

## FOR THE HOME

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

### SAVE YOUR ENERGY.

The great physicians all say that the strength of women is too often a strength of nervous energy, which, while it keeps them up at the time of need, is constantly burning up their vitality. Some day the cord will snap and the woman be made to realize that injudicious expenditure of her nervous energy day after day has snapped her physical strength to the point of collapse.

One excellent way to prevent this, and the best way in the world to keep the roses of youth, is to rest wisely—to rest the mind as well as the body. If you are too active to sit idly at rest a certain portion of each day, keep a happy, sunny book in which you are interested always at hand by your bedroom or sitting room couch. Make it a rule to lie down from fifteen to thirty minutes after every period of eating. Read your pleasant book, or, better still, lie idly still thinking over the very happiest things you can bring to your mind. Never think out the sad, perplexing problems of life while you are having this "rest" if you can help it. This may seem hard to do, but you can train yourself to it. Think out those hard things when you are up and about. In other words, work hard when you work and finish it up. Then rest thoroughly when you rest. A woman who leads a life of almost masculine activity in mind and body says she finds nothing so good for tired nerves as "eating," not necessarily taking much, but eating something the moment you feel all tired out, eating something wholesome—a glass of milk or a cup of tea and a flaky piece of bread and butter—whatever your fancy seems to crave, so long as it is wholesome. This simple and attractive rule seems to be proven by the fact that the main aim of all "rest cures" is to enforce eating upon the patient every two hours.

Never get too tired at any one time. When you think you are "tired enough" stop, no matter what it is, rest fifteen minutes, completely, then begin again. You'll find that you are not one-half so tired at bedtime if you follow this method.

### COLLAR SUGGESTIONS.

A Kid Stock Collar—White kid gloves may be cleaned either with milk or gasoline, and the arm pieces converted into a very pretty stock. The kid is smoothly drawn over a piece of collar stiffening cut the desired shape, and machine-stitched with blue silk, a double row at top, centre and bottom; while French knots worked with the same blue silk appear between the rows of stitching. Another of black undressed kid, made of two pairs of short gloves, was sewed together to form a crush collar, and the seams concealed by means of steel beads.

A collar of White Huck toweling, darned solidly with yellow wash silks, is a durable dress accessory for a child. The collar is cut round with large scallops at the edge. The needle is run under the raised threads without taking the stitches through the cloth, which gives the same appearance as the darning stitch, but does not show on the under side and is much simpler and quicker to work. The ocean wave sofa pillows are made somewhat in the same way, except that the thread at intervals is carried along for a short distance without being brought under the raised loops on the toweling. The edge of the collar may be bound around with a narrow piece of yellow silk or velvet on the bias, or merely turned under and stitched down by machine.

French Knots and Featherstitching—Starred white linen collars are decorated with a row of French knots or featherstitching at the top, as they used to wear them years ago, when even the men appeared with shirt fronts and cuffs decorated in the same way in black or white silk. The knots and stitching combined form a very effective trimming for a blue and white striped gingham shirtwaist, using thick white linen floss for working. The work is done on the blue stripes, three feather stitches, then three French knots, and repeating down the stripe; the next being worked in the knots alone, and the next in stitches and knots, and so on over the whole waist. The body of the waist may be done after it has been sewed, but the sleeves are easier to work just after they are cut. The turnover collar and cuffs to wear with the waist are of blue linen, starched and decorated with French knots at the edge.

### MELON DESSERTS.

Melon Fruit Salad—In the preparation of the dessert, the melon plays an important part, and it is prepared in many styles. A favorite way to serve is as a fruit salad. The pulp is cut in cubes and set on ice to chill. It is then sprinkled with  $\frac{1}{2}$  cup powdered sugar to every quart of fruit. Pour over it 1 tablespoon

each of brandy and curacao. Let stand half an hour before serving. The pulp may have been scooped out of the rind, leaving a shell in which to replace the salad, and from which it is served. A few sliced oranges or a cup of orange juice will give a new flavor. Frequently blanched almonds, finely chopped nuts, or chestnuts, in vanilla syrup, are added to the salad. With this dessert salad, serve some dainty wafers. These fruit salads are very popular. They are very easily prepared, and are delicious, and there is an infinite variety of ways for changing their dominating tone. Grapes may be peeled, or peaches pared and cut small and mixed with the melon, and a snowy mound of cream, whipped and frozen, can top the attractive dish.

