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The Home

CARROTS.

As a rule carrots are not treated respectfully either by cook or diners. Yet they are a wholesome vegetable, capable of being made into a delicious one, if they but fall into clever hands.

A few receipts to this end may be of service to the housewife, who is often hard pressed for variety even in preparing her vegetables and a salad for her simple dinner, and who heretofore has only thought of carrots as the golden slice in vegetable soup or accompaniment of a pin bone stew.

One method of preparing carrots is in this wise: Take several bunches of small carrots and plunge them into boiling water for five minutes; then rub the outer peel off with a clean cloth. This is considered a better way than scraping them. Cut off the green tops and cut the carrots into thin slices. Put into a sauce pan three ounces of butter, two tablespoonfuls of water, a saltspoonful of salt, a little pepper and the sliced carrots. Cover the pan and stew slowly for thirty minutes. Meanwhile beat light the yolk of two eggs, and add to them half a cup of cream and one tablespoonful of chopped parsley. Pour this sauce over the cooked carrots, and let them remain over the fire long enough to cook, and then serve immediately.

The French manner of cooking very young carrots is delicious. Boil them until tender, then cut them in halves lengthwise. Melt some butter in a hot spider and when the butter bubbles, lay in the carrots and sprinkle them with some sugar, salt and pepper, and finely chopped parsley. Fry them until the edges become crisp and browned.

Lyonnaise carrots are made in the same way, only cooking some finely chopped onion in the melted butter before adding tthe vegetables.

To make creamed carrots, put in a saucepan two tablespoonfuls of butter, and when it is melted stir in one spoonful of flour. Gradually add to this one cup of rich milk, and season with pepper and salt.

Cut the boiled carrots into cubes or with a small scoop into small balls, and stir them into the creamed sauce. When hot turn them into a heated dish, sprinkle chopped parsley over them and serve.

A delicious entree is made thus: Scrape and cut into cubes enough carrots to make one quart. Put these into a saucepan containing three pints of boiling water, and cook until they are nearly tender. Then drain off all the water, and add one cup of stock, a teaspoonful of sugar and some salt and pepper. Cool rapidly until the stock has been almost boiled away, add a large tablespoonful of butter, and shake the pan so that the butter and remaining liquid will mix and adhere to the carrots, coating them. Pile the carrots in the centre of a hot platter and serve with small fritters placed around the edge of the platter.

For pickled carrots, cut them into cubes or balls and cook them until tender but not soft. Put them in a jar and cover with hot vinegar, to which has been added a sliced onion, a few peppercorns, some celery seed and a couple of bay leaves. This pickle is very nice for serving with cold meats or using with beets to garnish potato salad.

DEATH IN THE POT.

The use of enamelled iron ware for culinarly purposes is becoming very common. Most households possess one or more of these articles, which have much to recommend them on the score of ease in cleansing, and the rapidity with which heat penetrates to the contents. Mr. Sharpin, F. R. C. S., of Brighton, has, however, called our attention to this latter property, and shown that it may constitute a source of danger, says the British Medical Journal. He met with the case of a cook, who, in cleaning a stucepan made of this ware, had been pierced with a small piece of the enamel under the finger-nail. Upon examination after extraction, the fragment proved to be like glass in appearance and sharpness. He points out how readily this enamel breaks off from the subjacent iron, if it be submitted too rapidly to a great heat. This he attributes to the rapid expansion of the metal without a corresponding extension of the enamel. Once cracked, moisture obtains access to the iron, which bceomes rusty, and the enamel then peels off in small flakes or large pieces. Mr. Sharpin ascertained that it was very difficult to pick these pieces out of certain vegetables, for example, spinach or cabbage, and draws the inference that many people eat food to which particles of enamel are adherent. He then inquires whether, such being the case, this may not account for the greater frequency of certain intestinal troubles at the present day than in the days before enamelled ware came into general use. . . . He therefore advises that all housekeepers and others in charge of the domestic arrangements in households where enamelled saucepans, etc., are used, should have them overhauled at frequent intervals, and that those in which the enamel is defective should be at once discarded.

COOKING WITH HONEY.

There seem to be but few cooks that ever use honey other than in its natural state, or strained. There are many ways it which it can be used other than as above.

Baked Apples With Honey.—Wash as many apples as desired, cut them in half and remove the core. Into the hollow made by removing the core, put a little butter and a teaspoon of honey. Pour a little water in the pan, and when done put a little more honey into this juice and cook until thick. Pour over the apples.

