

HOUSEHOLD.

THE DELICIOUS TOMATO.

Of all the vegetables, none is more refreshing and appetizing than the tomato, and while it lasts it should be eaten in abundance. It contains certain elements which are especially healthful, and if served in the raw state, as most people like it best, it is easily prepared.

The skin of the tomato is not tough or hard, yet it should not be eaten. All skins are more or less indigestible, and should be removed before the fruit or vegetable is served or eaten. The skin of tomatoes is easily removed by pouring boiling water over them for a minute or so; then with the point of a knife draw the skin off. Tomatoes should always be served ice-cold to be at their best. Many people prefer them simply sliced, with vinegar, pepper and salt. A French dressing of vinegar, pepper, salt and olive oil is delicious on tomatoes.

Served as a salad tomatoes are greatly relished. There are numerous ways of preparing tomato salads, but the one most universally liked is with mayonnaise dressing. Place a crisp lettuce leaf or two on each plate and slice over them the tomatoes. Place a spoonful of mayonnaise on top; or serve it in a little bowl or pitcher, and let each one help himself.

Tomatoes and cucumbers make an excellent dish. Pare, salt and press the cucumbers as usual; slice the tomatoes, and have both very cold. When ready to serve, spread the cucumbers over the tomatoes, and pour over all French dressing, or season with pepper, vinegar and a little salt. If liked, an onion sliced into the salad makes it still better to many tastes. Instead of onions, lettuce may be added, making a very appetizing dish. A delicious salad, easily made, should be served very cold. Select large, ripe tomatoes. Cut a circle from the stem end of each one and take out the pulp with a sharp knife or spoon. Chop the pulp with a fresh cucumber, peeled, and a small onion. Season with pepper and salt, and a little oil if liked. Just before serving fill the tomato shells and put on the top a spoonful of mayonnaise dressing. Arrange the tomatoes on lettuce leaves on a platter.

For those who like cooked tomatoes this way of preparing them is especially good; Cut a circle from the stem end of large tomatoes, and scoop out as much of the pulp as possible without injuring them. Dredge them inside with pepper and salt. Put two tablespoonfuls of butter in a frying pan and when hot stir in two cupfuls of crisp bread crumbs. Keep stirring until brown, and fill the tomatoes with them. Cover the openings with fresh crumbs and bits of butter, and bake half an hour. Fifteen minutes before the tomatoes are done make a sauce in this manner: Put one teaspoonful of butter in a frying pan, and when hot stir in one teaspoonful of flour until brown. Add a cupful of rich milk, or better still, meat stock, the pulp of the tomatoes, a bit of chopped onion, and pepper and salt. Simmer ten minutes and strain. Place the tomatoes carefully on a platter and pour the sauce over them. Garnish with parsley. Any kind of chopped meat will be excellent for filling instead of crumbs.

Broiled tomatoes are delicious if nicely prepared. The tomatoes must be perfectly firm of texture, round in form, and barely ripe. Dip in scalding water for one minute and then remove the skins. Put in the ice box for an hour to get cold and firm again. Cut thick slices, and dust them with salt and pepper, and put on a buttered broiler. Put over a hot fire, and turn quickly twice. Pour melted butter over them when served on a hot dish.

THE CUP THAT CHEERS.

To make tea of ordinary strength follow the old rule of "a teaspoonful for each person and one for the pot." An ounce or half a cupful of tea contains seven teaspoonfuls and will make six pints of tea, or two cupfuls each for six persons. After a cup of tea for each person has been poured out, another pint of actually boiling water may be added to that in the teapot, and before the second cup is needed, the tea will be of good medium strength.

For making the tea, an earthenware or china teapot is preferable to one of metal. Rinse the teapot with boiling water; then put the tea into it, and pour in the boiling water; cover the teapot, and let the tea stand to draw out its flavor as long as it is desirable before using it, but do not set the teapot where the tea will boil; it will be hot enough to drink for ten or fifteen minutes. Some people only pour part of the boiling water on the tea at first, and add the rest just before using it. Sugar and milk are, of course, used at the discretion of tea drinkers.

A slice of lemon in a cup of tea, with sugar, but no milk, makes a very pleasant drink—this is Russian fashion. Cold tea with milk and sugar or cream makes a very refreshing drink for a warm summer day. It promotes the sensation of coolness so longed for in the hot weather.

