

THE HOME.

VEGETABLES FOR MEAT.

A very nice soup may be made without meat, using peas, beans and lentils, adding a little butter and flour to bind it together. The peas, beans and lentils are among the most nutritious vegetables.

Nuts we use in various ways. They may be eaten in their natural condition with the addition of a little salt, or they may be made into salads. A potato and nut salad is very nice, or a nut and celery salad, and also nuts, apples and celery combined.

To make the salads, cut the nuts up in not very small pieces. Make a French dressing first, and when the nuts and celery are ready to put together cover them with French dressing and put into the refrigerator for about two hours. Then, when you are ready to serve it, put on some mayonnaise dressing, making it stand up stiffly.

To make the French dressing, use one tablespoonful of vinegar and two of oil, a saltspoonful of salt and a shaking of pepper, one clove of garlic, cut into small pieces, and soak in the vinegar a few moments before you make the dressing, and then strained out. When one cannot get the fresh vegetables, the canned vegetables make very nice salads; for instance, canned asparagus or canned beans.

A very pretty salad is made of oranges and walnuts, with the mayonnaise dressing. Slice the oranges and leave the nuts whole. The French dressing may be substituted for the mayonnaise dressing if one dislikes the taste of oil. Bananas are also very nice mixed with nuts as a salad. When one is travelling, and does not have time to get a luncheon, a very nice meal can be made of salted peanuts and a little of sweet chocolate. This makes a very nutritious luncheon, and is always convenient to get at a station.

Cheese is another of the things which we use in place of meat, either combined with bread crumbs and egg as a pudding, made into a Welsh rarebit, or eaten with bread as a sandwich, and it may also be made into a salad.

People who board can always buy beans canned in various ways, which may be used instead of meat. The kidney bean and lentil are used by the vegetarian to make brook stock, these being of a dark color. Soak the canned beans over night, a pint of beans to two quarts of water, cooking them long and slowly till the beans are soft. Then press them through a strainer and add the butter and flour, making a very nice brown stock. The white stock is made of the white beans.

There are certain kinds of vegetables which may be fried and eaten with stock. Squash may be cut in slices and fried like sweet potatoes, and sweet potatoes may be fried and eaten with a sauce made of the kidney bean.

Brown bread and curd cheese makes an almost perfect diet. To make the cheese, heat milk which is not very sour, add a little rennet, strain through a cloth, and press it into shape, season it with a little salt, pepper and butter or with a little cream. Spread on the brown bread. This is a very nice way to use up milk which has just begun to turn.

CARE OF FLOOR COVERING.

Where rugs are used the time of regular house cleaning never comes. The rugs are shaken frequently, and there are no dusty carpets to remove at the close of the season. In cleaning rugs never shake from the end; it is apt to pull them. Shake from the side. In sweeping turn them face downward; when a rug has only one side, then beat or sweep. Otherwise, the dust is beaten into instead of out of the rug.

For sweeping a dusty carpet use damp bran or paper. Tea leaves, which are often used to absorb the dust, are likely to leave a stain on a delicate carpet.

A carpet can be wiped over with a little salt and water, but if the salt gets into the edge of the carpet it will rust the nails and they will break off. A carpet should always be swept the way the nap, never against it.

To prepare for sweeping, the drapery may be rolled and covered, and it is well to have a soft bag to slip it into. The fireplace should be cleaned, the register, if there is one, lifted carefully dusted out underneath, replaced, and then covered, while the sweeping is in progress. If the register is not removable, it can be cleaned by means of brushes or soft cloths. In houses otherwise well kept there may sometimes be seen a register choked with dust, and dust has been known to remain so long in a register that it becomes hard baked, almost to stone.

For cleaning the spots on the carpet, ox gall or ammonia and water are excellent. The proportion is one tablespoonful of household ammonia to four quarts of water, or use one tablespoonful of ox gall to one quart of water. Apply with a sponge or flannel, not too wet, and rub until nearly dry. Lime spots may be removed with vinegar. This must be used quickly and washed off immediately. For soot, cover with salt or corn meal, and sweep up. To remove ink spots, pour on milk; and as it becomes colored absorb with a blotting or other soft absorbent paper; coarse butcher's paper is good. As soon as the ink is removed wash with warm water and castile soap—nothing stronger—to remove the grease of the milk. For grease cover with magnesia or corn starch, pulverized. Let stand with a coarse paper above it, on which rest a slightly warm iron. Fuller's earth or buckwheat may be used.