Charlotte Russe with Melon—Chill and whip  $\frac{1}{2}$  pt. cream. Beat the whites of 2 eggs until stiff, add gradually, beating all the time,  $\frac{1}{2}$  cup powdered sugar and 2 tablespoons maraschino. Soften 1 tablespoon gelatine in 2 tablespoons water; set the bowl in hot water and when melted, add to the cream. Beat occasionally until it begins to stiffen. Have ready 1 pt. cut up melon, sprinkled with powdered sugar. Take a 3-pt. mold, line it with lady fingers, cutting them off evenly at the top. Pour half of the cream mixture in, add the melon, and cover with remainder of cream. Set on ice to chill. When about to serve turn out of the mold onto a pretty dish.

Melon Cheese—Cover  $\frac{1}{2}$  oz. gelatine with  $\frac{1}{2}$  cup water; add  $\frac{1}{2}$  cup boiling water, and strain onto 1 pt. melon pulp that has been run through a vegetable press. Whip 1 cup cream to a stiff froth, add  $\frac{1}{2}$  cup sugar, 1 tablespoon brandy and the melon pulp. Beat until it thickens; turn into a mold and set on ice. Serve in thin slices with sponge cakes.

### TWO GOOD RECIPES.

Sun Burst.—Melt in a frying pan  $\frac{1}{2}$  lb. rich cheese. When soft, add  $\frac{1}{2}$  pt. thick, sweet cream,  $\frac{1}{2}$  teaspoon salt and a pinch of pepper. When thoroughly blended, break into this 6 fresh eggs and cover for two minutes. When the whites begin to set, remove cover and beat the mass briskly with a large spoon, for a few minutes. Then it will rise in a yellow foam, tender and delicious. Serve on fresh crackers that have previously been heated and buttered. It is nutritious and digestible.

A Good Pie.—To enough stewed pieplant for one pie, add the yolks of 2 eggs and 1 cup sugar. Bake with one crust, and beat the whites, add 1 tablespoon sugar, spread over the top and brown the same as for lemon pie.

### ODD ERRORS IN BOOKS.

Curious Mistakes By Old and New Authors.

Someone has been hunting for errors in the writings of old and new authors. He has run down some funny mistakes. In "Ivanhoe" Sir Walter Scott makes a knight of Richard I. converse with a contemporary of William the Conqueror, who was Richard's grandfather. The new moon appears in the western sky and sets from the moment it becomes visible; but in "The Children of Gibeah" Walter Besant caused a new moon to rise in the east at 2 o'clock in the morning. Trollope makes one of his characters, Andy Scott, come whistling up the street with a cigar in his mouth. In "Don Quixote" Sancho continues to ride on his donkey after having lamented the animal's fate. In "The Reign of Law," by James Lane Allen, one of the characters refers to a book which was not published for ten years after the time the reference was said to have been made. Hamlin Garland wrote in 1896 "The Rose of Dutcher's Coolly," and "The Rose of the Characters in the novel is given about three different names. Jacob Riis tells in "The Making of an American" that while a young reporter, in giving the particulars of a river's overflow, he described a stone floating on the waste of waters. But that was not more wonderful than the case of our old friend, Robinson Crusoe, who, after taking off his clothes, to swim to the wreck, took the precaution to fill his pockets full of biscuits. Neither was it more surprising than the discovery by a Paris reporter, who found in the Seine "the made corpse of a man with ten sous in his waistcoat pocket."

### WORLD'S BIGGEST BABY.

A baby giant has just been presented to the Berlin medical faculty for examination. He is the son of a baker at Drieviers, and although only eighteen months old stands 3 $\frac{1}{2}$  feet high, measures 36 in. round the chest, and weighs nearly 98 lbs. The baby giant prattles already. His appetite is tremendous. A special perambulator has had to be made for him.