Shrewsbury cakes made by the following recipe are a delicious and uncommon dainty to serve with afternoon tea. Beat two ounces of butter and two ounces of powdered sugar together, cream well; then add half a teaspoon of ground cinnamon or grated lemon rind and mix in. Beat up one egg and halve it, add half (no more, or mixture will be too moist) to the butter, sugar, etc.; stir round very quickly, and beat thoroughly with the spoon; sift four ounces of flour and stir gradually into the mixture with a metal spoon. When thoroughly mixed turn on to a floured board, cut in half, flour the rolling pin and roll out half at a time rather thinly; flour cutter or the top of wine glass, and cut into cakes, place on a slightly greased baking sheet, and bake in a moderate oven for fifteen min-

utes, until they begin to change color, but not to brown. Remove from the oven, and when cold they will be crisp. Children should never have tea, because their growing bodies need every particle of nourishment which can be furnished by hearty food; the change of nourishment into healthy blood capable of making sound muscles and strong bones should never be retarded. Never be tempted to give children tea for the purpose of "staying" their appetites when lack of money prevents a liberal supply of ordinary food; rather, cheapen the food. In place of meat and eggs use plenty of soup, Indian meal, split pea soup, brown bread and beans. All these articles of food are cheap.

SALAD DRESSINGS.

French Dressing.—Mix together and stir until well blended four tablespoonfuls of olive oil, two tablespoonfuls of vinegar, one-half teaspoonful of salt, and one-fourth teaspoonful of pepper. This is the most easily prepared and largely used of the salad dressings.

German Dressing.—Take one-half cupful of thick cream and beat it with an egg beater until stiff; then add, very slowly, continuing the beating, one-fourth teaspoonful of salt, a few grains of pepper, and three tablespoonfuls of vinegar.

Chicken Salad Dressing.—Reduce the stock in which the fowl has been cooked to one-half a cupful. To this add an equal volume of vinegar, the yolks of five eggs, slightly beaten, two tablespoonfuls of mixed mustard, one teaspoonful of salt, one fourth teaspoonful of pepper and a few grains of cayenne. Cook over boiling water, stirring constantly until the mixture thickens; strain, add one-half cupful of thick cream, a third of a cupful of melted butter, and cool.

Mayonnaise Dressing.—Mix a teaspoonful each of mustard, salt and powder of pepper and a few grains of cayenne. Then add the yolks of two eggs, and when well mixed add one-half teaspoonful of vinegar. Mingle gradually one and a half cupfuls of olive oil, at first drop by drop, stirring constantly. Have ready two tablespoonfuls each of lemon juice and vinegar. As the mixture thickens, thin with the vinegar or the lemon juice. Add the oil and the vinegar or lemon juice alternately until all is used, stirring or beating constantly. If the oil is added too rapidly, the dressing will have a curdled appearance. A smooth consistency may be restored by taking the yolk of another egg and adding the curdled mixture slowly to it. It is desirable to have the bowl containing the mixture placed in a larger bowl of crushed ice, to which a small quantity of water has been added. Olive oil for making mayonnaise should always be thoroughly chilled. A silver fork, wire whisk, small wooden spoon or an egg beater may be used as preferred. Mayonnaise should be stiff enough to hold its shape. It soon liquefies when added to meat or vegetables, therefore should be added just before serving.

Mayonnaise Dressing Without Oil.—To make a dressing which shall be similar to a mayonnaise, rub the yolks of three hard-boiled eggs to a paste; mix with it three or four tablespoonfuls of melted butter, add pepper and salt and a pinch of mustard and finally vinegar enough to make it the proper consistency. This should not be mixed with the salad until the moment of serving.

A VULGAR HABIT.

Boards of Health Should Stop Spitting in Public.

"If men were compelled to wear skirts for a period, I think they would insist more than they now do that their fellow men should stop the nasty habit of spitting in public," writes Edward W. Bok in the Ladies' Home Journal. "There is no practise of man which is more distressing to women than this disgusting habit. Women constantly complain of it, especially in our large cities, where sometimes the sidewalks are scarcely fit for them to walk upon. They revolt at the practise, and they are right in so doing. Yet year in and year out the habit not only continues, but increases, and the protection of cleanliness, to which every woman walking upon our streets has a perfect right, is denied her."

In New York City the board of health has taken the matter up on the grounds of public health, and the police department is lending its cooperation in the enforcement of an ordinance directed against the evil. No action taken in New York for years is so highly to be recommended, and the ordinance should quickly extend to other cities and be put into force. It is an undertaking which public opinion will sustain in whatever part of the country it is attempted. Every community should be urged to try the experiment.

