

# HOUSEHOLD.

## Housekeeping.

For good housekeeping there are two requisites as absolutely essential as money, and without which this end cannot be accomplished, namely, knowledge and method. At first glance, especially to the young and inexperienced, it may seem that good housekeeping is not a difficult matter, granted a sufficient allowance of money, strength and time, but in this they are sadly mistaken. Cooking and washing, sweeping and dusting, these are simple enough they exclaim, but I will venture to say that the simplest of these is seldom done properly, because done without knowledge. In the matter of sweeping and dusting, for example, how few do it properly. The department of cooking is the most important and intricate connected with good housekeeping, yet it is not the housewife who, with the knowledge of the greatest number of recipes, and access to a large variety of materials, can get up with deliberation an elaborate meal, who is the good housekeeper, but it is she, who on an emergency, say the arrival of unexpected guests, with the ordinary means at hand, such as poultry, eggs, milk, butter, flour, spices and herbs, can prepare a savory and inviting meal.

We all know, who have lived in the country, that the butcher does not come every day in the week, nor every other day even, and we have all noticed that guests from the city expect more in the country than they do in the town, being under the impression, evidently, that even dainty dishes, like the fruits, grow on the trees; and we can readily see, therefore, that it takes more knowledge to be a good housekeeper in the country than in the town, where there are handy stores to run to for all sorts of fresh meats and made up delicacies in which the larder may be deficient. It behoves the country housewife then to study ways and means not only for emergencies, but to make her home attractive for her children, herself, and those who go out into the field or the workshop to bear the burdens of the day. Having knowledge, the next almost equally important acquisition must be method in using that knowledge, for no household can be serenely happy in which the duties are performed irregularly and without good cheer. And this latter expression brings with it a suggestion. I can see no reason why the cooking should perpetually be relegated to one individual, unless that person prefers the occupation to all others; nor why there should not be a change about in sweeping, dishwashing, washing and ironing, cooking and churning, thus making each member of the family thorough in many ways instead of being excellent in only one. A change about would be conducive to relieving the weariness of monotony complained of by so many workers, who tire of this branch or that branch in which they are always engaged. Nor need it in any wise interfere with method, because the change about should be as methodical in its regularity as the washing and ironing, or any other branch of work. This, of course, could apply only to where there is a large family of daughters or other female relatives, their numbers increasing work and tedium without such change and division of labor. By a systematic change of occupation, and method in carrying it out, country housekeepers especially will find they can have time not only for homely needlework, but for the dainty and more interesting branches of work by which they can make their homes pleasing and attractive to their fathers, sons and brothers after the toils of the day. Books on cooking and housekeeping and fancywork are excellent in their way, and much can be gleaned from them, but of necessity they go only from cover to cover, and one has to wait for a new book for new recipes and suggestions. It is the purpose of this department to select the best, and as far as possible to avoid recipes that are of little practical use to its readers; to give information from time to time of new dishes or old that will meet the exigencies of special occasions. Suggestions in certain portions of the department will be given on other subjects connected with housekeeping, such, for example, as the selection and laying of carpets; the buying of curtains and furniture; the healthful arrangement of bedrooms; the treatment of beds and bedding, etc. In addition to cooking proper, an important feature in housekeeping is wholesome canning of fruits, and drying of fruits, for which special knowledge is required to attain good results. From time to time as required or requested, this journal will be prepared to give all kinds of household receipts, not readily attained in the country, and the knowledge of which is the saving of money.

## Practical Recipes.

The following recipes have been chosen with a special view to utilizing the materials ordinarily at hand in country houses:

**CREAMED PARSNIPS.**—Boil tender, scrape, and slice lengthwise. Put over the fire with two tablespoons of butter, pepper and salt, and a little minced parsley. Shake until the mixture boils. Dish the parsnips, add to the sauce three tablespoons of cream in which has been stirred a quarter spoonful of flour. Boil once, and pour over the parsnips.

**POTATO CROQUETTES.**—Pare, boil, and mash smoothly about six good-sized potatoes. Add one tablespoon of butter, two-thirds of a cupful of hot rich milk or cream, the whites of two eggs well beaten, salt and pepper to taste. When cool enough to handle work into shape, roll in egg and bread crumbs, and fry in nice, wholesome hot lard.

