

HOUSEHOLD.

THE HOUSEKEEPER'S RUT.

There is nothing in which the dreariness and inadequacy of the average housekeeper is more conspicuous than the dreadful monotony, the eternal repetition of the common place dishes she serves to her suffering household. It is always the same story with her, she "doesn't know" what to have for breakfast, dinner, or supper, but she always does have the same things—the same fried potatoes, the same "picked up" codfish on the same morning in every week in the year. She often speaks of her desire to make "change" and "variety," but nothing is farther from her temperament or her possibilities. She is essentially wedded to her prejudices, which have made the "rut" in which she runs, like a wheel on a car track, all the year round, to move to the right, or the left, would be to make mischief for her. New facts, new discoveries, new systems, make no impression upon her; she continues to use "mixed" tea, from habit and prejudice, though she knows that there is no such thing as a natural "green" tea, and that the coloring matter used in making tea green is poisonous. Her family lose their appetites or grow dyspeptic, but the routine is the same, the same flat, insipid rice-pudding or apple-pie, the same tough, over-done steak and under done mutton; the same doughy bread and occasional hot biscuit, which make pellets hard as bullets for the stomach to act upon, and the same mixture of chickory and hot water for true coffee.

It would not seem possible for the housekeeper who lives in this rut to surprise her household occasionally with fresh, steaming cocoa for breakfast, instead of what she calls "coffee," or with light, delicious rice-cakes, or with well-boiled hominy, instead of the ever recurring oatmeal, or with rice fritters, a richer rice-pudding, in place of the flat, sloppy concoction of something floating in curdled milk and water, which she (not jokingly) calls pudding.

Indeed, the housekeeper who lives in a rut never jokes, life is a serious business with her, as it is to the unfortunate members of her family. She is never inspired with an idea, would not act upon it, if she had one, for their benefit, because it would give her "trouble"—everything that has to be done, or that is done, is a trouble to her. Life itself is a burden, because she always carries it in the same place, and the fact that people eat, and must eat, and that she has to look after what they eat, is a never ending grievance. She has no pleasure in the infinite variety which the markets afford, in the changes which the seasons bring, it only means that something costs more, or less, generally more, and gives her a fresh source of trouble.

The temper of mind produces its natural effect upon the body; such a woman is apt to be sick, and is always "nervous," the modern term for cross, and the habit of looking out for the unpleasant side of things, instead of their bright and cheerful side.—Good food, food that tastes well, and digests well, is the most important factor in the general health and happiness of the household. To obtain it, the personal supervision and assistance of an intelligent mistress of the house is needed, a woman with a "genius" for housekeeping, the genius being simply the capacity for taking any amount of trouble in order to do things as they should be done, and not making trouble of it. In a country so prolific as ours, every one ought to live well, and it is popularly supposed that every one does, but there is probably no country in the world where so little satisfaction is obtained from the amount expended, and the reason lies largely in the ignorance or indifference of the household's mistress; her failure to understand her duty, and make the most of her opportunities.

CHOICE RECEIPTS.

BROILED SAUSAGES.—Split them in two lengthwise; place them between a double wire broiler and broil on the flat sides first; then turn and broil on the other; arrange a mound of hot apple sauce in the center of a hot, flat dish, arrange the sausages upon it and serve. One of the disagreeable features about sausages is the ordinary mode of cooking, which is to fry them. The spattering fat covers the range, and the ascending smoke fills the house. This may be avoided by simply putting the sausages in a baking pan and cooking them in the oven. In this way you avoid all smoke and disagreeable odor. A pound will cook brown in ten minutes in a hot oven.

RICE GRIDDLE CAKES.—Wash and boil tender a pint of rice; drain, and add a pint of warm milk and a scant teaspoonful of salt. Beat up separately the yolks and whites of four eggs. Add to the yolks two ounces of melted butter, and stir them into the rice. Stir into the mixture half a pint of flour, then add the whites, and, if too thin, add a little more flour. Beat the mixture well. Grease the hot griddle after each batch, and serve on hot plates. If a cover is used when they are sent to the table, use one having a hole in the top, otherwise the cakes will be heavy, and all the work in beating the batter to make it light will be wasted.

RICE SOUFFLE.—Wash a pint of rice, put it in a saucepan and add a pint of boiled milk and a small piece of stick cinnamon; boil until the milk is absorbed. Remove the cinnamon. When cold, add the beaten yolks of four eggs and an ounce of sugar beat together, to the rice. Have ready a quantity of stiff foam made from the beaten whites of six eggs. Whisk it into the rice, and beat the mixture thoroughly; pour it into a buttered dish, bake to a light golden color, and serve the moment it leaves the oven.