"The time is ripe when every decent man should take some steps to see to it that the nastiest and most vulgar of all habits is entirely stopped. New York City has started the reform. Let the boards of health of a few of our other large cities take up the question, and the reform, which appeals to every clean-minded man and woman, will soon spread. It is a work in every way calling for the attention and action of boards of health and all bodies and citizens interested in the health of communities. The spitting habit is an absolute menace to the public health."

NO DISCOUNT ON THEM.

She—How can I ever repay you for your kindness?
He—With kisses.
She—How much do you value them at?
He—I'll take them at their face value.

NOT EQUAL TO A VACATION.

Spring—When do you go away for the summer?
Maltby—Not going this year. My wife and I have decided to stay at home and rest.

HEALTH.

HIP DISEASE.

Hip disease is one of the most common causes of lameness in children. This is not only because it occurs perhaps more frequently than disease of any other joint, but also because it begins so insidiously that the early stages, when treatment might accomplish most, are often passed before the trouble is recognized.

The first sign is usually a slight limp, which comes and goes for no apparent reason; there is no pain, and as the child can give no excuse for limping, he is perhaps reproved for what is regarded as merely a bad habit. There is a little stiffness after sitting, and especially in the morning on getting out of bed, but this passes away with exercise. It may disappear for days at a time, and then return in a rather more pronounced form.

The child seems instinctively to avoid a shock to the hip by stepping on the tips of his toes, but when told to put his heel to the ground he does so without trouble.

After awhile a little pain begins to be felt, and this, like the limp, may be intermittent at first; it seems too slight to have any significance, and the parents often speak of it as a "growing pain." At first the child hardly knows where the pain is, it is so indefinite, but soon it becomes more marked and is referred to the knee.

The limp and the pain are so slight and so inconstant that no alarm is felt, and so the opportunity of throttling the disease in its infancy is often lost and the more striking symptoms of the second stage set in before a physician is consulted.

Now the little patient begins to have "night cries." Suddenly, in the midst of sound sleep, he utters a piercing cry expressive of severe pain; but he is not conscious of suffering, and may not wake, or if he does he awakes in a startled way for a minute or two and then falls asleep again.

At this time if the child is examined, one leg may be seen to be a little thinner than its mate and perhaps slightly drawn up at the hip. The disease is now fully established, and while not necessarily incurable, is much more difficult of management than it would have been at the beginning, when a few weeks' rest might have sufficed to remove all signs of the trouble.

The moral is, never to neglect a limp or a "growing pain" in the young.

VARICOSE VEINS.

Varicose veins are always due to long-continued and unusual pressure of the blood within the blood-vessels, which causes them to stretch, both in length and in width. The stretching occurs at intervals, and is usually in an advanced stage before pain is felt.

The veins about the ankle or the calf are usually the first to be affected. A small, superficial part of the vein appears bluish and more prominent than usual, and may have a beaded outline. This condition may disappear for a time but it recurs with increased discomfort. The enlarged veins, unless cared for are liable to a number of complications.

The tissue around an enlarged vein is poorly nourished, and is liable to infection and degeneration, with rapid formation of ulcers, which are healed only with difficulty.

The vein may become so enlarged at a point near the surface that the tissue over it may waste away and the vein be ruptured. The loss of blood is then considerable. Such a rupture is always alarming, and may be dangerous to life.

The hardened tissue often found around varicose veins is the result of exudation of the watery portion of the blood through their weakened walls.

The lower extremities are most prone to varicosities of the veins, but the same condition is frequently found elsewhere.

The treatment consists in early preventing their development. The circulation especially in the diseased vein, must be toned up. Hygienic and dietary measures should be employed to improve the general condition. The vein must be supported by local means. An elastic stocking, an elastic bandage or a common roller bandage does this effectively. The bandage must be tightly and smoothly applied, beginning at the toes, and by successive turns covering every portion of the surface.

While sitting, the patient should elevate the foot on a foot-rest. The foot of the bed should be slightly raised to facilitate the venous return.

Standing more than walking, increases varicosities. Walking and cycling to excess may also increase the difficulty. After exercise it is recommended that the affected parts be bathed in cold water, and the veins firmly rubbed in the direction of the heart.

Ulcers, hemorrhages and other complications call for a physician's care.

WHAT TO EAT.

Our most important foods are starch, sugar, fats, albumen and mineral substances. Starch is found in all grains, most vegetables, and some fruits.