**BEETS.**—Clean these nicely, but do not pare them, leaving on a short piece of the stalk to retain the coloring and sweet juices of the vegetable. Young beets will cook tender in an hour; old beets require several hours' boiling. When done, skin quickly while hot, slice into your vegetable dish, put on salt, pepper and a little butter, and they are then ready for the table.

**PARSNIPS FRIED IN BUTTER.**—Scrape the parsnips and boil gently forty-five minutes. When cold, cut in long slices about one-third of an inch thick. Season with salt and pepper. Dip into melted butter and then into flour. Have two tablespoons of butter in the frying pan, and as soon as hot, put in enough parsnips to cover the bottom. Fry brown on both sides, and serve on a hot dish.

**TO ROAST A GOOSE.**—Having drawn and singed the goose, wipe out the inside with a clean white cloth, and sprinkle in some pepper and salt. Make a stuffing of four good-sized onions, minced fine, and half their quantity of green sage leaves, minced also, a large tea-cupful of grated bread crumbs, a

piece of butter the size of a walnut, and the beaten yolks of two eggs, with a little pepper and salt. Mix the whole together and incorporate them well. Put the stuffing into the goose, and press it in hard, but do not entirely fill up the cavity, as the mixture will swell in cooking. Tie the goose securely round with a greased or wetted string, and paper the breast to prevent its scorching. The fire must be brisk and well kept up. It will require from two hours to two and a half to roast. Baste it at first with a little salt and water, and then with its own gravy. Take off the paper when the goose is half done, and dredge it with a little flour toward the last. Having parboiled the liver and the heart, chop them and put them into the gravy, which must be skimmed well and thickened with a little browned flour. Send apple sauce to table with the goose, also mashed potatoes. It is well to parboil a goose before roasting, as it makes it more delicate, especially if the bird is not very young. An old goose is very tough and not fit for roasting.

## LATE DOMINION NEWS.

Merser has a blind preacher. Simcoe and Tilsonburg are to be connected by telephone.

Charlottetown, P. E. I., is to have an athletic association.

An Assembly of Knights of Labor is about to be organized at Calgary.

The Torrens System of land transfer went into operation in the North-west Territories on January 1st.

The twenty-seven Salvation Army soldiers arrested at Lindsay were crowded into a room 27 x 10 and kept there all night.

The British Columbia Government has granted \$1,000 toward the improvement of streets in the new city of Vancouver.

Policemen at Victoria, B. C., have been warned that in case a burglary takes place on their beat without detection, they will be suspended.

Mrs. John McCallam, of West Lorne, transplanted some strawberry plants into pots and took them into the house and is now enjoying the ripe fruit.

A New Glasgow, N. S., lady claims \$10,000 damages for slander from a local limb of the law whom she accuses of misrepresenting certain of her actions.

A son of Robert Munro, of Scott, was drinking at the schoolhouse pump, when a companion threw a nail which struck him on the ball of the eye and completely ruined his sight. Twenty-one sacks of unsorted mail matter were received at the New Westminster, B. C., postoffice one night recently with the report that it was forty below zero in the mountains, and the car was too cold to assort mail.

A man at Walkerville has met with a peculiar accident. In entering a stall to take out his horse he struck his face against a stiffly frozen blanket, cutting a deep gash over his eye, lacerating the eyelid, and narrowly escaping the loss of the eye.

Thomas Hunter, of Windsor, N. S., is six feet seven inches in height, and Nicholas Davis, of Walton, N. S., is six feet eight and a quarter inches in height. Their mothers are first cousins, and both giants are natives of the County of Hants.

The death is announced of Sergeant James Cosgrove, for sixteen years a resident of Seaton Village, but who removed recently to Newport, Ky. The deceased served in the 47th Regiment of Foot, and was a pensioner on the British Government. He had reached the age of 76 years.

A man dressed in woman's clothing and calling himself Miss Foster has been holding evangelistic services in some of the districts along the north shore of New Brunswick. At several places his methods and manner of exhortation were so feminine that he was not detected. But at Travers' school-house, on the Little Southwest, suspicion was aroused, and he was at length exposed at one of his meetings and forced to decamp.

In a piece of woods adjoining St. Catharines a young man named Chas. Webster and several companions were shooting squirrels. One of them had a loaded gun, and while engaged for some purpose in knocking the butt of the weapon against a tree the gun exploded, and the charge of shot entered the right side and abdomen of Webster, who stood about twenty feet distant. There is a bare possibility that he will recover.

