sift into the flour three teaspoonfuls of baking powder and add it to the first mixture. Butter biscuit pans and fill them half full with the batter. Bake in a hot oven.

Excellent corn muffins are made thus: To a scant half cup of sugar add one-third of a cup of butter, and when creamed mix in it three beaten eggs a half teaspoonful of salt, and one pint of milk, in which has been dissolved one and one-fourth teaspoonfuls of soda; put in a sieve one cup of yellow cornmeal, one and two-thirds cups of flour, and two and one-half teaspoonfuls of cream of tartar, and sift twice before mixing with the other ingredients; butter muffin tins, and fill them a little more than half full, and bake in a moderate oven half an hour.

An excellent hot sweet bread is called Newport loaf. Cream together a half cup each of butter and sugar and add one and one-half pints of flour, with two teaspoonfuls of baking powder. Last add the beaten whites of two eggs. Bake in a basin or cake tin in a moderate oven.

A Swedish or coffee bread is usually made with raised dough, but it may be made as follows with excellent results: Put into one pint of flour one and one-half teaspoonfuls of baking powder, one tablespoonful of sugar, and a saltspoonful of salt; rub through a sieve, and mix with the dry ingredients a generous tablespoonful of butter; moisten with a half pint of sweet milk. Roll the dough out one-third of an inch thick. Spread this sheet of dough with a tablespoonful of soft butter, and sift over it one tablespoonful of ground cinnamon mixed with two of powdered sugar. Roll up the dough and cut into slices one inch in thickness; place on a buttered biscuit pan and bake in a hot oven for twenty-five minutes.

An old Southern and always good sweet bread is Sally Lunn. Cream four ounces of butter with one cup of sugar. Add to this the yolks of three eggs and one cup of milk. Sift two teaspoonfuls of baking powder into one pint of flour and add to it the whites of three eggs beaten to a stiff froth. Put the mixture into buttered bread tins and bake in a hot oven three-quarters of an hour. To make a Sally Lunn with yeast warm a pint of milk sufficiently to melt a piece of butter as large as a good sized egg. Beat three eggs lightly and with a half cup of sugar stir them into the milk. Dissolve a yeast scake in lukewarm water and add it with flour enough to make the batter as stiff as pound cake. Place in buttered pans. It will be five hours before it is ready to bake.

## CLOTHING IN SUMMER.

Especial care is necessary during the warm weather to thoroughly air and dry all clothing after it is worn. Unless this precaution is taken they will smell disagreeably of perspiration. Never hang a waist away without first hanging it inside out over the back of a chair placed near a window. This generally prevents disagreeable odors. After removing the shoes open them wide as possible and set them near a window to air and dry. Even a pair of gloves should be given the same treatment before being laid away. Thin gauze underwear is easily rinsed up in lukewarm soapy water and then in clear water. Stockings, if treated the same way, and changed daily will keep the feet much more comfortable than if this is not done. It is always best to hang one's clothes over chairs, and then they will be aired and in nice condition to don the next morning.

## SKETCH OF THE NEW GENERAL.

**Commander-in-Chief of the British Army in India — Sketch of His Life.**

General Sir Francis Grentell, who has just been gazetted as Commander-in-Chief of the English army of occupation in India, is one of the most fortunate, as well as popular, officers in the service of Queen Victoria. The rapidity of his rise may be gauged by the fact that while still a major in his regiment, the "King's Royal Rifle Corps," he commanded-in-chief a combined army of British and Egyptian troops in the field. In fact, he was a mere regimental major at the time when he won the battle of Tosti—a feat for which he was promoted to the grade of major-general; received the Order of the Bath, the thanks of Parliament and, what was perhaps most to the point, a cheque of $100,000 from an old maiden aunt, as a special token of her enthusiastic admiration.