It is changed to sugar in the process of digestion. Sugar is found in fruits, vegetable milk, honey etc. Fats, albumen and minerals are found in the tissues of both plants and animals.

Starch, sugar and fats, furnish heat and vitality. Albumen is found in every tissue of our bodies. The rapid changes necessary to life, growth, and repair, take place largely in the albumen. It gives power of mind and muscle. We cannot live without it.

The white of an egg is nearly pure albumen. It is found in cheese, graham flour, beans, peas, and many other common foods. There is an abundant supply of fat in milk eggs, and corn. Sugar is not a necessary food as all the starch of grains and vegetables is changed to sugar in the digestive process. If we eat only to supply the demands of the system, then the "what to eat" is about all included in the above mentioned articles. The supplying of the ever changing tissues with the elements demanded by nature is the highest degree of luxury attainable by mortal man.

The man, then, who is the happy possessor of a cow, hens, or common grains, fruits, and vegetables, has about all one could desire in the line of foods. This statement refers to healthy tissues; not to the desires of deranged stomachs and distorted brains.

"SUNDAY DYSPEPSIA."

It Is Recognized Among Physicians As a Peculiar Ailment.

The opinion of a well-known doctor is that the Sunday dinner does more harm than good to the average man. Instead of eating in strict accordance with the rules carried out by him during the week a heavy dinner, quite different from the ordinary, is taken, and the system is upset entirely.

There is one remedy—that is, to take one's meals at the same hours on Sunday as on other days, and to have them of a similar character.

Sunday dyspepsia is a recognized ailment among physicians. Medical men point out that in our progress from barbarism we have evolved a people with whom regularity in eating is absolutely necessary to good health.

Dyspeptics are ordered to eat at inflexible regular intervals. Once a week the three regular meals are replaced by late rising and abstinence, followed by over-eating. The gastric juices know nothing of a seventh day of "rest," and the result is discomfort, stupidity and loss of appetite on Monday.

GOOD FOR HIM.

Oh, did I tell you about little Henry, grandma? He's got a bicycle.

Good gracious! Well, don't get excited about it. Just put a big poultice of soap and sugar on it, and change it every morning, and it'll be gone in three days. Your grandfather used to have 'em every haymakin' time, regular. They ain't nothin'; they'll do him good.

THEY WERE ALL OVER.

And then pa says you have such a trouble to meet your creditors. Pardon me, your worthy parent has been misinformed; my trouble is to avoid meeting them.

A GENERAL BREAK.

Mrs. Hoyle—What was all that noise at your house this morning?
Mrs. Doyle—The servant broke some of the china and then my husband broke one of the commandments.

Whatever you lend, let it be your money and not your name. Money you may get again, and if not, you may contrive to do without it; name once lost you cannot get again, and if you cannot contrive to do without it, you had better never have been born.—Bulwer.

Life is no idle dream, but a solemn reality based on and encompassed by eternity. Find out your work and stand to it; the night cometh when no man can work.—Carlyle.

You cannot give an instance of any man who is permitted to lay out his own time, contriving not to have tedious hours.—Johnson.

When we read we fancy we could be martyrs; when we come to act, we cannot bear a provoking word.—Hannah More.

A DRAWBACK.

Auntie—Johnnie, did you enjoy the book I sent you on your birthday?
Johnnie—Never looked at it yet.
Auntie—Why? Don't you like it?
Johnnie—Cause ma said I'd have to wash my hands when I read it.

A man in the right, with God by his side, is in the majority though he be alone.—H. W. Beecher.

Nothing is more reasonable and cheap than good manners.—Southey.

Human nature is so constituted that all see and judge better in the affairs of others than in their own.—Terence.

A PLAGIARIST JABBED.

Fair Critic—I always admire the characters in your book.
Novelist—You think them bright, eh?
Fair Critic—Well, they all seem to be very widely read.

KEPT IT GOING.

Mrs. Flatts—I wonder how many stops that new organ of De Smyth's has got?

Mr. Flatts—Only three. I should judge. One for each meal.

CAUSE FOR THANKSGIVING.

Mrs. Hoolihan—O! say, Mrs. Johnson, have you seen Annie's new baby? It's a peach.
Aunt J.—No; but I reckon they're mighty thankful 'tain't a pair.

That man lives twice who lives the first life well.—Herrick.

Lie not, neither to thyself, nor man, nor God. It is for cowards to lie.—Herrick.

Kindness in ourselves is the honey that blunts the sting of unkindness in another.—Landon.