At St. John, N. B., recently Jennie Golden disappeared as suddenly and completely as though the earth had swallowed her. She is fourteen years old, and her mother keeps a grocery store. One morning she sent the girl, who is bright and intelligent, on three errands. The first two were performed all right, and in the third house, Mrs. Maxwell's, the girl stopped to play with the children there. She seemed gloomy and abstracted. She left there, and has not been seen or heard of since that time.

The other evening, the police found a man named John Hill lying on the floor of a shanty in Winnipeg, in an unconscious condition. An empty whiskey flask lay beside him, and he was terribly frozen. He was taken to the hospital, where he died within half an hour. The deceased had a homestead near Beausejour, but had been working as a laborer in the city for some time. It is said he formerly kept an hotel in Strathroy, Ont. He was a man of about 35 years of age, and so far as known, had no relatives in the country.

John Rouse, a teamster for Col. Martin, at Fletcher, imbibed freely of the contents of a whiskey jug at Tilbury Centre, and started for the boarding house of the gang, but had only proceeded 25 yards when he dropped unconscious, dying short a time afterwards. Coroners Bray and Tye were notified, and a jury consisting of six white and colored citizens empaneled. A verdict of death from excessive drinking was returned. Deceased was 22 years of age, and his friends reside in North Buxton. He was to have been married the day following that on which he met his death.

George W. Anning and Maria Anning inherited a large fortune from their father, a St. John, N. B., pawnbroker. Neither ever married, and both lived miserably, meanly, and dirty all their lives. For a number of years previous to their death they never allowed a drop of water to touch their persons, except when drinking. Last summer their house was burned, and the horrible state of filth in which the couple were living was then discovered, and they were forced by the authorities to wash themselves. As a consequence the old man caught cold and died, and his sister sur-

vived him but a short time. Among their bequests are the following:—To the St. John's Firemen's Relief Fund, \$6,000; to the New Brunswick Society for the Prevention of Cruelty to Animals, \$3,000; to the Young Men's Christian Association, \$3,000; to the Protestant Orphan Asylum, \$3,000; to the St. John Free Public Library, \$3,000.

A shocking accident occurred at Lake George, twenty-three miles from Fredericton, N. B., resulting in the death of Mrs. Luke Lawson, a young married woman aged 22, the mother of two children. While passing Lawson's, on his way to school. Allen Ballantyne, aged 17, was barked at by Lawson's dog. He went home, got his brother's revolver, and again proceeded on his way to school. When Lawson's was reached the dog again barked and he fired, but instead of hitting the dog the bullet crashed through a window, entered the breast, and pierced the region of the heart of Mrs. Lawson, who was looking out of the window. She threw her arms in the air and exclaimed, "My God, I'm shot." Mrs. Lawson was alone in the house and no one witnessed the deed. The boy ran into the house where she was writing in a death agony, but was unable to render the dying woman assistance. He then ran for his mother, who soon arrived with other neighbors, only to witness the victim gasping her last breath. The tragic affair created a great sensation in the district. Ballantyne's father brought the boy to Fredericton and handed him over to the authorities and the boy was gaoled.

## Austria-Hungary.

Of the two great Empires which are now confronting each other with a constant threat of war in Eastern Europe, much is known about Russia, and but little in this country about Austria-Hungary. Yet both the history and the present condition of Austria-Hungary are full of deep interest for those whose tastes lead them to enjoy the study of nations and political systems.

As the very name implies, Austria-Hungary is a dual monarchy; that is, two monarchies combined into one by a common tie. There is only one other monarchy of the sort in the world, that of Sweden and Norway, which two countries are still more distinct from each other than are Austria and Hungary, for they have no common government whatever.

Austria, that part of the Empire which lies west of the River Leitha, and Hungary, which lies east of that river, form each a kingdom entirely by itself. The chief tie between them is the fact that the same person is the sovereign of both. The Emperor of Austria is also King of Hungary, and is crowned both at Vienna, the Austrian capital, and also at Buda-Pesth, the Hungarian capital.

But otherwise each Kingdom has its separate Parliament, and its own Cabinet, or ministry. Each makes its own laws, imposes and collects its own taxes, and manages its own public affairs. In each Kingdom, too, the Cabinet is responsible to the two bodies which constitute the national legislature.