Colors that have been taken out can be sometimes restored by sponging

with weak vinegar. If the color has been taken out by an alkali, sponging with chloroform is often effective.

For sun-streaks on furniture, a preparation of one-third sweet oil to two-thirds of alcohol is excellent. Then polish with a cloth slightly dampened in kerosene.

Bare floors need to be wiped daily, and should be well swept with a hair brush before wiping. Matting should be cleaned two or three times a week, swept, and then wiped. Sweep with a brush, and then go over with a cloth or hood on a broom. The windows should be closed to allow the dust to settle, contrary to precedent. The wind blowing in scatters the dust around. A little salt and water may be used for wiping off the matting, but care should be taken to wipe it dry after using the salt.

VENTILATION OF BEDROOMS.

Is sufficient attention paid in every household to the great importance of having bedrooms well ventilated, and of thoroughly airing the sheets, coverlets and mattresses in the morning before packing them up in the form of a neatly made bed? If two persons are to occupy a bedroom during the night, and try the experiment of weighing themselves when they retire and when they rise, they will find that their actual weight is at least a pound less in the morning. Frequently it will be found that there is a loss of two or more pounds, and the average loss throughout the year, will be a pound or more. This loss is due to the fact that the body is losing weight through the pores of the skin. The escaped matter is carbonic acid and decayed animal matter, or poisonous exhalation. This is diffused through the air in part, and what is far more disquieting, part is absorbed by the bedclothes. Hence the necessity, as we pointed out above, of thoroughly ventilating bedrooms, and above all of thoroughly and perfectly airing everything that goes to make up the bed. Mothers of families should look well to this.

POTTED MEATS.

Potted meats are exceedingly "convenient to have in the house," for they help the lunch out from many a corner, and in the hurried getting up of prime lunches they are almost indispensable.

Potted Beef.—Cut two pounds of lean beef into dice, and put it in an earthen jar, with a quarter-pound of butter at the bottom. Cover closely, and set in a kettle of water to boil. When half-done, add ground cloves, nutmeg, allspice, mace, salt and cayenne to the taste. Cook till very tender, allow to get cold, then pound to a smooth paste, in a mortar with four anchovies, washed and boned. Add melted butter till of a soft pasty consistency, then press into small pots, and pour melted butter over. This will keep for a long time. Some pour vinegar over this meat when the spices are added, and slicing it cold, serve as a breakfast dish.

Potted ham, has an especial relish, and the homely, ragged pieces can be utilized. Mince the meat very finely, allowing as much fat as lean. Season with cayenne only, pound to a paste, and pack in small jars, with melted butter over the top. Dainty, thin sandwiches, made of potted ham, with a bit of mustard added find quick acceptance with hungry picnickers.

LIQUID FERTILIZERS FOR PLANTS.

Liquid fertilizers are never failing renovators and some kind or other is within the reach of all. A few drops of household ammonia in a pitcher of water are not lost on indifferent plants. A weekly application of soap-suds is recommended. Commercial plant food is good but in some respects is not equal to barnyard manure, although clearer and easier to handle.

A few table-salt bags filled with various manures securely tied, a pail and an old dipper, are the essentials and can be tucked away in an obscure corner of the back porch or shed, ready for hot water as the occasion demands. Pour water on the bags in the watering pot and the soluble parts will be leached out. Five or even 10-lb bags are good size for a pail of water; and the cloth is just coarse enough for a strainer, keeping back fine straw and litter which might otherwise clog the watering pot.

Hen manure is of great value but must be used judiciously, for the percentage of lime in its composition is larger than that of any other given analysis. Dove manure is even better, for it contains more organic matter, nearly as much nitrogen and a third less lime, which makes it safer to use. Sheep manure has also been known to produce marvellous growth which may be attributed to the unusual amount of organic matter it contains. Cow manure is, perhaps, safest and best of all for general use, as it contains all things in moderation.

