

FOR THE HOME

Recipes for the Kitchen. Hygiene and Other Notes for the Housekeeper.

CHOICE RECIPES.

Honeycomb Gingerbread.—Six ounces of butter, golden syrup, ten ounces, brown sugar ten ounces, half a pound of flour, ground ginger, quarter of an ounce. Rub the butter into the flour, warm the syrup, mix altogether, drop the mixture on to a buttered tin in small lumps, bake in rather a slow oven, take off the tin and hank over a thick stick, when they will curl and go crisp. These are excellent.

Pig's Foot Jelly.—Perhaps some of the housekeepers will like to try this recipe for pork jelly. Prepare the pig's legs the same as stewing or pickling. Cook until the meat drops from the bone. Chop fine, season well with salt, pepper and herbs (or garlic if preferred). Remove all grease from the liquor in which the meat was boiled, and which should be boiled down to about 1 qt. Add to it the chopped meat. Mix well and pour into molds, basins, or deep small pans, and set away to cool. When cold, turn out on a platter and cut in slices. This is delicious for sandwiches.

Walnut Cake.—Mix carefully together six tablespoonfuls of finely sifted flour, five ounces creamed butter, one tablespoonful castor sugar, one tablespoonful of freshly ground almond meal, two tablespoonfuls of blanched and pounded walnuts, and the yolks of two eggs, working it all to a paste with a very little water. Pour the mixture into a "sandwich pan" or a round flour tin, and bake in a moderate oven till of a light golden brown. Meanwhile heat in a stewpan half-a-gill of cream, half-a-gill of milk, the beaten yolks of three eggs, and about three tablespoonfuls of castor sugar; let this thicken over the fire, being careful not to let it boil, then stir in, off the fire, the whites of the eggs and four tablespoonfuls of chopped walnuts; cover the cake smoothly with this mixture, and place it in the oven to set.

Angel Cake.—Sift together very carefully one teaspoonful of cream of tartar into two ounces of flour, and sift well six ounces of fine castor sugar; add a pinch of salt to the whites of six eggs, and whip these to a very stiff froth, working in lightly at the last the castor sugar, then the flour, and, lastly, the flavoring (vanilla, lemon, etc., to taste). Do not stop beating once the mixing begins, and keep it all very light. Bake either in a paper lined or a bright, unbuttered cake-tin; one with a pipe in the centre is best. Bake twenty to thirty minutes in a moderate oven. Be careful not to move or jar it whilst cooking; do not let it color much, and test it well with a clean splinter before moving it. Leave it in the pan for a few minutes after taking it from the oven, then loosen it at the sides and let it slide out of itself. It is, in fact, a peculiarly delicate form of sponge cake. Do not use a knife to it, or it will sodden.

HOW TO WASH BLANKETS.

There is no bed covering that is so satisfactory as woollen blankets, and they have, to a great extent, taken the place of quilts and comforts. They are lighter, and can be cleaned as often as necessary, and the prices asked for them place them within reach of moderate purses. We have seen blankets that became harsh and full after washing a few times, while others were soft and fleecy until worn out. This was not caused by any difference in the quality of the articles, but because of the way in which they were washed, for there is nothing that is ruined so quickly by careless washing as a woollen blanket.

Shake the blankets to remove the dust, and wash the greasy or badly soiled spots in gasoline before putting them in the water. Have plenty of hot water ready, and wash one blanket at a time, for the quicker they are washed and dried, the better. Shave a bar of soap thin, put it in a pan or kettle, cover with water, and set it on the stove to melt. If you have a good washing machine—preferably a boxed one with plenty of room—you will find it a great help. Fill it half full of water that is almost boiling hot, add half a pound of powdered borax and half the melted soap. Stir vigorously until it forms a strong suds, put a blanket in, stir it about until wet through, then close the machine and let it soak five minutes. Work the machine vigorously five or ten minutes, put on the wringer, and press the blanket lengthwise through it. Empty and refill the machine with water prepared just as the first was, except that you will not need quite so much soap. When washed in this, pass through the wringer into a tub containing clear hot water, and rinse thoroughly. If one rinse water is not enough to remove every trace of soap use a second, otherwise they will feel sticky and disagreeable. Every water used should be of the same temperature, for sudden changes will make a blanket

