

FOR THE HOME

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

A PLEA FOR ROASTING.

It is to be feared that many excellent modes of cooking which prevailed in the past are now abandoned simply to save trouble, says London Lancet. The modern cook, or the person who calls herself such, although she may be positively instructed to roast meat in the good old-fashioned way in a screen in front of the fire, commonly ignores her instructions at every possible opportunity, and puts the joint in the oven. The introduction of the "kitchen" or the closed range and of the gas cooker probably accounts for the preference which is given to baking, while it does away with the necessity of basting and other little but important culinary attentions which roasting involves. There can be little doubt that by this exchange of method not a few persons are dietetic sufferers.

The preference for meat openly roasted before the fire is not a mere sentiment, for the flavor of meat so cooked is infinitely superior and the tissue is generally more tender than when it is baked. Now the flavor and tenderness of meat have much to do with its digestibility, and consequently with its real value as a food. Without relish and appetite digestion is sluggish and heavy. Indeed, it has been said that the process of digestion commences before ingestion, and certainly the digestive functions are stimulated to healthy activity by the sight of a tender and well cooked morsel as well as by an excellent flavor or aroma. It has been shown that the mere inspection of good, tempting foods start the digestive machinery and immediately excites the flow of the gastric juice. It is, therefore, not unreasonable to suppose that there must be a difference of some dietetic importance produced in the organism, when on one hand, a baked, heavy looking joint is in contemplation and when on the other, it is a bright, attractive looking, because an openly roasted, joint.

As a matter of fact, there is a great difference between the two methods of cooking, baking and roasting. In the former case the meat in reality is cooked in hot air, which has a tendency to decompose the fat into acrid substances. When the door of an oven in which a joint is cooking is opened, the fumes escape, smelling like a tallow candle which has just been blown out. The smell from a joint being roasted has not this character, but on the contrary, is agreeable. In roasting, the joint is cooked by radiation—that is, by the bombardment, so to speak, of heat waves. The air between the fire and the joint, might be quite cool, yet roasting would proceed all the same. Roasting also is a less rapid method of cooking than is baking and slow cooking has very decided advantages in regard to preserving the nutritive value of the meat. The civilized cook might well learn a good deal from the methods of slow cooking adopted by savage tribes.

WITH EGGS.

Eggs are surely the housekeeper's friend. Many who do not care to eat meat find its essential elements in them. Then they are particularly valuable for those who wish to obtain a great amount of nourishment from a small bulk.

Poached Spanish Eggs.—Melt 1 large tablespoon butter in an earthen pan, add 1 teaspoon salt, a pinch of cayenne pepper, 2 small onions, 2 or 3 sprigs of parsley, and 1 tablespoon white wine. The onions and parsley must be chopped fine. Drop the eggs in one at a time, let brown, then turn carefully and brown other side. Serve hot.

Pepper Eggs.—Remove the seeds from 6 green peppers, and fill each one with chicken which has previously been salted and peppered to taste. Bake until tender, basting frequently. Poach 6 eggs and serve one on the top of each pepper, with a slice of lemon pickle on each egg.

Eggs in Celery Sauce.—Hard boil 10 eggs. Remove the yolks, season with ½ teaspoon salt and a pinch of cayenne pepper, ¼ a grated nutmeg, 1 teaspoon each ground mustard, and lemon juice, and 2 tablespoons chopped celery. To this add the giblets of a turkey and a large mushroom minced. Fill the yolk cavities with this mixture. Lay the eggs in a deep platter and pour over them a celery sauce.

Celery Sauce.—To the yolks of 4 eggs add 1 teaspoon sugar, ½ teaspoon salt and a pinch of pepper; stir in, drop at a time, 4 tablespoons olive oil, then add in the same way 4 tablespoons tarragon vinegar, add 2 tablespoons finely minced celery and 1 teaspoon cucumber pickle cut fine.

Scrambled Eggs and Tomatoes.—Place 1 tablespoon butter in a frying pan, when hot drop in a small onion, chopped fine, and when this browns put in 3 small tomatoes, sliced. When cooked soft, drop in 6 eggs and scramble together. Season highly with ½ teaspoon salt, some quantity sugar and a pinch of red pepper. Serve at once.