WHY HE WAS FINED.

I understand that Wheeler was fined for scorching.
Scorching nothing! He was fined for riding so slow that he impeded traffic.

HER DAY AT HOME.

"Dear me, I've been saving up something all day to ask you, and now I can't remember what he was," said her visitor, settling himself upon the divan.

"Now don't add 'it must have been important,'" she says somewhat crossly, keeping her pen suspended over her interrupted letter.

"It wasn't so very," he answers serenely. "I remember now. I was just wondering whether you would want me to put on my dress suit for dinner every night if we were married."

The pen descends on the half-filled sheet.

"If you're going to be funny, I wish you'd choose some other time for it," she says, writing busily. "I want this letter to catch the overland."

"Are you writing to that everlasting best girl of yours?" he asks.

"I am writing to Miss Austin, if that is whom you mean."

"Well, tell her there's a tiresome man just come in to propose to you, so you must tear yourself away long enough to accept him," he says, putting another cushion behind his head.

"I never say what isn't true in my letters," she says coldly.

"Don't you."

"No."

"Mine are a perfect tissue of falsehood, though I'm not much of a liar in every-day life. I don't exactly mean to, but I'm always finding myself writing, 'All the city is asleep. The house is mysteriously silent, and my fire turned into Cinderella as the clock struck twelve, but I must send you a line before I—and so on, when, really, it's ten o'clock in the morning, and I'm sitting between a telephone and a typewriter. I suppose it's my picturesque imagination that makes me do it."

"Or perhaps the idea of a possible biography," she suggests, not without a scornful ring in her voice.

"How would you like to write it?" he asks, unruined. "We could work it up together, and you could add the last sad touches after I had flickered out. I was recently looking over the various letters and notes you favored me with, and I decided you would be just the person for it. You have rather a nice little way of expressing yourself."

"Do you mean to say you keep your letters?" she asked in a tone of surprised remembrance.

"No, but I keep yours," he answers, smiling contentedly at her and feeling for a cigarette. "May I?" he adds, striking a match and shielding the flame in his hand.

"No, I'd rather you didn't," she says, intent on her letter. "It's my day at home, and more people may come even yet."

He blows out the match with a sigh and drops it behind the divan.

"Aren't you going to let your husband smoke on your days at home?" he asks.

"He won't be around on my days at home," she says, laughing in spite of herself. "He'll be down town trying to pay for the tea and cakes, I fancy."

"Poor fellow!" murmurs her visitor, rolling the cigarette affectionately between his fingers. "Wouldn't you want to have him around?" he asks presently.

"Depends on the man," she says half absently from her desk. "How do you spell 'psychological'?"

"I don't," he says resolutely. "I would not for anything. You never mind my dropping in to tea, do you?"

"H'm!"

"You rather like it, don't you?"

"H'm!"

"You'd find it rather pleasant to have me dropping in every day about this time and staying to dinner, wouldn't you?"

"What are you talking about?" she exclaims, lifting her head impatiently.

"Why, if you should marry me."

"Well, I'm not going to marry you, and I'm not going to get this letter finished if you don't go away."

There is silence, broken only by the scratching of her pen.

"Some one wishes to speak to you at the telephone, miss," says a voice from the doorway.

"As usual," she murmurs, rising hurriedly and shutting the door behind her.

The draft blows a sheet of her letter off the desk and wickedly drops it on the edge of the divan. Her writing is abominably clear. He catches sight of his own name and for a second is lost.

"He has just come in his dear little jolly way, pretending never to mean anything, and really meaning everything. I'm going fast. If men only knew enough to use personal violence, they'd often—"

He suddenly realizes that this is base treachery, and resolutely shutting his eyes replaces the sheet on the desk as he hears her step in the hall. She comes in, all unsuspecting.

Her letter did not catch the overland that day—in fact, it wasn't even finished, and he never said anything about its little adventure. Sneaking, wasn't it?

ANOTHER MATTER.

Strict devotion to the truth is commendable, but it sometimes leads to curious situations.

A young man who was paying court to a young lady was thus addressed by her mother, who was perhaps not the most agreeable person in the world:

And so you want me for a mother-in-law?

Ah-ah, it's n-not exactly that, stammered the young man, but I don't see how I can marry your daughter without your being my mother-in-law!

INSULTED.

Tenspot—Why are you so angry at the doctor?

Mrs. Talklot—When I told him I had a terrible tired feeling, he told me to show him my tongue.