shrink. The addition of borax to the water in which any woollen goods are washed makes the work easy and keeps it in good condition. Never rub soap directly upon a blanket, but melt it and put it in the water. When it is taken from the last water hang upon the line where a good breeze will strike it, and pull and stretch it in shape. Allow it to remain until thoroughly dry, then fold smoothly and leave under a heavy weight a day or two, when it will be ready for use.

MAKING COFFEE.

Black Coffee.—Powdered coffee is preferred by many people for the after-dinner beverage. Where a pot with a tin or wire strainer is used, much of the fine powder goes through and the coffee is not always clear. A second straining through fine cloth is sometimes necessary. Use from one to two tablespoonfuls of fine coffee for each half-cup of boiling water. Filter it in a regular biggin or common pot, as most convenient. If desired stronger, pour the liquid through twice or even three times. It should be served very hot, and after the last water is poured through set the pot where it will just come to the boiling point, immediately before serving. Or, if the coffee is to be served at the table or in the parlor, a pretty way is to pour the made coffee into a kettle and heat it over an alcohol lamp, serving it from the kettle just as it boils. It is customary to offer cream and block sugar with after-dinner coffee, but those who are conversant with the physiological reason for taking it without cream, and if their reason is stronger than their taste, without sugar, also.

Coffee for Fairs.—A new or presumably well cleaned common boiler usually has to be called into requisition on such occasions, for not every community can command the steam apparatus which is often sent out from large coffee houses or caterers. On account of the difficulty in straining such a large quantity, the ground coffee is usually placed in bags, not more than a pound in each, and put into the boiler with cold water. Then, covered closely, heated slowly and allowed to boil about 10 minutes. It should then be kept hot, but not boil, and dipped out into hot pitchers as desired. By allowing one-half ounce, or one rounded tablespoon, for each half pint cup of water, and one cup for each person, one can easily compute the amount required for any number of people. At this rate, one pound of coffee, or 32 half ounces, would make 32 half pint cups, or eight quarts, and would be sufficient for about 30 persons.

ELEVEN GOOD HINTS.

When matting is soiled wash it in a strong solution of salt and warm water, and it will look like new. Besides the thorough airing that beds and bedding should daily have, mattresses, bolsters and pillows should be beaten and shaken three times a week. The making of the bed should be the last duty in putting a room in rights. Pillows may be cleaned by putting them out upon the grass in a drenching rain. After being well soaked they should be squeezed and hung in a shady place to dry. To restore an eiderdown quilt to its original fluffiness hang it out of doors in the sunshine for several hours. Old newspapers are an excellent protection against the cold, and serve in place of blankets, if put between the quilt and counterpane. A thin paste made of whiting and cold tea is a splendid mixture with which to clean mirrors. Salt is excellent in removing dirt from marble-top furniture. A copper cent rubbed on the window pane will rid it of paint or plaster specks. Hot, sharp vinegar will remove paint spots.

WHAT PHYSICIANS SAY.

The liquor from oysters, being salt and water simply, has no nutritive value. The end of cholera infantum waits upon the growth of the simple practice of sterilizing baby's milk and bottle. To prevent pitting from smallpox it is only necessary to protect the patient from the blue and violet rays of light, which can be done by allowing no light to enter the room save through red glass. In the absence of these irritating rays of light—to which sunburn is due—the deep disfiguring pustules do not form. Red nose, as it often occurs as a local condition in women, can be removed, says a French physician, by a bandage of gauze soaked in benzine and laid upon the nose without rubbing it. If the cloth be allowed to remain on the flesh for a few minutes the redness will disappear, and after that the suspicious shine that succeeds the color will also disappear.