SOMEBODY SAYS.

Pineapples keep much better if the green crown at the top is twisted off. The vegetation of the crown takes from the goodness of the fruit. The crown may be temporarily restored, if desired, as an ornament in serving the pineapple whole.

Some housewives save lemon peel. After using the juice or jelly or lemonade, where a number of lemons have been used, the peel should be washed and dried in the oven, then grated and put in a tin. It is useful as flavoring for puddings and various forcemeats.

The acid of the tomato will remove ink stains from white cloth. Apply the tomato juice to the ink spot before the water has touched it. A little rub-

bing may be necessary, and after the stain is out, wash thoroughly in water. It should be said that different inks have different staying qualities—some of them being very persistent, but upon the kind tried, an ordinary black ink—the tomato juice was entirely successful.

CANADIAN WHEAT.

Loading Up All the Steamers with the Grain That is Going to England.

The contracts made by Ontario grain exporters have pretty well absorbed all the ocean steamship space at Montreal, and large quantities of grain are now being sent forward for export, via Portland, Me., and St. John, N.B., over 500,000 bushels, it is said, having been engaged. The Grand Trunk rate is 30 cents per 100 pounds on wheat from Midland through to Liverpool, via Portland, and the Canadian Pacific rate from Owen Sound through to Liverpool, via St. John, N.B., is 26 cents per 100 pounds. Very large business in Ontario flour is being done by millers both to Great Britain and to Newfoundland.

Ontario millers occupy a favorable position in export trade, as they are buying their fall wheat at about 11 cents per bushel cheaper than it is selling in Toledo and Detroit, and 17 to 18 cents cheaper than Manitoba wheat costs at Goderich and Gan Sound. Ontario millers are, therefore able to sell at 40 to 50 cents per barrel less than Americans can lay out the same grades in Newfoundland. It is said that Ontario millers have exported 800 per cent. more spring wheat flour than they did last year. The total grade exports this season to the close of last month from Montreal were 23,478,904 bushels, as compared with 15,698,784 bushels for the year previous.

A ROYAL MATCH-MAKER.

Denmark is a small country, which does not have a large part in the world's affairs; but its court is an important one by reason of its marriage alliances and the personal influence of the king and queen. Whenever there is a court ball at Copenhagen, one of the liveliest dancers is King Christian IX, who is still young at heart, although close to his eightieth year.

His wife, Queen Louise, is his senior by several months and has ceased to dance in the royal quadrilles. She has been one of the most successful match-makers in Europe, and still takes keen interest in this royal sport. For her oldest son, the crown prince, the queen found a suitable partner nearly thirty years ago in Princess Lowia, daughter of the King of Sweden and Norway. Her oldest daughter became the Princess of Wales, and her second daughter the wife of Alexander III, and mother of the present Tsar of Russia.

Her second son, after his election as King of Greece, married a Russian grand duchess. With one grandson on the Russian throne, and another, the Duke of York, destined to reign in England, and with two other grandsons heirs to the crowns of Denmark and Greece, Queen Louise may be described as the grandmother of four emperors and kings.

Two other marriages this a-droit match-maker has arranged. Her third son, Prince Waldemar, married Princess Marie d'Orleans, daughter of the Duc de Chartres, and her third daughter became the wife of the Duke of Cumberland, a great-grandson of George III, of England, who might have been King of England if Queen Victoria had died in her girlhood.

These were marriages which brought great fortunes into the Danish family, for the Orleans princess was an heiress and the Duke of Cumberland was also rich.

Queen Louise, having married off all her children with marked success, has begun to arrange a new series of alliances for her grandchildren. Her theory has been that the reigning house of a feeble country like Denmark can be converted into a centre of influence in Europe by discreet and ambitious marriages. She acted upon this principle when she advised her grandson, the Crown Prince of Greece to marry a sister of the German Emperor.

The queen is not only a match-maker, but also a woman of great force of character and a good mind. Her influence has been felt in the family councils of royalty throughout Europe. The late Tsar and the present Emperor of Russia has attached great weight to her advice. Copenhagen has been the capital where for two generations the Russian imperial family have been frequent visitors, and where they have thrown off the cares of state.