There is, however, an arrangement by which the two Kingdoms act in concert as one Empire, in regard to all matters of political moment common to them both. This arrangement consists of a body which is called the "Delegations." The Delegations are composed of sixty delegates from each Kingdom, chosen by the Parliaments, who meet every year alternately at the two capitals, and deliberate upon subjects of imperial concern. Those subjects are foreign affairs, finance, and military administration.

Corresponding to the Delegations, and responsible to them, is an Imperial Cabinet which comprises only three ministers. The first of these ministers is at the head of the department of foreign affairs. The other two ministers hold the portfolios of war and finance. The power of the Imperial Government, as such, is confided, therefore, to diplomatic relations with other powers, the management of the army and the conduct of wars, and the financial measures needed for the departments.

Austria-Hungary was for many centuries a despotism as hard and as absolute as that of Russia to-day. But twenty years ago, as a result of its overwhelming defeat by the Prussians, it became a constitutional monarchy. The Emperor ceased to be absolute; ministers were made responsible to the representatives of the people; and the people were admitted to a very large share in the control of the Government.

As a result of this happy change, the Austrian peoples were accorded liberty of speech and conscience, a free press, freedom of marriage and education, and a widely extended suffrage. An entirely new career was opened to them as one of the great nations of Europe.

Composed as the empire is, of many different, jealous, antagonistic races, of which the Germans, Magyars, Czechs and Slavs are the chief, the task of holding them together as one nation has been difficult. But the attainment of political freedom by these peoples has lessened the difficulty.

The Emperor was never so secure of his dominions when he was an absolute despot as he has been since he gave up a large portion of his power, and shared it with his subjects. The Austria-Hungarian Empire may not be long-lasting; but it is certain that it would have fallen to pieces long ago if despotism had not been abandoned, and if a free constitution had not been granted.

## Cause for Thankfulness.

A country parson, in encountering a storm the past season in the voyage across the Atlantic, was reminded of the following: A clergyman was so unfortunate as to be caught in a severe gale in the voyage out. The water was exceedingly rough, and the ship persistently buried her nose in the sea. The rolling was constant, and at last the good man got thoroughly frightened. He believed they were destined for a watery grave. He asked the captain if he could not have prayers. The captain took him by the arm, and led him down to the forecastle where the tars were singing and swearing. "There," he said, "when you hear them swearing, you may know there is no danger. He went back feeling better, but the storm increased his alarm. Disconsolate and unassisted, he managed to get to the forecastle again. The ancient mariners were swearing as hard as ever. "Mary," he said to his sympathetic wife, as he crawled into his berth after tacking across a wet deck, "Mary, thank God they're swearing yet."

We attract hearts by the qualities we display; we retain them by the qualities we possess.

# HEALTH.

## The Remedies of Nature.

Many years ago an eminent English physician wrote a book entitled "Nature and Art in the Cure of Disease," in which attention was called to the important fact that in the healing of the sick, Nature does the real work, the physician aids by advice and regimen and remedies, but nature repairs the injury or removes the obstacle, and restores the sick one to health. Nature herself supplies numerous remedies which are of inestimable worth in the healing of disease as well as in the preservation of health. The value of such simples as pure air, sunshine, water, heat and cold, exercise, rubbings, diet, etc., is too often overlooked. The *Scientific American* has recently done its readers a service by calling attention to a series of papers on this subject by an eminent English physician, as follows:—

"Presumably it is the intention of these papers to convey important and timely information to the medical faculty; they furnish at the same time a hint to the patient at large, which, if he be wise, he will hasten to avail himself of. Perhaps it is the author's intention that he should, for at one moment he seems to drop his voice to a whisper while admonishing the fraternity that they must stop dosing and drugging, and at another, talks in stentorian tones over their heads, warning the public to look to nature rather than to art for relief from all the minor ailments to which humanity is heir. It may, perhaps be a disappointment to those who have come to lean upon their medical adviser for advice and rely upon him for health, to learn that the effects of fresh air are more potent and enduring than artificial stimuli, and exercise more to be depended on than jalap, attenuations of opiate and belladonna, or even bread pills. He inveighs against the practice, now unhappily prevalent, of attacking the effects, or outward signs, of a disease instead of the cause, or seat, of the malady—a practice which sometimes proceeds from ignorance, though it is often adapted to allay the fears of the patient. A swelling suddenly appears on a man's knee, whereat, says the author, 'he flies in alarm to his physician. The latter sets himself diligently to work to remove the swelling, and, to the joy of his patient, succeeds.' This, he says, 'is like stopping the alarm bells which tell us that a fire has broken out. We should be attending to the fire and let the bells ring.'"