SINGULAR STATUE.

There is only one statue in Great Britain with an umbrella. This is to be seen at Reading, and represents Mr. G. Palmer, of biscuit fame standing bare-headed, with a silk hat and umbrella in hand.

SHRINES WERE RUINED.

BEAUTIES OF NIKKO SWEEP BY A DELUGE.

The Place Was Famous for Centuries for Its Natural Charm.

The Japanese have a proverb: "Who has not seen Nikko has no right to pronounce the word 'Kekko' (beautiful)." Nikko, about ninety miles north of Tokio, is a fairyland of mountains and lakes, has for ages been renowned in all Japan as an example of perfect beauty.

It was not, however, its natural charm alone that drew the Japanese in crowds to this enchanting place. Its historic and sacred associations were the great magnet. Here were interred the bodies of the Shoguns who for centuries were the military rulers of Japan. Here were the Buddhist and Shinto temples unequalled in their embodiment of the most exquisite features of Japanese architectural art. Here was the dwelling place of their four gods who promised ages ago to watch over and preserve Japan.

The pilgrims to this place of holy shrines numbered tens of thousands every year. Nikko also has long been a favorite resort of American and British visitors. But disaster has overtaken Nikko, ravaging its beautiful avenues bordered by great trees, sweeping away its temples and its famous statues of Buddha, tearing down its lacquered bridges, destroying over two hundred houses and leaving only desolation where enchanting beauty had reigned.

Late last year there was an incessant downpour of rain on the slopes of Mount Nantaisan, over 8,000 feet in height, the largest mountain in that part of Japan, which guards the western entrance to the beautiful valley of Nikko. The rains saturated the deep soil to the rock skeleton of the mountain. Suddenly a great landslide occurred on the steeper slope, acres of the soil with its heavy clothing of trees and vegetation slipped swiftly down, leaving an enormous scar.

ON THE MOUNTAIN SIDE.

At the foot of the mountain is a very beautiful lake whose waters discharge through a stream that courses along the Nikko valley. The landslide half filled this long narrow lake.

Its waters suddenly raised to a height of twenty or thirty feet above their ordinary level, swept with torrential force down the valley, overspreading the banks on either side and leveling all structures in their way. The ruin was complete. Many of the objects destroyed can never be replaced, for even if reconstruction might restore to Nikko its old beauty the historic and religious interest attaching to many of the things that were swept away can never be associated with anything that may take their place.

What, for example, could replace the famous sacred bridge that for three centuries had spanned the stream at the place where one of the gods crossed it on a rainbow? In the days of the Shoguns none except those mighty rulers was permitted to cross this bridge. It was too sacred for the feet of ordinary mortals to touch. Up to the day it was destroyed it was reserved solely for the use of the Emperor himself and the imperial family.

When Gen. Grant visited the spot the news was flashed all over Japan that he had declined an invitation from the Emperor to cross on this sacred bridge. This tactful act won for him enduring honor among all the Japanese. They would have said nothing if he had accepted the invitation; but they respected and revered him in the highest degree because he intuitively honored the national feeling with regard to this bridge.

It was a very remarkable structure, quite apart from its sacred associations. It was supported by great stone uprights and cross pieces. The whole of it was covered with dull vermilion lacquer, like the temples, which gave it a remarkable appearance. The lacquer helped to preserve the wood and in the three centuries the bridge has needed repair only four or five times.

JUST BELOW THIS BRIDGE

was another for common mortals. No form of locomotion save pedestrianism was to be seen in this place of temples and sacred statues. Nothing on wheels might approach it nor any beast of burden.

One of the temples was called the Hall of the Three Buddhas from the three gilt images in it. Here, too, was a curious slender column of black bronze whose form was evidently of Hindu origin. This column was supposed to have the power of averting misfortune. No other place in Japan had so much religious interest for the population.