In September Queen Louise's eightieth birthday was celebrated by a reunion of her descendants and relations in Copenhagen. It was a large family party from many courts in Europe and she received the congratulations of nearly all sovereigns on the continent.

NOT IMPRESSED.

That tenor of ours has a marvellous voice. He can hold one of his notes for half a minute.

Faugh! I've held one of his notes for two years.

KEEPS WELL IN FRONT.

Is your new clergyman progressive? I suppose so. He attends funerals on his wheel.

REMARKABLE SLEEPER.

A MAN WHO HAS SLEPT FOR NEARLY TWENTY YEARS.

Great Record for Somnolence Achieved by Farmer Herman Harms—He Can't Stay Awake—Different Remedies Have Been Tried, But Have Failed.

Near the city of St. Charles, Minn., resides a sleeping wonder in the person of Herman Harms, who has spent nearly every hour during the last eighteen or twenty years in unconscious slumber. Mr. Harms has quite a family of adult children, and although much money has been spent for the best of medical treatment and advice, no doctor has yet been found who has been able to break the spell under which the sleeper rests. He is given food by tender hands, but seems only partially aroused when being fed, and on being left alone at once again drops off to sleep. In fact, so hard is it to arouse him a great part of his food has to be administered in liquid form.

When Harms went West, nearly twenty years ago, he took up farming. Gradually the sleeping spell grew upon him, until he was unable to attend to his farm, and for a while, until his sons became old enough, the place was much neglected, and the income of the family, once prosperous, greatly diminished.

A BRIEF AWAKENING.

This summer for a few days the sleeper thoroughly awoke and his family were in hopes his long slumber was at last broken. But the awakening was but for a short time; a few days and Herman Harms was again in a solid sleep.

The pulse of the sleeper is regular, though stronger than that of the healthy adult. It fairly seems that the heart meant to burst the capillaries and drown that organ. The pulse over the temple is strong and the head is hot, while the flesh is generally below the ordinary temperature. As he sleeps the eyelids blink, as if annoyed by the light, but this they always do. The usual position of the sleeper is on his left side, the left hand firmly against the brow. At the times when the sleeper awakens he is rational and shows that his mind is entirely unclouded.

A LIVING SKELETON.

Harms is now fifty-six years old. When the first symptoms of his trouble made their appearance in 1875 the patient weighed one hundred and eighty pounds; now he does not weigh more than one half of that—about ninety pounds. His beard and hair are long, his features drawn, white and thin; the cheek bones look as if they would soon force their way through the covering of skin. Harms has five children, none of whom show any signs of the terrible malady which holds their father to his bed.

Many different opinions have been expressed by the numerous physicians who have attended the case unsuccessfully. Powerful electric batteries have been applied to the body, the only effect of which was to cause a slight contraction of the muscles of the body. The disease has been variously denominated as heart trouble, softening of the brain, Bright's disease of the kidneys, complication of troubles and the use of too much quinine.

Harms is fed about once in twenty-four hours—sometimes only once in forty-eight hours. In the partaking of food he is very frugal, refusing any dainties that sympathetic friends and neighbors may offer him, saying that a slice of buttered bread is enough for him. In fact, his digestive organs have become so weakened that to eat anything more substantial would prove harmful.

NO MUSEUM FOR HIM.

Mr. Harms is of a religious turn of mind, and on account of religious scruples has refused many good financial offers from managers of museums. The family absolutely refuse to give out Harms' picture for publication, and, in truth, do not desire any notoriety in the matter.

The man shows tremendous vitality to have lived in his unusual and unnatural condition so long, and it seems now surely that his days must be very nearly numbered.

THE QUARRELSOME FELLOW.

Mrs. Pye—Tell me, dear, do you ever quarrel with your husband?
Mrs. Lamb—Never! But he often quarrels with me, the hateful thing!

A STUDY LAMP.

Guest—What sort of a lamp is that?
Host—A study lamp.
Guest—Ah! Called that because it is for the study, I presume?
Host—No. Called that because it takes a great deal of study to run it.

EXPLAINED.

Ned—Why does Jack Brokeleigh always refer to his rich wife as his "help-meat"?
Ted—She helps him meet all his bills.