Poached Eggs and Lettuce.—Wash

a tender head of lettuce, separate and tie in small bunches, and cook for 30 minutes in 2 quarts hot water in which has been placed ½ lb. salt pork. Drain, untie the bunches and chop fine. Form into a flat mound, place small lumps butter here and there on the top, then 4 or 5 poached eggs. Serve very hot.

Spun Eggs for Soup.—Beat together 2 eggs and set aside until the froth subsides, then pour into soup, a little at a time through a tin spoon or ladle, which has the bowl pierced with small holes. Keep the soup at a rapid boil and cook the egg instantly. This gives soup a French air which improves it very much.

HOME REMEDIES.

Every mother should be familiar with simple home remedies which can be used in times of need. It is not pleasant to be always dependent on a physician to ease every ache and pain.

To cure a ringworm rub the spot with milk from a milkweed, which grows wild. In a few days if this is persevered in the spot will entirely disappear.

When milkweed is not to be had, put a copper penny in a tablespoonful of vinegar and let it remain until it becomes green; then wash the ringworm with this liquid several times a day until it disappears.

A sharp pain in the lungs or side can be driven away by applying vaseline and mustard in the proportion of two parts vaseline and one part mustard. Rub it together and spread on a piece of linen as you would an ordinary mustard paste. This is also excellent for a severe pain in the back of the neck, and has been used with good results for breaking up influenza.

To break up a hard cold at the start, take a hot mustard bath and go to bed, being careful not to take more cold afterwards.

Flaxseed tea with plenty of lemon juice and loaf sugar is very soothing to sore lungs and will often cure a hard cough.

Equal parts of honey, olive oil and pure home-made wine made from grape juice or currants is both soothing and strengthening for a bad cough.

Physicians are advocating the use of pure olive oil for weak lungs. It bids fair to take the place of cod-liver oil, and is thought by some pleasanter to take.

Oives, as a food, are considered very strengthening for those with lung troubles.

A glass of water drunk half an hour before each meal, and just before retiring will frequently regulate the bowels so those troubled with constipation will be all right. Ripe fruit, as apples, peaches, pears and grapes, is a great regulator of the bowels. Those who suffer from long-standing constipation will do well to take a tablespoonful of bran before each meal.

There is no better cure for biliousness than bonnet tea, or that made from German chamomile. Drink freely of it for several mornings. Lemonade and any acid fruit are also excellent for biliousness, as well as raw or cooked tomatoes.

To remove the inflammation caused by running a nail into the hand or foot, apply a piece of salt pork immediately and bind on the part.—Health.

THE ROAD TO YESTERDAY.

There is a road to yesterday—
A wondrous thoroughfare,
Where wanton breezes idly play
And blossoms stent the air,
It stretches long and far and straight;
It wanders up and down;
It passes many an open gate
And many a little town.

There is a road to yesterday;
The grasses grow beside,
And trees that spread and swing and sway
And shade the pathway wide,
Its flowers are a goodly sight,
And it goes on and on,
And leads to many a starry night
And many a cloudless dawn.

There is a road to yesterday,
And we may trace its gleam
In flecking shade of dancing ray
Upon some little stream;
Or we may see it, when, with eyes
Half-closed, we hear a song
That calls up many a glad sunrise
And many a twilight long.

There is a road to yesterday,
And each one knows its start—
The portal to this wondrous way
Is held within the heart;
From there the pleasant courses lead
As far as one can see—
It rests on many a golden deed
And many a memory.

GRAINS OF GOLD.

Children are what the mothers are.—Lander.
Good order is the foundation of all good things.—Burke.

He who is sorry for having sinned is almost innocent.—Seneca.
Cheerfulness is an offshoot of goodness and of wisdom.—Bovee.

After crosses and losses men grow humbler and wiser.—Franklin.
The greatest and sublimest power is often simple patience.—Bushnell.

Manner is one of the greatest engines ever given to man.—Feltham.
He who has health has hope; and he who has hope has everything.—Plato.