### SOLD PIG TO SEE SHOW.

The authorities of an English town have placed a ban on circuses, on the ground that they tempt poor people to spend too much money. One man, they say, sold his only pig last month in order to take his family to a Wild West Show.

Four-fifths of the inhabitants of Canada live to the eastward of Lake Superior.

## THE DUTY OF THE STATE

### SHOULD RESTRICT THE RAVAGES OF DISEASE.

#### Measures Should be Adopted in the Interest of Public Health.

Of all afflictions that menace the human race, as well as the higher animals, tuberculosis is, perhaps, the most malignant, and certainly the most lurking and fatal. Unlike most diseases, even those of an infectious or contagious nature, this ravaging scourge does not manifest itself until its victim is hopelessly under its spell. The most remarkable feature in connection with its superficial manner in which the public at large regard it. Smallpox, certain fevers, and other epidemics are dreaded and abhorred. Nevertheless, the statistics of almost all countries show that, as to mortality, consumption is a giant in comparison with any of these contagions, the mere mention of which alarms even the most stoical of persons. Because a consumptive father and grandfather were sufferers, and prematurely left this life through death by consumption, it does not at all prove the theory of its being hereditary. On the other hand, it is a proof of its infectiousness, in cases where persons have constant intercourse, or even occasional association. That, in a modern community, such people can exist, and even be considered intelligent, who find a person that objects to unsanitary usages and habits, an over-fastidious person, or, as he is more frequently called, a crank, is a wonder. How many do not declare that they see no wrong in the various abominable and unsanitary things we meet everywhere in life? The unsanitary conditions of some barber shops, for instance, the breathing into a telephone receiver by thousands of persons without it ever being disinfected, the smoking of other persons' pipes, and the barbarous and criminal custom of handling the baby about for

### PROMISCUOUS KISSING!

This latter custom is, perhaps, the most unpardonable of all. The innocent child will, when a youth, or even a man, find himself a physical wreck, undermining in health by the ravages of pulmonary or other tuberculosis, as well as psychologically deranged through his knowing that the grave is his only destiny. There is a penal code dealing with the individual who breaks a window, or the man who steals a bagatelle from another. But there should be laws, stringent and unrelenting laws, and penalties, for those who, through sheer and willful ignorance, cause persons to become victims to the most lurking and most pitiful of diseases known to mankind. It is the duty of the State to protect its subjects from the promiscuous scattering of the tuberculosis bacilli, and to punish the wholesale murderer Dr. C. D. Murray, M.B., physician who spreads the germ.

Victoria General Hospital, Halifax, N. S., in an address to the Canadian branch of the British Medical Association, in speaking of the duty of the State in regard to this disease, says in part:

We stand to-day practically as we did 20 years ago and those suffering from tuberculosis are worse off than formerly, because advanced cases are no longer freely admitted to our general hospitals, while at home they are shunned by panic-stricken friends or relatives.

The Dominion and the Provinces have endorsed the policy and accepted the duty of restricting the ravages of controllable diseases. Surely the duties and privileges of the State in regard to tubercular disease can no longer be gainsaid, nor should the public nor the medical profession longer silently tolerate the neglect to provide and enforce the obviously necessary means for restricting this dangerous and

### WIDESPREAD DISEASE.

The protection of the citizen is the highest duty of the State; each healthy and wage-earning individual is an asset, valuable according to his capacity for work.

Laws have been enacted to regulate the sale of poisons, to prevent the adulteration of foods, and for the protection of employes against accidents and oppression. Why should this scourge alone be allowed to pursue its ravages unchecked?

Having demonstrated the responsibility of the State, I would like to suggest the means which I think should be taken to remedy the existing condition of things.

1. As ignorance must bear much of the blame of this dread disease, I hold it is the duty of the educational authorities to provide for the instruction of both child and adult in the school and lecture hall, as to cause, prevention and cure of tuberculosis, not by text-books and speeches containing an exaggerated misstatement of facts, but by an unbiased explanation of the subject, which will leave no room for controversy, and appeal to all classes of intelligence. The campaign of education for the adult might be carried out by local and itinerant lecturers, who should be thoroughly familiar with the subject.