Honey Muffins.—Sift together 1 1-2 pints flour, 2 teaspoons baking powder and a teaspoon of salt. Rub into the floor 2 tablespoons butter; add 3 well beaten eggs, 1 cup strained honey and 1-2 pint milk, Beat well until thoroughly mixed, and bake in jem pans in a hot oven.

Honey Cake.—Mix 1 cup each of honey and granulated sugar, 1-2 cup soft butter, and 2 well-beaten eggs. Sift together 1 pint of flour with a heaping teaspoon of baking powder and a little salt, and stir into the above. Bake in a moderate oven a half hour or mpre.

Honey Ginger Snaps.—One pint honey, 3-4 lb. butter, 2 teaspoons ginger, boil together three or four minutes and when nearly cold add a well-beaten egg and flour to make stiff enough to roll. Into the flour put a teaspoon of baking powder.

TO CURE INSOMNIA.

Opinion of Dr. Edward Hecker, a Celebrated Physician of Weisbaden, Germany.

Not one of the new narcotic drugs advertised as "absolutely harmless" is so, and therefore it is far wiser to overcome insomnia without drugs than with them, even though it may require a little more time and trouble.

Habit and will power have most to do with the act of going to sleep. We feel sleepy at our usual hour for retiring, just as we wake usually at about the same time. Insomnia often comes from irregularity more than anything else, and once the fear of not sleeping well has been aroused that very fear prevents natural rest.

The patient must be persuaded as much as possible that he did sleep well the night before and will sleep well to-night. And if he still is fearful of the coming darkness, mix some harmless powder in a glass of water, give it to him, and he is apt to sleep, under the impression that he has had a narcotic. It is a fact that many who think they have not slept a wink have actually had quite an amount of sleep, absolute wakefulness being very rare. In the case of nervous patients quiet and patience will do much to give them the required rest. Too protracted labor is often the cause of sleeplessness, and when this is the case a return to a regular hour for retiring will help to re-establish the sleep habit, especially if the brain has been rested for some time before retirng.

Where it is evident that the sleeplessness is due to congestion in the brain the use of cold hip and footbaths is wise. If it is found that the proper reaction does not follow the cold footbath give the patient a hot footbath before the cold one, and then put a hot-water bottle to the feet in bed. The feet must be warm for any one to sleep well.

It is a grave error to try to compensate for the loss of sleep at night by taking a nap in the daytime, for this only aids in continuing the trouble. If the insomnia is treated promptly, by ascertaining its cause, a little common sense in avoiding a continuance of the exciting agency and a return to the most regular possible life will generally effect a permanent cure of far greater value than that offered by the use of drugs. Give nature a chance and she will reassert herself, but of course if you continue to do too much work, to smoke, drink or eat to excess, not even drugs can give you that calm, peaceful sleep so necessary to the economy of the human system and the building up of waste.

MICE AS PETS.

Mice have long been in demand as pets. They can be trained to perform many tricks, are very fond of music and have been taught to dance gracefully to waltz time.

CENTURIES-OLD WOOD.

That wood will stand the passing of centuries as well as metal is proved by the unearthing near the Nile of some Egyptian boats nearly 5,000 years old, which are in good condition.

AFTER THE BOOM WAS OVER.

When I came to this town, said the man on the dry goods box, everything I had in the world was tied up in a red bandana handkerchief.

And now? asked the tourist, who was waiting for a train.

And now, replied the man on the box, scratching his jaw, everything I've got in the world is tied down with mortgages.

HIS ONLY ALTERNATIVE.

The Lady—What caused you to become a tramp?

The Tramp—I wuz drove away from a happy home an' forced to become a wanderer.

The Lady—How did that happen?

The Tramp—Me wife an' me mudder said dat I eider had ter go to work er git out, an' I got out.

Agricultural

WHAT CATTLE MANGE IS.

Cattle mange is a very ancient contagious disease. Moses described it. It is due to a parasite, the Acarus Bovis, an insect provided with four pairs of legs, covered with hairs and scales, and furnished with suction cups and armed with claws or hooks, and provided with mandibles or jaws.

The female insects are larger than the males, they lay from ten to twenty eggs. At the end of from four to seven days the young larvae hatch out. They change their form, i.e., undergo metamorphosis, three or four times before they arrive at the mature stage and are able to reproduce. They mature in from fourteen to seventeen days, and live from three to six weeks after laying, their life being longer and more active in damp weather. In a dry place the eggs lose their vitality in from four to six days. Any of the different antiseptic drugs will kill them, as will also potash solution, lye, turpentine, tar, tobacco solution, sulphur and soft soap. A mixture of sulphur and quick lime made into an emulsion with coal oil and warm water is particularly destructive to them.