A life of pleasure even makes the strongest mind frivolous at last.—Bulwer.

SOME PROMINENT PEOPLE.

SAYINGS AND DOINGS OF WELL KNOWN FOLKS.

The Oldest Farmer in Britain—The World's Champion Benedict.

The late Sir William Brooks, the banker of London, had, it is said, a curious way of showing his moods in writing to his friends. If he was in a good temper, he wrote with a violet pencil, when he was angry he wrote with red, and when he was very wroth he used blue.

It is stated that, with the exception of Mrs. Meynell-Ingram and Lady Meux, Mrs. Harry McCalmont is now probably the most richly dowered widow in England. Mr. Meynell-Ingram left his wife his vast fortune absolutely—a very rare act on the part of a testator.

Mr. John Radburne, of Thrupp Grounds, near Daventry, Northamptonshire, England, who has just celebrated his 100th birthday, is the oldest farmer in the United Kingdom. He is a bachelor, teetotaler, and non-smoker, can hear distinctly, and has eyesight so good that he has never had to use eyeglasses.

Miss Janotha, the favorite pianiste at the Courts of Europe, has a great enthusiasm for mountain-climbing. As a very young girl she scaled the most dangerous peak of the Tatra range of mountains in the Carpathians, and she has watched the sun rise from the summit of Ben Nevis. She is also a daring wild-boar huntress, and tells many thrilling stories of hair-breadth escapes from the tusks of these ferocious animals.

An inhabitant of Creglingen, in Wurtemberg, whose name is Fritz Kottman, claims to be the champion Benedict of the world. He has been married no fewer than eleven times. His first three wives died young, the next two were drowned, one committed suicide, three died in succession, the tenth was gored to death by a bull, and he has just recently married the eleventh, who had a leg cut off by a railway train last year, so that the wedding had to be postponed till now.

Princess Ferdinand of Roumania, the daughter of the late Duke of Coburg, was married when only seventeen years and a few months old. One of her hobbies is the collecting of perfume bottles, and it is said that the late Empress of Russia, who also indulged in a similar fancy, left her a large assortment of the same articles, valued at \$25,000. The future Queen of Roumania is a very good violin player, an accomplishment doubtless inherited from her late father.

A Scottish landowner, Mr. A. C. Butter, of Paskally, Perthshire a noted traveller and big game sportsman has received a unique appointment. He has enjoyed the personal friendship of King Menelik of Abyssinia for some time, and the Emperor has conferred upon him the office of Chief Elephant Hunter. The species is threatened with extinction by the raids of stray sportsmen, and under Mr. Butter's supervision the elephants in Abyssinia territory will only be shot by recognized hunters.

Lord Dysart is devoted to music, and possesses every conceivable kind of musical instrument, including eight pianos, with spinets and harpsichords, at his fine old residence, Ham House, Richmond, England. A great traveller, and notwithstanding his infirmity—he is almost totally blind—Lord Dysart has visited most parts of the habitable globe, and remembers more about his travels than a great many people who have the use of their eyes. Another of Lord Dysart's hobbies is homoeopathy.

Mrs. Ames-Lyde, said to be the only lady in the world conducting an ironworks, has been appointed Lady Ironworker to the King. Mrs. Ames-Lyde started her industry some twelve years ago, and has now ten workmen. She has had many orders for art metal work from various royal families, but King Edward himself was her first royal patron, the lady having been commissioned to supply a lamp for the hall at Sandringham, and since then several other similar commissions have been carried out.

The official title of the King of Portugal is a rather imposing one. It is "King of Portugal and the Algarves within and beyond the seas, in Africa Lord of Guinea, and of the navigation and commerce of Ethiopia, Arabia, Persia, and of the West Indies." Don Carlos has a remarkable knowledge of languages, which he acquired while studying at Oporto under Portuguese professors. He served his apprenticeship as a ruler during the ill-health of his father, but until called to the throne spent a considerable portion of his time in hunting.