POTATOES, FRIED A LA SOUBISE.—Boil two quarts of medium sized potatoes, peel and mash them to a fine flour. Peel and boil two med. sized Spanish onions; chop them up and rub through a sieve, add the onions to the potatoes. Add two ounces of sweet butter, two saltspoonfuls of salt and half a saltspoonful of white pepper (black spoils the appearance of the potato); work the ingredients together, and if too dry add a little warm milk; roll the paste into neat little cakes or balls, dip them in beaten egg, roll in crumbs and fry in plenty of hot fat.

BOILED LEG OF MUTTON.—Leg of mutton, when boiled to a turn, is a very acceptable joint, and also a very profitable one for small families, as many excellent dishes may be prepared from that not used at the first meal. Rare mutton is indigestible, but it should not be over done. Put the leg in an oval boiler, cover it with plenty of fast-

boiling water, slightly salted; skim off the rising scum, as it will discolor the joint if it comes in contact with it. A medium sized leg of mutton requires nearly two hours and a half to boil. A purée of young spring turnips, with a sauce made of melted butter and flour, with small capers added to it, is the most popular sauce to serve with boiled mutton. The capers do not need cooking, but should be added to the sauce before serving.

In response to an inquiry for best method of making Graham gems, a correspondent sends the following formula, as one which has been used successfully for years—To one and one-half cups sour, or buttermilk, one even teaspoonful of "baking" soda. Stir in good Graham flour till a stiff batter is formed; add a pinch of salt and pour into heated iron gem pans, and bake fifteen minutes in a hot oven. Success depends on having the pans well-heated, and baking quickly, also thoroughly stirring the mixture before pouring into pans. This quantity makes one dozen gems.

SCIENTIFIC.

To make a horse sleek and its hair bright and glossy, feed it on whole wheat or wheat bran.

The quantity of food that a man absolutely requires is neither more nor less than will supply the daily waste—in other words, enable him to perform his mental and physical work and still keep intact the weight of his body.

A good mixture for chapped hands is composed of carbolic acid fifteen grains, the yolk of one egg, glycerine three drams. A little of this is to be rubbed into the hands several times a day if the skin is not broken.

To clean discolored marble: Take two parts of sodium carbonate, one of pumice stone, and one of finely-powdered chalk; mix into a fine paste with water. Rub this over the marble, and the stains will be removed; then wash with soap and water.

An eminent physician is reported as having said that many lives are lost by starvation owing to an overestimate of the nutritive value of beef-tea and meat juices. In typhus and typhoid fever, he says, there is no good substitute for milk and eggs.

A German test for watered milk consists in dipping a well-polished knitting needle into a deep vessel of milk, and then immediately withdrawing it in an upright position. If the milk is pure, a drop of the fluid will hang to the needle; but the addition of even a small proportion of water will prevent the adhesion of the drop.

To brighten and polish nickel-plating on a bicycle and prevent rust, apply rouge with a little fresh lard or lard-oil on a wash leather or a piece of buckskin. Rub the bright parts, using as little of the rouge and oil as possible; wipe off with a clean rag slightly oiled. Repeat the wiping every day and the polishing as often as necessary.

Articles of food fried in drippings are not only more palatable than those fried in lard, but more wholesome. Indeed there are many persons whose stomachs will fight against any food fried in lard, yet take kindly to that where dripping has been used. It may be utilized too not only for frying, but for pastry purposes, in the making of which good beef dripping is far preferable to the common butter.

Suet combined with salicylic acid has been pronounced by the German army surgeons to be a cure for extreme sweating of the feet. Two parts of pure salicylic acid are combined with one hundred parts of the best mutton-suet and applied to the feet. The War Minister of Germany has ordered the preparation to be introduced into the army medical stores.

A farmer writes that twenty five years ago he set split white oak posts for his garden fence, putting about a peck of air-slaked lime about each, and they are all good yet. He attributes their good condition to the effect of the lime, in which he is doubtless correct. A board that has been used in a mortar-bed and thoroughly saturated with lime is almost indestructible from decay.

Dr. Crudelli of Rome gives the following directions for preparing a remedy for malaria which may be worth trying, as it is said to have proved efficacious when quinine has given no relief. Cut up a lemon, peel and pulp, in thin slices, and boil in a pint and a half of water until it is reduced to half a pint. Strain through a linen cloth, squeezing the remains of the boiled lemon, and set it aside until cold. The entire liquid is taken fasting.