2. Laws governing the ventilation, heating and cleanliness of schools, churches, public buildings and workshops should be enforced, and an

organized system of inspection instituted.

3. Physical culture should enter largely into the regular curriculum of every school and college. Can you picture the condition of physical development of school children who had devoted one-half of their school hours to physical exercises under capable instruction? We would surely see fewer puny and ill-developed developed children grow up to an immature adult condition, the

### EASY PREY OF DISEASES.

4. For the prevention of the spread of the contagion, the State must enact and enforce laws for better protection of our sources of meat and milk supply; must insist upon all cattle intended for human food being killed in public abattoirs, that all milk cows be frequently inspected, and housed in clean and well-ventilated buildings; that all dairies be scrupulously clean; and that tubercular persons be prevented from contact with our food supply.

5. The laws against expectation in public buildings, conveyances, parks and even streets should, where existing, be strictly enforced, and where not existent at once enacted.

6. Next I hold the State should provide sanatoria and hospitals adequate to accommodate the tubercular sick. These institutions should be graded for the reception and care of the various forms and degrees in which the disease is found. The curable cases should be treated separately from those for whom there is no hope.

7. Notification of the disease in its earliest recognizable stages, must be insisted on, and where proper safeguards and treatment cannot be secured at home the subject should be removed to a sanatorium.

### THE EARLY MORNING AIR.

#### It Has a Virtue Over That of Later Hours.

Chemists have long ago told us not only what is the exact composition of the air, but also that this composition is practically constant, whether the air be that near the mountain top or the sea, or from the chemistry would not appear to offer any explanation of the benefit gained from "a change of air." Similarly everyone knows the sweetness and freshness of the early morning air, attractive properties which disappear as the day advances, but so far as analysis goes the composition of early morning air is not different from that of air at any other time. It is well to remember, however, that during the passing of night to day and of day to night several physical changes take place, says the London Lancet. There is a fall in temperature at sunset and a rise again at dawn, and consequently moisture is alternately being thrown out and taken up again, and it is well known that change of state is accompanied by electrical phenomena and certain chemical manifestations also.

The formation of dew has probably, therefore, far more profound effects than merely the moistening of objects with water. Dew is vitalizing not entirely because it is water, but because it possesses an invigorating action, due partly, at any rate, to the fact that it is saturated with oxygen, and it has been stated that during its formation peroxide of hydrogen and some ozone are developed. It is not improbable that the peculiarly attractive and refreshing quality which marks the early morning air has its origin in this way. Certain it is that the bracing property of the early morning air wears off as the day advances, and it is easy to conceive that this loss of freshness is due to the oxygen, ozone or peroxide of hydrogen (whichever it may be) being used up.

The difficulty of inducing grass to flourish under a tree in full leaf is well known, and is generally explained by saying that the tree absorbs the nourishing constituents of the soil or that it keeps the sunlight away from the grass and protects it from rain. It is doubtful whether any of these explanations is true, the real reason most probably being that the vitalizing dew cannot form upon the grass under a tree, whereas as a rule both rain and light can reach it. Dew is probably essential to the well-being of both plants and animals to a greater extent than is known, and the beautiful expression in the prayer book, "Pour upon them the continual dew of Thy blessing," may be remembered in this connection.

### CHILDREN IN SOMALILAND.

Children are regarded as a chief asset in the belongings of a Somali native, and accordingly there is no such thing as "race suicide" in the eastern horn of Africa. A man may have as many as four wives, and most of the patriarchs boast of tremendous families. One old chief of a tribe near Berbera was the head of a family consisting of twenty-three sons, twenty-nine daughters, and 390 grand-children. A father sells his daughters for camels, and often builds up for himself a fortune in this way. The children are named according to the circumstances of their birth, as Wa Berri (born in the morning) or Robleh (born in the rain).

### PERSONAL POINTERS.

#### Notes of Interest About Some Leading People.

Sir John Gorst is one of the very few persons in England who have mastered the Maori language.