The German Empress has the most magnificent diamonds, which she wears on great occasions at Court. They are valued at one million dollars, but most of them are heirlooms of the Prussian Crown. These jewels can be worn only by a reigning Queen, and a Dowager is unable to make use of them. However, the value of the diamonds which are the private property of the Empress amounts to \$500,000, and the greater number of them were left to her by the Empress Augusta, who specially bequeathed to her granddaughters-in-law several

necklets and pendants. The Empress possesses thirty diamond rings and a number of bracelets, brooches and pins.

About a dozen years ago, when the late Sir Charles Gavan Duffy was in London for the purpose of inaugurating the Irish Literary Society, writes a correspondent, I was frequently a guest of his at South Audley street. One afternoon Sir Charles, Mr. T. W. Rolleston, and I sat down to the tea-table. "Rolleston," said Sir Charles, "would you mind doing the honors? Pour out the tea." When Mr. Rolleston handed the cup to his host, Sir Charles turned to me and said: "Just think of the revenges time brings! Here am I, in the capital of England, being offered a cup of tea by the grandson of the last judge (Baron Richards) who tried me for treason.

Signora Luisa Cavallero is a fine old lady of Florence of seventy-four years, who says the chief recollection of her younger days is teaching Marconi. "Who would have thought," she says, "that the Inglesino" (little Englishman), "as we used to call him because of his slight figure and sedate manner, would have turned out a genius? He was always a model of good behaviour, that I will say for him; but he was very far indeed from being a clever boy. I am afraid he got many severe punishments, poor little man; but he took them like an angel. At that time," she added, "he could never manage to learn anything by heart; it was impossible. I used to think that I had never seen a child with so defective a memory."

IT IS AN AWFUL DISEASE.

RABIES' MYSTERIES ARE STILL UNSOLVED.

Disease Hydrophobia So Rare That Many Believe It Is Due to Imagination.

Years ago the cry of "mad dog" was worse in its effects than the cry of fire in a packed theatre. Since then science has determined that only three snakes in all North America have poisonous stings; "ghosts," almost by universal consent, have been "laid"; the germ theory has destroyed belief in many parasites for many diseases; and yet there are more doubters of the existence of hydrophobia to-day than there are disbelievers in the vaccination theory of Jenner.

This doubt has been inspired by the rarity of the disease as compared with other afflictions known to man; hundreds of doctors have never seen a case of either real or simulated hydrophobia, and the veteran Dr. William Osler of the medical department of Johns Hopkins University has seen only two real cases. Yet every one has been made familiar with the awfulness of the disease, while its source as popularly accounted for and some of the absurdities of its treatment in years past have cast much doubt upon the whole condition.

SUPERSTITIONS AS TO CAUSE.

Superstition once laid the cause of the disease in dogs and wolves to the bite of the ordinary skunk, regardless of whether the skunk was affected by rabies or not. The "madstone" that some hunter had taken from the stomach of a deer, long before, was an object of veneration and awe over half a state. Stories of how the stone would cling to the wound made by a dog's teeth if the animal were mad, and how it would stick to the wound till it was full of the virus, were to be read of nearly every week in state papers. Milk was the one agent to take this green virus from the stone, after which the stone might be applied again and again until the system was free of the poison. Further, there was the current belief that if a dog, not mad at the time, should bite a person and afterward become the victim of hydrophobia from any cause, the person bit even years before would succumb to the disease.

Separating superstition and folklore from the truth, the medical fraternity has established the fact of rabies, or hydrophobia, in dogs and in other of the lower animals, and it has been made certain that the disease is transmissible to man from the bite of any one of these affected animals. It is needless to say, however, that the theory of the madstone has been repudiated; also it is an absurdity that any after condition of a dog that has bitten a person can affect the condition of its victim beyond the first results of the bite; and as for rabies being inherited in the bite of the skunk, that, too, has been marked for dissolution.

RABIES AMONG SKUNKS.

But that there are rabid skunks is a fact not to be doubted, and, reporting to the Medical Record a number of years ago on the epidemic of skunk rabies in Texas, Dr. John H. Janeway of the United States army even went so far as to admit the possibility of the bite of a rabid skunk being more deadly than the bite of a rabid dog.