FINANCIAL.

Jack, would you mind lending me \$5,000?
Certainly not; if you can ever run across me when I have that much.

GOT ENOUGH.

Reporter—You didn't get all the way to the Klondike?
Pilgrim—No; I was lucky enough to starve almost to death before going over the pass.

AGE OF THE ENGLISH THIRST.

Proof That Intemperance in England is Not of Recent Growth.

As an incident of a recent temperance revival in England the question of the date at which Englishmen really began to get drunk was brought up, and it was stated with great positiveness that drunkenness in anything like the form it exists to-day first became common no longer than 300 years ago. The temperance advocates declared proudly that before that time a drunken man was looked upon with abhorrence and that drunken men have received the mild toleration which greets them now only within the last 200 years.

The authorities for these views of early British sobriety are said to be Camden and Nash. No sooner had the temperance people pronounced this respectful conviction on the subject of their ancestor's habits than a great many other people set out to prove that their forefathers were not nearly so abstemious as the temperance advocates had made them out to be. Either from a desire to prove that they were not degenerates, even if they were the least temperate nation in the world to-day, or with the object of talking back to the teetotalers, these critics have resented the early sobriety of the Britons as bitterly as though it were

A NATIONAL DISGRACE.

One of the two quotations on which the temperance people based their claims was from Camden, who wrote:

"In the long wars of the Netherlands Englishmen first learned to drown themselves with immoderate drinking and by drinking others' healths to impair their own. Of all the northern nations they had been before this the most commended for sobriety."

Nash wrote that "superfluity in drink is a sin that ever since we have mixed ourselves with the Low Countries is counted honorable; but before we knew these lingering wars it was held in the highest degree of hatred that could be. Then, if we had seen a man go wallowing in the streets or lain sleeping under a board, we should have spat at him and warned all our friends against him."

So soon as these authorities were hurled at the public there came a hunt for others to prove that Englishmen had been in the comfortable habit of getting drunk whenever they wanted to since the nation began to exist. One patient seeker after denials to the temperance people discovered one authority who said that even before the Conquest Englishmen "drank till they sickened," and the Romans are said to have got the habit from the English. Even the guilds are put under suspicion by one writer, who says that they were formed in the first place as drinking societies, and that the members took advantage of that feature to drink as hard as they could. Archbishop Anselm is quoted as having interfered as early as 1102 to bring to an end intemperance among the clergy. "Drunk as an Englishman" was an expression on the Continent centuries ago, and the old record of the expenditure of money for Honor for coronations and other festivities is regarded as other evidence of the fact that the drinking on such occasions was always

AN IMPORTANT FEATURE.

In the effort to prove how much their ancestors really did drink some of the investigators have established the fact that drinking among women was very common even in the period of the mystery plays when it was common to represent Noah's wife always as a sodden drunkard. Under the commonwealth even the wives of respectable merchants are said to have been accustomed to frequent public houses as familiarly as the men did, and the difference in the quantity of ale they consumed is said to have been slight. Shakespeare was appealed to as a final witness to the extent to which Englishmen drank during his time and for a long period before that. The injured feelings of the persons who replied to the statement that drunkenness was a new thing ought to have been healed by the vigor with which they overhauled the temperance advocates. They produced overwhelming evidence that Englishmen had drunk as much as they wanted to ever since they were a nation.

A FAITHFUL EXPONENT.

Clara is a hard girl to please. She never gets a new dress without sitting down and virtually making it over.

Yes; Clara is a faithful exponent of that good old saying, 'As ye sew, so shall ye rip.'

ACCORDING TO HIS THEORY.

Why is Lighter always urging people to live in accordance with the Golden Rule?
He poses as an authority on the financial question, you know.

WHERE IT FAILED.

Is anything wrong with your egg, Mr. Gruff? asked the landlady of the boarding house.

No, madam, nothing at all, was the reply; but isn't it just a little small for its age?

At Luchow, in Germany, 129 fathers have been fined one mark apiece for allowing their children under ten years of age to dance at the harvest festival of a village near by. The village pastor objected to the dancing and reported the case to the police. It was discovered, however, that his children had danced, too, and he was fined with the rest.