On the retirement of General Sir Evelyn Wood, the first English Commander-in-Chief of the Egyptian army he was appointed to succeed him as generalissimo of the Khedive's forces, a lucrative post, which he held until about six years ago, when he was appointed to the headquarters staff in England.

### THE GENERAL PERSONALLY.

Tall, broad-shouldered, and the worthy scion of a family that is renowned throughout Great Britain for the numerous athletic feats of its members, he is popular in society, among his comrades, with the rank and file, and particularly at court. In fact, he is a man of whom every one has a kindly word to say, in which respect he is the antithesis of General Sir Horace Kitchener, the present generalissimo of the Egyptian army, whom he practically supersedes as commander-in-chief of the joint Anglo-Egyptian expedition that is not about to advance upon Berber, and upon what was once Khartoum.

General Kitchener had been so successful in the operation against the Dervishes last year that it was generally believed that he would be permitted to retain the supreme command of the final move on the Mahdi. It was felt, however, in England that Kitchener possessed neither the seniority nor the capacity for so serious an undertaking, involving the employment of an English army of some 12,000 men, and so his former chief has been sent out to take charge of the affair.

### HIS FAMILY RELATION,.

General Grenfell, who is married to a very charming woman, a first cousin of Mrs. Charles Stewart Parnell, belongs to one of the leading financial families in the city of London, which for centuries has been identified with the Bank of England, either as governor or director. Its present chief, a brother of Sir Francis, is Pascoe Grenfell, whose country seat, Taplow Court, is celebrated for its hospitalities, and has recently been leased by the British Government for the use of the King of Siam, during his stay in England.

## CIVILIZING AFRICA.

The following extract from the Empire, London, Eng., gives an idea of the strides that civilization is making in Africa, for there is nothing that will lighten up the dark continent more effectually than the iron horse:—"There are three lines being hurried on in Africa under British control, which are destined probably to play the most important part in the opening up of the continent, and in the consolidation of British interests. One is the strategic line down the Nile Valley, the other is the cross line to Uganda, and the third the extension from Cape Town to Buluwayo. The last has made the most progress and will bear the most speedy results. It will cross the Zambesi on some wonderful work of the engineers probably before the cross line reaches Uganda. About sixty miles of the Uganda line have been completed at an outlay of some £400,000, while from Cape Town there are 1,190 miles of railway already completed to Palapye."

## THEY DON'T.

He, at the Hotel table.—I've often wondered how these waiters can remember so many orders at once. I know now.

She, who had often wondered the same thing.—Oh, do you. How can they remember so much?

He, triumphantly.—They don't.

# NATURAL FOOD FOR BABY.

## SOME TIMELY ADVICE BY A PROMINENT PHYSICIAN.

**Why Many Babies are Sick — Advice to the Mother Which May Save a Little One's Life.**

Experience has shown that many sick babies are sick because they have been badly fed by parents who were ignorant of the fact that a baby's stomach is weak and delicate, and cannot possibly digest things which the father and mother can eat without causing any disturbance. Babies often suffer with diarrhoea and dysentery caused by eating such food as saur kraut, onions, fried potatoes, cucumbers, cabbage and such things only the strong stomach of a working man or woman could digest. Even little babies with nursing bottles have been given "pop" and ginger ale by mothers who knew no better.

In order to teach mothers how to feed their babies in a way to keep them well and make them grow strong the Daily News, Chicago, has interested a prominent physician of that city in the matter and has induced him to write out some plain directions for baby feeding in the hope that many will profit by the reading, and apply the "ounce of prevention," which is worth "many pounds of cure."

More than half the children who died last year died from diseases which were preventable, and they would not have died if parents had obeyed certain well known laws of health which cannot be broken in vain. To be sure, a large number of children, die from diseases which they inherit from their parents, and such diseases are for the most part incurable. Others, again, die from exposure to cold and dampness. Children who are brought up in dark and damp basements, where the sunlight never enters, cannot be healthy. If there is a baby in the family it is all the more important to avoid the basement, with its foul air, absence of sunlight, and nearness to the sewers.