While we may not endorse every line of the above, the truth and good sense which it contains, commends the opinions expressed, to all intelligent persons. The present is an era of progress, and the visible gain in methods of treating disease promises for the future still greater advances in this direction.

## Newspaper Talk about Health.

It is a good omen for any good cause when the newspapers, which are generally devoted to the animadversions and party scheming of politics, undertake to champion the cause of any good reform. It shows a general waking up to the importance of what reformers have been preaching about, almost unheeded, perhaps, for a generation previous. Here are some good thoughts impressively stated, from a contemporary. "It used to be considered fashionable to take no exercise; and the prevailing custom of little, cramping shoes, too short for the foot, and further incumbered with a French heel set in the centre of the sole, helped out the fancy. Very delicate young women who could not walk a mile without groaning, were typical beauties. Now girls learn to row with their brothers, tramp with their fathers, and are quite as fond of the gymnasium as are their masculine admirers. Eighteen inches about the belt is no longer desirable, nor is pallor indicative of good breeding. It is certainly true that we owe our children a culture of the body as well as of the brain. A little fellow with spindling limbs may have his muscles judiciously developed; a little maid with crooked shoulders may become as straight and symmetrical as her neighbor if her parents will attend to her in time. If a mother should permit a girl to reach the age of maturity without learning to read, we would blame her excessively; yet we condone the offense which permits bad teeth, bent shoulders, and sallow skin. In all cases there is a pure tablet upon which to write the record of care.

"There is no doubt about the importance of physical culture. The hair, the teeth, the eyes, and the skin are subject to the influences of digestion, and is not the latter to be almost controlled by the diet, bathing, and fresh air? People go all the year with the pores of their skin clogged, and they rave over the benefit to be obtained at the water-cure, simply because they do there what they neglect at home—bathe regularly, systematically, and particularly. It is, of course, absurd to prescribe certain baths as infallible cure-alls. What will do for a robust person will kill a frail one; but the general rule of frequent and judicious bathing may be laid down. Then comes the fresh air craze. The windows of a house should be numerous and opposite, and there should be patches of God's sunlight on the floor instead of the æsthetic gloom so depressing to the young, who are to be carefully trained. The writer would urge gymnastic exercises ahead of Greek and Latin, and a romp in the green fields before any number of volumes of lore. Let the young people drink in the blessings of health all around us and about us and within reach.

"Last week the writer overheard a very much dressed dame conversing on the street corner with a youth. 'I scarcely know what it is to walk,' she said, 'and I do so dislike exercise.' The close observer took in the cramped features, the heavily powdered skin, with the sallow color looking through, observed the tightly drawn face veil which pinned down the eye-lashes, and shuddered as the eye fell on the pinched waist and narrow shoulders; and this passed for good looks! A girl need not be coarse to be vigorous, nor masculine to have muscles. Her shoulders should be thrown back, her eye keen, and her color good. It is a crime to lose one's teeth at forty, a disgrace to have constant headache at twenty, and indigestion is no more a part of her earthly lot than is soot upon her face. Go to any lunch party, and watch the delicate women tax their stomachs, and yet they wonder why they are fat. We may inquire why certain organic troubles from indigestion of entailment; but we can stop further transmission. Bad breath ought to be looked on as worse than soiled hands, and yet you would scarcely excuse a lady the latter attachment."

# Boys.

Two English teachers were in conversation, and, of course, they were talking of their experiences in school. One was an old man, who, besides having served as mathematical master at Eton for thirty years, had been for another long period master of a great school at Windsor. The other was a much younger man, though at the head of an important institution.

The younger man said, "I shall not live to be as old as you are. The boys will kill me before I reach your age."

The old man replied, "It is the boys who keep me alive."