Sir H. Campbell-Bannerman, the British Liberal leader, is an omnivorous reader of French fiction, of which he always has an up-to-date collection in his private room at the House of Commons. It is said that he and Mr. Balfour, who has similar tastes, exchange their yellow-backed volumes.

Sir Hiram Maxim, without whose guns no army of to-day could hope for success, started life with less than the proverbial fifty cents in his pocket. When he went out into the world he owned exactly twenty-five cents, and he earned his first week's wage as a decorative painter.

Mr. Chamberlain's love of orchids (the white variety in particular) is well known. There have been only two occasions on which he has varied his button-hole. One was the day he declared himself opposed to Home Rule, and the other the day he wedded Miss Mary Endicott, the present Mrs. Chamberlain. On both these occasions the orchid was replaced by a bunch of violets.

Sir William Soulsby, secretary to a generation of Lord Mayors of London, is entitled to wear a more cosmopolitan array of orders than, perhaps, any man in England. In addition to his Bath dignities he boasts the orders of the Redeemer, of Greece, Francis Joseph of Austria, the Servian Leopold of Takova and St. Sava, the Leopold of Belgium, the Immaculate Conception of Portugal, the Humane Redemption of Liberia, as well as the Rising Sun of Japan.

The Duke of Buccleuch is one of the six men who own between them one-sixth of all Scotland, and some of the customs still observed on his estates carry us back to the time of Alfred the Great. The Duchess, who is Mistress of the Robes, was an intimate companion of the late Queen, and it was at Dalkeith Palace, where the King stayed the other day, that Queen Victoria presided over the only Drawing Room she ever held in a private house.

Mr. James Guthrie, who became Sir James Guthrie at the King's Levee in Edinburgh, is surely the youngest living artist to attain a title on his artistic merits. "Only a few months ago he was elected President of the Royal Scottish Academy as a still youthful-looking man in his forty-fourth year. Success came to him early, for he went in for portrait painting—with a keen insight into character—and his reputation grew so rapidly that he was an Associate before he had reached his thirtieth year.

Miss Emma Calve, was born in Aveyron, her father being Spanish, her mother French. There she led a healthy, open-air life till the good nuns at her convent school discovered that she had a voice which was worthy of being expensively trained. She has a farm now in her own country, and there she spends her happiest hours. She tells with glee of one old farmer who said to her that he wished he could "hear her sing, not scream," that being his way of expressing the fact that he took no pleasure in the operatic style of singing.

The Duke of Parma is richer in the possession of children than any other head of an eminent family. His last child is the nineteenth, and what is more surprising is that all the nineteen branches of the House of Parma are alive. The Duke has married twice. His first wife, the Princess Marie of Bourbon, bore him eight children; the eldest, a daughter, in 1872. His second wife, the Infanta Maria-Antonia of Portugal, has presented him with eleven children. As all his grown-up daughters are still unmarried, the princely olive branches must thicken through his table.

When Lord Kelvin was known as Sir William Thomson he was Professor of Natural Philosophy at Glasgow University. His classes were not exactly models of decorum, and old students tell the story of how a certain clever definition of his provoked his class to applause. This brought from Sir William a cry of "Silence!" He often had to repeat the definition, and always there followed the applause and the "Silence!" One day the students, in league together, omitted the usual cheer, and caught the Professor finely, for at the close of the sentence he shouted "Silence!" to the silent benches.

Sir William Allan, M.P., for Gateshead, England, is as proud of his ancestry as if the blood of all the Howards ran in his veins. "I come of a family of workers," he says; "my father was an engineer, and my grandfather and his father and grandfather were millwrights, so that I was born a mechanic; and I was only a boy of ten when I began to follow in the steps of my ancestors." Although he worked every day from six in the morning till six at night, and often until midnight, he still found time to work with his slate and school books by the light of a candle. Sir William has a great gift of natural eloquence, and he is certainly the most poetical politician in Parliament.

British troops in India have lately celebrated the 50th anniversary of being permitted to wear moustaches.