### ITS NATURAL FOOD.

Milk is the only proper and safe food for a baby under six months of age. This is the food which nature herself provides. The milk from the breast of a healthy mother is perfect in all respects. If a mother is not strong and well, or if she does not have enough milk to satisfy her baby, then some substitute must be found. Usually this is cow's milk. But cows' milk is different from human milk and cannot be given to a young baby until it has been made thinner and more like mothers' milk, in a way that I shall presently describe.

There are some mothers who ought not to nurse their babies even if they have plenty of milk. Women who have consumption, cancer scrofula, syphlis, or any chronic running sores, or who are subject to rheumatism, so that they are laid up with it—such mothers should not nurse their babies, because their milk is not good, and their babies will sooner or later grow thin and weak from being poorly fed. A short and trifling sickness, such as a mild fever, indigestion, neuralgia, etc., need not prevent nursing, because such complaints do not change the milk. If a mother is well and strong, and has plenty of milk, it is her duty to nurse her baby, for there is no other food nor any other milk that will be quite as good as that from her own breast. This is not a fad of the doctors, but is proven by statistics the world over.

### ADVICE TO THE MOTHER.

The deaths among babies in the foundling homes and orphan asylums is something frightful. If a mother does not have enough milk for her baby the quantity can often be increased by suitably increasing her diet. She should drink freely of gruels, soups and cows' milk. Beer, ale, and alcoholic stimulants cannot be depended upon. They often diminish the milk instead of increasing it. Besides this, milk which is produced by such drinks, is not good and strong, but watery and weak. Corn meal gruel, oatmeal, porridge, barley water—these are all useful and tend to make good milk. They are tasteful, strengthening and cheap. All kinds of meat broths and vegetable soups, are good. In a word, the diet of a nursing woman who has not enough milk, should consist of the strongest kind of liquid food.

The milk which has been in the breast for several hours is not as good as that which is freshly secreted. It is thin and watery. The stale milk should be drawn out with a breast pump before the baby is allowed to nurse. The new milk which comes in is always richest and best. A mother who has been very angry, or who has had a sudden fright, should not nurse her baby until her breast has first been emptied of milk.

### TO BE FED REGULARLY.

Whether a baby is breast-fed or bottle-fed, its feeding should be at regular hours. The stomach of a baby, like the stomach of a grown person, must have some rest. Many mothers make a great mistake in nursing their children too often. During the first month a baby should not be nursed oftener than every two hours, and after this time the intervals between nurssings should be increased, After six months of age the baby should not nurse oftener than every three or four hours during the day and only once during the night. The same rule should hold good with babies brought up on the bottle.

The time for weaning must be governed somewhat by circumstances, but as a rule a well child should be weaned before the end of the first year. This is best for both mother and child. After a year the breastmilk becomes thin and watery, and the baby fails to be satisfied with it. It fails to grow, loses its colour, and is liable to have diarrhoea. Many cases of rickets and scurvy come from too long nursing. After the baby is weaned it should not be brought to the general table and given all sorts of food, but should be given cows' milk with stale bread or if weak and delicate it should have some of the artificial foods which I am now about to describe.

### ARTIFICIAL FEEDING.

It has already been said that the only natural food for a baby under six months' of age is that furnished by its mother's breast. All other foods are foreign, alien, artificial. Even cows' milk cannot take its place until water has been added, and sugar also, to make it as near as possible like human milk. Even then it is not exactly like it, for the curd or cheesy part of cows' milk is coarser, and harder to digest, than that of human milk, and do what we will we can only make them similar. We cannot make them identical. There are several ways of making them as nearly alike as possible. One way is to add, for a new-born baby, two to four parts water to one part cows' milk, and then to each pint of this thinned milk, add a teaspoonful of white sugar. Mothers' milk has more sugar in it than cows' milk. Another and a better way is to let the milk stand for six or eight hours, and then for the baby's food use only the upper half, with the cream which has risen to the top while it has been standing.