One of these teachers enjoyed what worried and exhausted the other, and any one who remembers his school-life can give a pretty good guess at the reason. In a school of a hundred boys, at least ninety are usually so well-disposed that they give little wearing trouble to a faithful and intelligent teacher. The distress and exhaustion are caused by the remaining ten, some of whom are stupid, others careless, others merely nervous and restless, and, perhaps, two or three really depraved.

The art of governing a school consists chiefly in knowing what to do with the lower ten, and it is just that part of the art which is least capable of being communicated. Every boy is a new case, requiring special study and peculiar treatment. Yet it is the ninety good boys who can most readily influence the others. Not long ago four or five of the lower ten were engaged in the mean sport of making fun of a poor old woman who lost her mind many years ago by the sudden loss of her children. She was a harmless, good creature, who went about chattering words without meaning, and these thoughtless, cruel boys were pulling her dress and laughing at her.

One of the upper ninety came along. He did nothing violent, nor did he indulge in indignant speech. He merely said "Fellows, it is mean to treat this old woman so." That was all, and it was enough. They desisted, and the poor woman went her way in peace.

When the ninety act in that manner throughout, the ten will not kill their teachers, and they themselves will probably escape hanging. The worst boy dare not face the public opinion of his school, if it is expressed so that he knows what it is.

## Difficult Queries.

The wisest man may easily be puzzled by the questions of a child, and when any person exerts himself to coin out-of-the-way queries, there is no height of impracticability which he may not reach. Many questions were forwarded to the London Universal Information Bureau lately, in a competition to see who could propound the most perfect poser. It would be hard to say which of the jokers succeeded best, among those who sent in the following:—

What is the name of the oldest inhabitant of Pekin?

How many trees has Mr. Gladstone felled in his life?

How many paving-stones are there in the city of London?

Please tell me the depth in the deepest place of the sand in the Great Sahara Desert?

How many panes of glass are there in windows in the whole of London?

Who was William the Conqueror's first boot-maker?

What is the degree of relationship between Mr. Gladstone and Cain or Abel?

How many honest men are there in the city of London?

How many stones have been thrown into the Serpentine River in Hyde Park, this year, by boys and by girls?

What was the price charged for the first glass of ale publicly sold by the first licensed victualler granted a license in England?

Explain the origin of evil.

Where are the bones of the late Gen. Gordon, the hero of Khartoum?

How many milestones are there on the "Road to Ruin"?

Who was Pontius Pilate's great-grandmother's washing-woman?

Where do all the gins go to?

Are there any shell-fish at the source of the river Congo?

One questioner asks, "Who made the first shirt?" calmly adding, "A simple question, but I don't believe it can be answered."

## For Parents.

The mistake of many earnest reformers has been in attempting to put the State in the place of the parent—society in the province of home. It has been thought more rational to limit liquor-selling than to so train boys that they would not want liquor—a better philosophy to curb the supply than to kill the demand.

For example, farm life has been in general left so rude and barren that the young have sought their vocation elsewhere, in the midst of temptations. Home life in towns has been too often conducted without reference to the innate and innocent desire of folks for recreation, and the boys have drifted out upon the streets and into taverns and bad companionship, when they might and should have been finding their enjoyment at home. Too busy fathers and too weary mothers, and too careless sisters are the ruin of many a promising lad. "You must not!" from the father, and "You ought not!" from the mother, have been relied on to keep him from evil ways, while he was left to himself for entertainment. And so, instead of playing with his sister or with his father at home, the boy has played over a mug of beer with some mates after the shop was shut up.

Most lads would prefer a cosy sitting room at home, where they were at liberty to bring their companions for innocent games or cheerful music, to a rendezvous in a tavern. But with a home that is all command and no concessions, all preaching and no pleasure, all duty and no fun—a dull, tread-mill, old-folks sort of place—it is a matter for deep regret, but not of wonderment, that the boys drift away from it. Keep hold of your children if you would save them, parents. And remember that the real forces are those of love, expressed not in care merely, but in sympathy, co-operation, participation and real companionship.

## "In Mitigation."

The Laird of B—, having given over his coachman notice to quit for having returned the carriage coming home from a dinner party, was waited on by the defaulting next morning. He admitted his offence, but in mitigation said, "I wasna see very drunk, and gentlemen, ye ken, whyles get drunk." "Weel," was the reply, "I dinna say ye were very drunk for a coachman, see aff ye go."