Dr. Oppler of Strasburg has discovered in burnt coffee a new antiseptic dressing for wounds. The action appears to be twofold; first, that produced by burnt coffee as a form of charcoal, and, secondly, that which is due to the pungent aromatic odors which are fatal to the lower organisms. As coffee is always on hand in military expeditions, it will be especially serviceable as a dressing during wartimes.

A pair of boots or shoes thoroughly soaked are not easy to dry without being left in an uncomfortably stiff, if not shrunken condition. A very simple device will make the drying process comparatively safe. The wet shoes should be thoroughly stuffed with paper, which serves not only to keep them in shape, but hastens their drying by absorbing the moisture.

Base work, so soiled by dirt, smoke, and heat as not to be cleansable with oxalic acid, may be cleaned by thoroughly washing and scrubbing with soda or potash lye. Then dip into a mixture of equal parts of nitric acid, sulphuric acid, and water; or, if it cannot conveniently be dipped, make a small swab of woolen cloth on the end of a stick, and rub the solution over the brass. Leave the acid on for a moment, then wash clean and polish.

An oilcloth should never be scrubbed with a brush, but, after being swept, should be cleaned by washing with a soft flannel and lukewarm water or cold tea. On no account use soap or water that is hot, as either would have a bad effect on the patent. When the oilcloth is dry, rub it well with a small portion of a mixture of beeswax softened with a minute quantity of turpentine, using for this purpose a soft furniture polishing-brush. The following is also used to make oilcloths look well. Wash them once a month with skim-milk and water, equal quantities of each; rub them once in three months with boiled linseed-oil; put on a very little, rub it well in with a rag, and polish with a piece of old silk.

Flowers that Bloom.

BY ANNIE L. JACK.

If I could only have one packet of flower seed it should be the Pansy with its magnificence of color and rich velvet beauty. Some people see various faces in every pansy, but to me they resemble a young girl of piquante beauty to whom rich dress is becoming, and now and then I have seen a pansy girl. It is called *viola tricolor*, from the triple color of the flower, which derived its name from the French *pensee*, a thought, from its habit of hanging its head as if in a thoughtful attitude. The seed germinates easily sown in good garden soil, and the plants are not subject to insects of any importance, nor to disease, but require a cool and rather shaded position in the garden, as they do not stand drouth, and I have known a whole bed to be lost through the intense heat of a few days in midsummer. They are readily propagated by cuttings, layers, or dividing the roots, and in some conditions the cuttings make the best plants, if broken where they snap easily and put into warm sand. Plants that are weak the first year often do their best the second spring, and the best protection during winter is found to be leaves or evergreen branches. Some years ago a double pansy was introduced, but it was a monstrosity and possessed no beauty apart from the novelty of the flower. The first attention given to the pansy as a florist's flower was by a woman—a Miss Bennet, and in her father's garden she had a little bed where new varieties were propagated. From this small beginning the rage commenced for this beautiful flower, without which no garden is complete. A friend of mine to whom the pansy is the loveliest of flowers, has them in midwinter by keeping a small bed in a sheltered spot near the house, and keeping them covered with evergreen branches that are put on before frost destroys the blossoms and buds. During a thaw in winter, and sunny March weather, she can gather some of the flowers, a great pleasure to herself and a genuine surprise to her friends with whom she generously shares them. Faithful and true, sweet pansy; first to bloom in spring in our chilly climate, and last to leave us in the bitter autumn frost. Well worthy of careful culture is this constant flower.

CHEALTAUGAY, QUE.

The Empress of Austria's taste for field sports is by no means exceptional among ladies of rank in Austria and Hungary. A little while ago the Crown Princess accompanied her husband on a shooting expedition, and proved herself to be an excellent shot. The imperial hunts in Hungary are always frequented by a number of ladies belonging to the higher court circles. As a matter of fact, the predilection of the Empress for hunting is fully shared by the ladies of the Austro-Hungarian aristocracy.

LARKS.

Immense Numbers Captured for the London Market.