The lower half of the milk contains the heavy curd, which is too hearty for a young baby, while the "top milk" is just about. Now add more sugar to this, and it is very nearly like human milk.

### PREPARING THE MILK.

For some babies even this top milk is too rich in cream, If so water must be added to it, sometimes as much as two parts water to one of milk. Just how much water is necessary to add for a given baby can only be told by experiment. If the baby throws up the milk in curdled masses or lumps, or if its stools are filled with white flecks, you may be sure the food is too strong, and more water must be added.

All milk for babies' use should be scalded or half boiled. It should be placed on the stove as soon as received and taken off the fire as soon as the first bubbles begin to form, Boiling the milk alters its taste and makes it constipating, but half boiling does not hurt it at all but purifies it and makes it more digestible. It will also keep sweet much longer than raw milk. After it has been heated through in the manner just described, some common baking soda should be added to it, which prevents it from becoming sour.

## THE WONDERS OF A WATCH.

**Something About Its Mechanism and Different Parts.**

A jeweller who has a talent for advertising, as well as a genius for mechanics, has been reminding his patrons, lately, that "a watch is the smallest, most delicate machine that was ever constructed of the same number of parts. About one hundred and seventy-five different pieces of material enter into its construction, and upward of twenty-four hundred separate operations are comprised in its manufacture.

"Some of the facts connected with its performance are simply incredible, when considered in total. A blacksmith strikes several thousand blows on his anvil a day, and is right glad when Sunday comes around; but the roller jewel of a watch makes every day, and day after day, 432,000 impacts against the fork, or 157,680,000 blows in a year without stop or rest, or 3,153,600,000 in the short space of twenty years.

"These figures are beyond the grasp of our feeble intellects; but the marvel does not stop here. It has been estimated that the power that moves the watch is equivalent to only four times the force used in a flea's jump, consequently it might be called a four flea-power. One horse-power would suffice to run 270,000,000 watches.

"Now the balance-wheel of a watch is moved by this four flea-power one and forty-three one-hundredths inches with each vibration three thousand five hundred and fifty-eight and three-quarters miles continuously in one year.

"It doesn't take a large can of oil to lubricate the machine on its thirty-five-hundred-mile 'run.' It requires one-tenth of a drop to oil the entire watch for a year's service. But it has great need of that one-tenth of a drop.

"If you would preserve the time-keeping qualities of your watch, you should take it to a competent watchmaker once every eighteen months."

## A MARK OF PROGRESS,

The new single arch bridge across the Niagara gorge, which is to carry a double track railway, a track for trolley cars, a driveway and a walk for foot passengers, has been completed, tested and found perfect—as everybody expected it would be. A quarter of a century ago such a structure would have been a marvel, and columns would have been written about it, as a grand triumph of engineering skill; but engineering skill is accustomed to such triumphs now, and splendid as the achievement is, it is looked upon as rather a commonplace affair. Nevertheless, it serves as a marker to show what rapid strides are being made in the science of engineering and in the mechanic arts.

## HIS TROUBLE.

The latest gold fever has already brought a new verb into existence.

Two men were talking about another, when one of them asked:

What's the matter with him, anyway? He doesn't seem to be the same fellow that he was a month ago.

Oh, said the other, ever since he first met that Mayberry girl he has seemed to be completely Klondiked.

# HEALTH.

## CARE OF THE HAIR.

During warm weather the hair grows much more rapidly than in cold weather, and as each hair has a life of its own, reaching a certain apportioned length, and falls out to give place to a new one so the new growth arising more rapidly pushes out the old hairs with unusual frequency, and the result is that when we comb our hair the comb appears to be quite full, or as some people say, "My hair is coming out in handsful," and they accordingly grow very much alarmed.