Pilgrimages to these shrines have for generations been the delight of the common people and particularly those of middle age or advanced years. They were met everywhere in Nikko in parties of a dozen or more under the leadership of some person of experience; and a capital time they seemed to make of it. Two groups of the temples were regarded both by native connoisseurs and by foreign visitors as standing for what is undoubtedly the high-water mark of art in Japan.

All this beauty has now been laid waste. La Farge in his "Letters of an Artist," says of Nikko: "Could

a Greek come back here he would find his 'soul-informed rocks,' and all that he thought divine or superstitious, even to the very 'impressions of Aphrodite.' I feel as if I were nearer than I can be through books to the old world we try to rebuild by collation of facts and documents."

A few years will restore all the natural beauty of this Arcadian spot. But it is scarcely possible that the place can ever again be what it has been either to the Japanese themselves, or to the foreign visitors who have been fascinated, not only by the vivid charm of the surroundings, but also by the mystic,

THIN PEOPLE'S EXERCISE.

HOW ONE MAY INCREASE ONE'S WEIGHT.

Effect of Physical Culture in Building Up Neglected Muscles.

The proper physical culture movements will make a thin man gain weight and take on flesh simply by developing neglected muscles. While some persons are naturally thin, the majority are thin because they have not given their bodies the proper grooming.

This means not only developing the muscles by exercise, but taking good care of the digestion as well. One who suffers from improperly digested and assimilated food cannot be otherwise than thin, because only by perfect digestion can sufficient nourishment for the upbuilding of flesh and muscles be obtained from food.

Therefore the man who is thin should be careful what he eats. He should see to it at all times that he doesn't give his digestive organs too little work to do, by not supplying them with a sufficient variety of food, or throw too much work on them by eating too great a quantity.

Exercise promotes digestion and deep breathing, which in time purify and strengthen the blood. The play of the muscles throws the blood into the far corners of the body, and the blood, because it has been properly fed, distributes sustenance to all the flesh with which it comes in contact.

In this simple manner is the thin man made to take on flesh. Briefly, he loses his thinness by building up into well-developed muscles muscles that had been permitted to grow flabby and weak through

NEGLECT AND DISUSE.

Do not gather from this that to be healthy it is necessary to be fat. Fat is as much of a handicap as thinness and is as harmful to the welfare of the human system. It is as necessary for a fat man to reduce his body to the correct proportions, as it is for the thin man to bring his up to them; and in both cases this means good muscular development. Here are some exercises for thin people recommended by Prof. Anthony Barker.

While exercising, the thin man should wear as little clothing as possible, and the various movements should be made slowly and with frequent rests. In this way an excess of perspiration, which would have a tendency to counteract the good effects of the exercises, is avoided.

All the perspiration that can possibly be generated by much clothing and rapid exercise is splendid for a fat man, but a thin man needs to perspire only the natural amount while exercising. In all the exercises let the thin man take particular care to breathe deeply and fully, for, unless the blood gets all the pure air that it wants, it will not develop the body to the fullest extent.

Exercise I.—For putting flesh on the whole front of the body, strengthening the walls of the abdomen and holding it in proper position, and materially aiding digestion, this exercise can hardly be excelled.

Lie down flat on the abdomen on the floor, with a strong chair near the head. Place the hands on the side of the chair and, keeping them there, raise up and straighten out the body, supporting it on the hands and tips of the toes. Hold the position until weariness, then go back to the

ORIGINAL POSITION.

To vary this exercise lie down on the floor on the back, place the heels on a chair's side and raise up and straighten the body, supporting it on heels and the back of the head.

This builds up the muscles of the back, straightens the spine, enlarges and fills out the shoulders and neck, makes a scrawny face plump and replaces "that tired look" with an extremely happy expression.

Exercise II.—Gain the correct standing position. Grasp a light chair in the hands and hold it out at arm's length on a level with the shoulders.