The parasites live on the surface of the skin and adhere to the fatty matter and the hairs. They produce an intense inflammation of the skin through the numerous stings which they inflict. They are easily seen with a magnifying glass upon any dark surface. In handling the afflicted animals, should any of the parasites get upon man they quickly die. Mange is never developed, but from mange a spontaneous cure has never been seen. The only safe diagnosis is the microscopic search for the Acarus Bovis. After exposure from the time the parasite is deposited upon the body to the time of the inflammation of the skin there is an incubative period of from two to six weeks, depending upon the number of parasites transmitted.

Animals which are emaciated or weak and in poor condition are particularly predisposed. The disease first appears as pimples and vesicles, then scaling and the formation of crusts and scabs. These are attended by intense itching, worse during the hot part of the day. Animals scratch, rub and bite themselves on affected parts, the hair falls out, the skin becomes bloody and thickened, ulcerated, scabby and wrinkled. The whole surface of the body may be invaded, but the disease usually begins on the sides of the neck and shoulders, the base of the horns and the root of the tail, spreading thence to the back and the ribs.

Treatment should be preceded by a careful scrubbing of the skin to clear off the crusts and must be renewed after some time. The first treatment only effects the parasite, but does not kill the eggs. In about a week these give birth, to new parasites. In many cases it is necessary to make a third application.

FOOD FOR THE DAIRY.

Formerly the dairyman planted the smallest amount of corn possible for food for his cows, and depended upon grass and hay whenever possible. To-day we are going gradually more to corn and less to hay. The reason is that we can get more from an acre of corn than we can from hay, both in quantity and quality.

Corn far outranks hay for the dairyman's needs if it is properly fed. Whether we put the crop for the silo before the grain is ready for harvesting or simply raise it from the grain and feed the stalks to the stocks, we get more for our labor per acre than if the land was used for raising hay. Corn is a wonderful food plant, and is undoubtedly the finest in the world. The ignorance of feeding the grain too freely to animals as an exclusive diet, and causing sickness thereby, does not in the least injure the real value of corn as a food. It merely shows that the true way to use the crop for food was not understood. Wherever corn does its best oats and pease thrive also, and these crops are intended by nature to supplement that of corn. They should be raised in a limited way with corn and fed in conjunction with it. Then the dangers to cattle so often threatened by injudicious feeding of corn will all be averted. With an ample supply of corn and some oats and pease we have a standard of ration that cannot well be excelled. These crops should be raised so that the dairyman need buy as little by-products as possible.

The fashion has become in recent years to recommend the feed of by-products of factories, such as linseed and cottonseed meal, and to ignore the by-products of the farm. Undoubtedly this fashion has helped the large concerns operating in these by-products, and the prices for them have steadily advanced under the demand, so that to-day when a farmer pays a good round price for a ton of any of these by-products, it is a question whether it would not pay him better to buy a ton of oats or corn from a neighbouring farmer at the market-price.

We should learn to depend upon our farm crops for feeding, so far as possible, and with a little skill in management it is an easy matten not to be forced to buy any food for stock. In this age of science and intelligent farming every dairyman should know something of the relative value of foods, and of the relative cost of raising them in different sections of the country, but by the way that some neglect their opportunities, and drift with the tide it would seem as if the business of dairying was crowded with many left-overs from other professions, and took to this business as a last resort. Sooner or later such people will learn that it takes skill, industry and intelligence to be a successful farmer or dairyman.

STAND BY THE HOG.

If one has learned how to breed and improve a hog, to feed and care for him, and if he has kept the wolf from the door in bygone days, paid the mortgage and store bill, put you on a sound basis, and been a rewarder of all your care and your trials of patience, then stand by him now, even if his price is so low that many declare him a robber. Sheepmen have said the glory of the hog has departed, the golden hoof would soon wear the crown and everybody would eat mutton now and for evermore, and wear wool instead of cotton. Soon we would learn how to preserve the chops, the hams and loins, and banish pork from European markets. Then comes along the stately beefer and says, "I am king and will reign hereafter. Away with the hog! It never shall be said that he is king!" But the day is not far distant when the hog will sit upon the throne and dictate to all. Hams, bacon, sausage, lard, pigs feet and loins are too securely fastened to thet aste and appetite of men to be dislodged. Packers will find that they make a mistake in forcing his price below cost of production. The hog will finally stick to his own terms in spite of combine, greed or dishonesty. So stick to him! Down him his enemies cannot, if they try ever so hard, because he will stick to the man who grows him, pay his bills or interest, and will give strength to the laboring man who eats his flesh.