If, however, on carefully examining the hairs that have fallen they are found to be mostly long ones, there is really no reason for alarm; but if there are a number of short hairs and point hairs—that is to say, those which have evidently not been cut at the tip, then the matter is serious. In cases of prolonged ill health, or after fevers the hair often comes off almost entirely, and it is then desirable to have it cut quite short all over the head, and more especially on the crown and round the parting, where hair is often left unduly long. The young hairs should also be carefully cut. The effect of keeping the hair short appears to be to cause the hair bulbs to expend on the short hairs and on new growth the nutrition which would otherwise be expended in excess of length, and, moreover, light and air reach the scalp through the short hair much more freely than through hair which is closely brushed down and twisted up.

The access of light and air to the scalp is most desirable, and there can be no greater mistake than keeping the hair always tightly plaited up and pinned close to the head. It is a very good plan to give the hair what is called an air bath morning and evening; that is to say, to brush it well through, then take the ends of the long hair in one hand and shake it thoroughly, so that the air penetrates to the scalp. The effect is most cooling and refreshing.

Friction to the scalp with the finger tips is also desirable, as it increases the circulation in the scalp and the vigor of the hair bulbs.

To rub in grease is a mistake as a rule, as it clogs the pores of the skin and rather hinders than helps the growth of new hair.

When the hair is very scrufy, however, to use an ointment is often very desirable, and one which I have found most effective is the following:

10 grains hydrochlorate of quinine.
10 grains Resorcin.
4 drachms Lanoline.
2 drachms vaseline.

Mix to an ointment and rub it well into the scalp at night. In the morning it may be washed off the scalp with the following lotion:

1 teaspoonful powdered borax.
1-2 teaspoonful common salt.
1 ounce spirits of rosemary.
Mix rosewater to make 8 ounces.

When a person's skin is thick and the scalp greasy, the growth of the hair may be quickly strengthened by the use of rosemary and vinegar. Place a quantity of rosemary tops in a pie-dish, cover with vinegar, place in the oven for ten minutes, and then allow the decoction to cool, and strain for use. A little should be rubbed into the scalp daily. This is a very stimulating lotion, but if applied to a person with a thin skin, or with any tendency to eczema, it would cause great irritation; it has also a rather darkening effect on the hair.

In cases of eczema of the scalp, the ointment given above is most valuable.

To strengthen the growth in the case of dark hair the following may be used:

1 drachm borax.
20 grains salicylic acid.
4 drachms tincture of cantharides
2 1-2 ounces bay rum.
2 1-2 ounces rosewater.
5 ounces boiling water.

The borax and acid should be dissolved in the boiling water, and, after it has cooled, the bay rum, cantharides, and rosewater should be added. This should be gently rubbed into the scalp night and morning with the fingers.

## EGGS IN SICKNESS.

The value of egg albumen as food in certain diseased conditions is pointed out by Dr. C. E. Boynton. When fever is present and appetite is nil, he says, when we want an aseptic article of diet, the white of an egg, raw, serves both as food and medicine. The way to give it is to drain off the albumen from an opening about half an inch in diameter, at the small end of the egg, the yolk remaining inside the shell; add a little salt to this and direct the patient to swallow it. Repeat every hour or two. In typhoid fever this mode of feeding materially helps us in carrying out an antiseptic plan of treatment. Furthermore, the albumen to a certain extent may antidote the toxines of the disease. Patients may at first rebel at the idea of eating a "raw" egg, but the quickness with which it goes down without the yolk, proves it to be less disagreeable than they supposed, and they are ready to take a second dose.

## COMMON-SENSE BEAUTY LIST

An authority on physical training for women gives the following directions for securing the best results, which naturally must be modified by individual characteristics and circumstances. "Sleep nine hours out of twenty-four bathe in cold water, exercise five minutes daily with light dumbbells, drink a cup of hot liquid before breakfast, spend half an hour every day in outdoor exercise, make the best of bad bargains, and always keep your temper."