Gradually bend downward above the hips, and as you do so continually push the chair farther and farther out from the shoulders, taking care to keep the chair on a level with the shoulders. When the chair gets as near the floor as you can put it, rise easily to the original position. Inhale while ascending and exhale while descending.

This movement speedily develops the shoulders, the sides of the chest,

and many of the more important muscles of the neck and the front of the chest.

Exercise III.—To put flesh on the leg and calf especially, stand close to the side of a chair and alternately place the toes of each foot on the chair, at the same time rising on the toes of the foot on the floor. Put all the energy you possibly can into the movement, being sure to bear down heavily on the toes of both feet. Keep the head and the upper part of the body erect and the hands at the sides, as in the correct standing position.

Exercise IV.—Besides aiding digestion, this exercise develops the heart and lungs, squares the shoulders and straightens the upper part of the abdomen, the chest and the middle of the back particularly.

Assume the correct standing position. Grasp a light chair in the hands and place it back of the head as far as possible, while keeping the arms straight. Then bend the arms, letting the chair fall, and as you do so bend the body backward as much as possible.

Hold the position for a moment; then gradually assume the original position. Inhale while bending back and exhale while straightening the body.

Exercise V.—The lean man always longs for a pair of well-developed arms. Besides putting meat and muscle on these members this exercise strengthens the upper part of the shoulders.

Grasp a chair at a side, bringing it on a level with the shoulders and letting it lightly touch the breast. Push the chair out from the body with the arms as far as possible, taking care to keep it on a level with the shoulders. Bring the chair back to the chest and repeat until tired. Endeavor to put more and more energy into the movement.

To give forearms and wrists special attention, simply tighten the grasp.

LITTLE THOUGHTS.

There is always a little water left in the sponge.

Bad luck gets the blame for a lot of poor judgment.

Don't cry over spilled milk — be glad it is not cream.

Great actions, like great men, appear only at intervals.

A pessimist is a man who is always looking for worms in chestnuts.

The touch of kindness that makes the whole world kin is seldom applied.

It is a great deal easier to be a good critic than to be even a passable performer.

"Truth is stranger than fiction," with some persons should be rendered, "Truth is more of a stranger than fiction."

The man who is a fugitive from injustice must often run faster than would be necessary if mere justice were on his trial.

I repeat that all power is a trust, and that we are accountable for its exercise; that from the people and for the people all springs, and all must exist.

GIANT TREES NEAR LONDON.

There are still to be found, even within the sound of Bow Bells, some trees remarkable enough both for height and girth to deserve a visit. Churchyards are good places to look for large trees besides the funeral yew. The ivy is not, strictly speaking, a tree, but it is hard to apply any other designation to the venerable plant whose foliage Old Chingford Church. Its trunk has become veritable timber, and it can scarcely be younger than the fabric to which it clings. If we go further afield numerous instances may be recalled of giant trees — gigantic, that is to say, for these temperate regions. It is to be feared that they are doomed to perish when they grow in the outskirts of large towns.

QUITE A MISTAKE.

While shopping a little while ago a lady absent-mindedly walked away with another customer's umbrella.

"Excuse me," said the latter hurrying after her, you've got my umbrella."

"Why, so I have," was the crest fallen reply. "I am really awfully dreadfully sorry. Accept my humblest apologies."

The apologies were accepted; but this incident reminded lady No. 1 that she wished to purchase some umbrellas for herself and daughters so a little while later she took her seat in the train laden with three of these useful articles. Opposite her sat the lady she had encountered earlier.

"I see," remarked the latter sweetly, "that after all, you have had a most successful morning."

MEDICAL BUBBLES.

Doctors have invented a new form of bubble. Neuralgia, sciatica, and lumbago are known to be affections of the ends of the nerves which lie just under the skin of the painful region. It has been discovered that by injecting air under the skin the ends of the nerves are lengthened and the pain relieved. The bubble of air is pressed by the fingers and caused to move about until all parts are relieved. In dislocations, fractures, and bruises the same treatment has given relief.