Flock after flock of larks have crossed the North Sea and the channel this winter, congregating in vast numbers wherever the ground appeared to afford a likelihood of food. On Rayston Heath, a favorite locality for this bird, thousands have been netted, not less than 800 weight having been sent to London within a few days, according to the London Standard. The poultry shops were festooned with their bodies, and if the snow had not disappeared, the chances are that the supply would have been practically inexhaustible. The sky larks are not a migratory bird in the true sense of the term. That is, it does not, like the cuckoo, the nightingale, or the swallow, seek a warmer climate at the first approach of winter. But neither is it like the sparrow, the rook or the grouse, a steady resident in the same district all the year round. It fits backward and forward as the demands of its larger require. If the country is covered with snow, or hard frozen, it seeks a more congenial region returning again when the local obstacles to its comforts have disappeared. As the continent is more regularly subject to snow-storms than these islands, this local migration goes on more frequently to England than from it. This fact the bird-catchers are so well aware of that when they hear of snow in Holland or Germany they prepare their nets and snares for the coming exiles. For weeks not a lark may have been seen on a particular heath. Then suddenly one morning they appear in countless numbers. It is from these stray flocks in search of food that the London market is supplied with the 20,000 or 30,000 which sometimes reach it in a single day. It has been estimated that, at the smallest, £2,000 worth are annually sold in the metropolis alone. During the winter of 1867 68, 1,255,000 larks, valued at £2,260 were taken into the town of Dieppe, and the same thing happens almost every year.

There is getting to be quite a taste for English plays in Paris. Two versions of "Hamlet" are in prospect, and one of them—that for the Francais—is actually in rehearsal. M. Sully will be the *Hamlet*. When Irving last played the part he went over to study his interpretation. Mr. Willis's *Olivia*, in the "Vicar of Wakefield," is also being freely adapted for the Parisian public, being found in its English form too tame. Jane Hading is to play Ellen Terry's part. She will look very beautiful. Demala is to be the *Vicar*.

The King of Bavaria is not so badly in debt as was supposed. He owes only about \$4,000,000—a paltry sum for a king—and he has abundant means to pay the greater portion, if not the whole, with something left over to make the pot boil.

VARIOUS TOPICS.

The sidewalks and fences of Washington are almost covered with chalked requests to the public not "to shop after 6 P. M."

It is thought that a dozen shots from the new German bomb, charged with dynamite shells, would destroy the strongest fortifications in the world.

Astronomers promise that a bright comet will be visible just before sunrise during the latter part of May. It is the comet of "1856," discovered lately by Prof. Barnard.

Mrs. Desdemona Wadsworth Fallmer Smith, who died recently in Salt Lake City, aged 76 years, was one of the first of Prophet Joe Smith's wives.

There is a smart little girl in Cedar Rapids, Nebraska. She is 9 years old, and the other day she wrote an account of a children's party, set it up in type, and corrected the proof, and the work was well done, too.

A Texas editor is one of the curiosities in Washington at present, by reason of his extraordinarily long hair. He was a Whig in 1844, and made a vow that he would never shave his beard or cut his hair until Clay was elected President.

Several citizens of New Haven, with worthy forethought, have had their graves dug and tombstones erected. The graves are stoned up and sealed over, to protect them from the weather, and the stones are all lettered, except the date of death.

J. H. Wishek started on horseback to take a day's journey in McIntosh county, Dakota. A blizzard swooped down on him, he lost his way, and stood behind his horse all night and with his pistol kept off a pack of prairie wolves. When day broke he found that he was within a few hundred yards of the house he was seeking.

Naturalists now count no less than 1,870 different kinds of fishes in North American waters, of which 590 live in the rivers and lakes, and 550 kinds belong to the Pacific. Of the remainder, 1,105 dwell only in the deep waters of the Atlantic and Gulf of Mexico, never approaching the shore or the surface.

The son of the late Admiral Farragut is about to return to Capt. James D. Johnston of Savannah the sword surrendered to Farragut on the 5th April, 1864, when the Confederate ship Tennessee was captured in Mobile Bay. The sword was made in Mobile, and its owner's name is inscribed upon the blade.

The new headquarters of the Salvation Army now about completed in Toronto has a frontage of 206 feet and a depth of 100. The auditorium will seat 2,500 persons, and there are all the conveniences of the modern church. This "Salvation Temple," as it is called, cost \$40,000, which has been raised by bazaars, special subscriptions, collections, and the like.

The gross revenue of the British Post Office last year was £10,032,483; the expenditure was £7,386,185, leaving a net revenue of £2,646,298, less by over £40,000 than in the previous year. The number of the staff required to carry on the business of the department is over 48,000, of whom some 3000 are women, who are employed as clerks, telegraphists, attendants at the counter, or as sorters.