In that year of hydrophobia among the skunk family of Texas Dr. Janeway remarked that thousands of the little animals died from the ravages of the disease, but that the epidemic was expended of its force in one season. Of the biting of persons by the creatures, he remarked the likelihood of it because of the large num-

ber of people living in tents in that section; at the same time, no example of fatal consequences from such bites came to his notice.

"That more cases proportionately may result from the bite of a rabid skunk than from the bite of a rabid dog or rabid wolf is probable, if not actually the case," he wrote. "An animal nocturnal in its habits, generally timid, but armed with a powerful battery to resist any injury or affront—one that will not bite until the secretion provided by nature is exhausted—loses that secretion by the disease. It is a well authenticated fact that rabid skunks are entirely free from the odor so characteristic of these animals, which could not occur if the secretions were not exhausted; and, forgetting its normal timidity, it will attack any person or animal it may come in contact with, biting the most exposed portions of the body—the nose, the lobe of the ear, the thumb, or the fingers. Here is probably the reason why these bites of the rabid skunk are more fatal than are the bites of other rabid animals; they are always in a vascular part not protected by clothing, which prevents infection at times by wiping away the poisonous saliva from the bite of the mad dog or the mad wolf."

MADSTONE IS A MYTH.

Prof. Rolin E. Smith has dismissed the madstone along with the hysterical and simulated form of rabies in man. He says:

"In rassing, it may be said that if suggestion can produce the symptoms of hydrophobia there is no reason why a madstone should not remove them. Occasionally paroxysms appear in a remarkably short space of time after the sufferer has been bitten; which proves conclusively that the attack is brought on by hysteria brought on by fright. In reality, the first symptoms of hydrophobia appear in man from six weeks to two months after inoculation.

"A little understanding of the disease often would allay the fears of timorous persons and relieve much suffering of mind. For instance, if your dog has been bitten by another dog, supposed to be suffering from hydrophobia, it will show symptoms of the disease in three to four weeks as a rule; and the duration of rabies in a dog is never in excess of ten days. In the majority of cases the dog dies on the fourth or sixth day after the appearance of the first symptoms."

NORTHERN HOSPITALITY.

How the Eskimos Treated a Shipwrecked Crew.

Late in the year 1866 the ship Japan, under command of Captain Barker, while trying to make her way out of the Arctic Ocean, during a severe snowstorm and gale, was driven ashore on the north side of Cape East. The officers and crew were rescued by the coast Eskimos, who at once distributed the shipwrecked persons among the villages along the coast, and kindly shared with them, during the long winter, their huts, clothing and food. In describing the good qualities of these people, Mr. Middleton Smith, tells in "Superstitions of the Eskimo," what this generous treatment meant in the way of self-sacrifice among the Eskimos.

As the summer of 1866 had not been favorable for the capture of the walrus, and the ice during the winter had hindered the taking of seal, the food supply of these people was unusually small, and to take care of and feed a whole shipwrecked crew of thirty-two men, at a time when they could scarcely obtain provisions sufficient for their own families, was a heavy task. When probable starvation stared them in the face, a council of the little settlements was called to see whether they should endeavor to keep these strangers through the winter, or simply to save their own people.

It was decided by this council that as the strangers were thrown, by no fault of their own, upon their shores and, as it were, placed under their care, they should have an equal chance for life with themselves.

Captain Barker, of the Japan, testifies that the Eskimo women, in apportioning the food among his men, frequently shed tears on account of the smallness of the amount, and often would increase the quantity by adding portions of their own shares. All through the long Arctic winter the strangers, who were so helpless and entirely dependent upon these people for the food, clothing and shelter which should enable them to survive the Arctic frosts, were given the best food that was to be had, and the largest share. Those of the crew who were assigned to distant villages also testify to having been treated with the utmost kindness and consideration.

Captain Barker did not learn until the plenty of the following spring made further fear unnecessary that there had been any council, or any question among the Eskimos in regard to supporting him and his crew through the winter.

Johnson—"But why do you carry two watches?" Jackson—"I keep one slow to go to work by, and the other fast to leave work by."

"Do you think it's true every man has his price?" asked the heiress. "I'm sure I don't know," he answered thoughtfully; "but if you want a bargain you needn't look any farther."