Frank Phillips of Bethel, Sullivan county, when going to church on a recent Sunday saw a bear lying under a stump near the road. He got a rifle and a couple friends with rifles, and they attacked the bear. She would not run, but fought gamely, and was not killed until thirteen shots had been fired at her. Then it was found that she had been protecting four baby bears, only a few hours old. The cubs were cared for and are growing like pigs.

John Turner, of Livermore, Me., over 70, hearty, rugged, once Democratic candidate for Sheriff, for years thought to be rich, is in jail because he won't pay his poll tax. He has transferred all his property to his son, who wants to pay the \$2; but the old man refuses to permit him, and says he is past the age when men should pay a poll tax; that he has no property; and will make this a test case as to whether a pauper shall be taxed by a town.

James R. Miller, of Camden county, Mo., was bitten by a dog that he thought was mad. He at once set out for Booneville where he had heard that there was a madstone. A Mr. Bowen had one, and it was applied to the wound to which it readily adhered for a time. When it fell off it was washed in warm water and then applied again. This was done three times, and then the stone would cling no more. Mr. Miller had a wound on his hand made the same day on which the dog bit him. The stone would not adhere to this at all.

Money in large quantities is being received by the trustees of the National Roman Catholic Unity, and the original \$300,000 given by Miss Mary Gwendolen Caldwell of N. Y. as a foundation fund has been nearly doubled. It is thought that when the trustees again meet which will be in the last week in April or the first in May, in Baltimore, that the \$600,000 thought necessary before beginning building will be subscribed. About \$250,000 will be spent upon the building at first, and the remainder of the fund will be used for the endowment of professorships.

Mr. and Mrs. William C. Ramsey, of St. Louis, did not live very happily together. He was jealous and quick tempered, and they disagreed continually. Often she would try to bring about a better state of affairs, and one day made an unusually strong effort to effect a reconciliation. At last he parted from her with words of affection, telling her to be sure and be at home at 4 o'clock that afternoon, when he would send her something nice. She was very happy, and stayed at home anxiously waiting for the present. It came promptly on time, and proved to be a copy of the petition for a divorce filed that morning by her husband.

Bandits are becoming troublesome in Mexico. J. T. Preston, who reached El Paso on Feb. 15, wounded, reported that while he and Mr. Howser, a former citizen of Council Bluffs, were camped and taking dinner, two Mexicans, who pretended to be hunting cattle, came up. Watching their chance, they shot Howser dead and wounded Preston. The latter closed with the Mexicans, knocked one down and mortally wounded the other, and then fled to Parral and informed the authorities. An ex Mayor of Memphis, with several companions, was recently attacked by bandits in the same part of the republic. The authorities are extremely apathetic.



SPRING DRESSES.

FIG. 1.—This shows the "Mellina" polonaise made in olive camel's-hair serge, the small frise girdle corresponding in color with the ground. The plain gored skirt has the same olive tint, but the material is etamine and camel's hair in alternate stripes. The garniture on the polonaise consists of bands of the striped goods. It is tight-fitting, the drapery is particularly graceful, and the trimming is arranged in a very becoming manner. Serge, cashmere, checked, striped or plaid goods, or any of the rough-surfaced materials, can be made in this way also, pongee or summer silk, and it is also a good design, if the trimming is omitted, for washable goods. A medium size will require seven yards and one-half of goods twenty-four inches wide, or four yards and one-half of forty-eight inches wide; and seven yards of flat trimmings to trim as illustrated. Price of pattern, thirty cents each size.

FIG. 2.—This simple street costume consists of the "Norfolk" basque and "Madelina" skirt made in gray serge,

the skirt trimmed with rows of black velvet ribbon. The basque is finished at the edges with machine-stitching, and fancy gray and black buttons complete it tastefully. The gray serge hat has a moderately high crown, the rolling brim is faced with black velvet, while a stylish arrangement of black and gray velvet ribbons and velvet tips contributes to the general good effect. Dark gray mousetails are used. The quantity of material required for a medium size of the "Madelina" skirt is eighty yards and one-half of plain goods twenty-four inches wide, and four yards and three-quarters of figured goods the same width will be required to make this skirt as illustrated. Six yards of braid will trim with one row where represented. Price of pattern, thirty cents. For the "Norfolk" basque three yards and three-quarters of goods twenty-four inches wide, or two yards and one-eighth of forty-eight inches wide will be required for a medium size. Price of patterns, twenty-five cents each size.