WITHOUT PREJUDICE.

A party of young men and women were bicycling along a country road. It was a sketching class and every eye was wide open for an artistic subject. Suddenly the whole party dismounted with various exclamations of delight and surprise.

Just within the fence on the left grew innumerable graceful stalks, each bearing aloft globes of pale green that shaded into gray and purple.

How enchanting!" said a young woman.

How decorative! said a young man.

Just what we are looking for, said the teacher, a full-fledged artist.

A gardener was standing near at hand.

Do tell us, cried a girl, what those beau-oo-tiful things are?

Which? replied the gardener.

Why, those, said the girl.

Them? said the gardener, with a chuckle. Them's onions gone to seed.

INNOCENCE.

Of course we have to pay more for coal now than we did a month or two ago, said Mrs. Chugwater, but we ought not to mind that. I suppose it means that they have been raising the poor coal miners' wages.

Samantha said Mr. Chugwater, and he looked at her over his glasses, you are too good for this wicked world.

AS USUAL.

Druggist—What did that woman want who sampled the candy, tasted the soda water, and to whom you showed all those patent medicines?

Clerk—Bought a two-cent stamp, got $5 changed, and used the directory and telephone.

MANY PUZZLERS.

But the Postal Department Has Acquitted Itself Favorably.

As a corollary to the recently issued report of the postmaster-general, where the item of insufficiently or obscurely addressed letters is dealt with, it may be noted that the department had had many tough tasks to deal with, and has acquired itself triumphantly, says the London Telegraph. Once an envelope intrusted to it on which was inscribed—"Grofredevi, London"—sent from Italy — was delivered to the eminent scientist, Sir Humphrey Davy.

But perhaps St. Martin's most surpassed itself on points of cuteness when recently a letter reached the authorities which had been posted at Inverness, bearing the rude scrawl, "Tuglmor, pipe, Colstraly." Every person was puzzled. Then it was decided, considering the quarter whence the missive was sent, to call in the services of an ex-soldier of a Highland regiment, a Gaelic speaker, who was employed as a mail cart driver. This authority thus read the inscription: "Dugal More, piper, Gold, Australia." Then the gold rush to Australia was in full swing, and Dugal More, it was surmised, was one of the miners. Months afterwards intelligence reached the department to the effect that the addressee had been discovered. The letter, which was from his brother, was delivered to Dugal, while he was delighting his Caledonian comrades on the gold fields by skirling on the bagpipes.

THE MAN'S VIEW AGAIN.

Papa, what are "the sands of time?"

They constitute the grit with which a woman hangs on to her favorite birthday.

FALL FUN.

What is renunciation Uncle Alexander? Renunciation is giving up something that you can't get.

Why do they say, "poets are born, not made?" They want to put the blame on some one who can stand it.

Usher, the court having been much annoyed by the shuffling of feet,—Will ye hould yer tongues up there with yer feet in the gallery!

He is not in, said Mrs. Shortly to the collector. Madame, I know he is not tin, said the collector. What I want to know, has he any?

Returned Volunteer—What's an appropriate gift from a soldier to his sweetheart? Jeweler—I should think a powder box about the right thing.

Teacher—Why don't you answer the question, Fritz? Fritz—You yourself told us only the other day to remember that "speech is silver, but silence is gold."

Rejected Suitor, flippantly — Oh, well, there are just as good fish in the sea as were ever caught. She—Yes, George, there are; but unless you change your bait they are safe.

That Miss Topsail makes me angry with her talks about yachts. Why? I told her I had put a new binnacle on my yacht, and she asked me if I had scraped all the old ones off the hull.

Customer, in a rage —When I buttoned your coat for the first time it split down the back. Clothing Dealer—Indeed! It must be, then, that the buttons were sewed on too strongly!

They say she married for money. That's where they were wrong. She thought she married for money, but she was mistaken. Then what did she marry for? She hasn't found out yet.

I was discharged simply to vindicate an old adage, said Simpkins. How was that? The adage says: "Where there's smoke there's fire." The boss had a rule against smoking. I smoked and was fired.

I understand, said the tourist that in that pistol duel yesterday an innocent bystander was severely wounded. 'Needn't worry, friend, replied Rubberneck Bill. They ain't no innocents in the whole town.

Mrs. Youngwed—Are you happy, dear, to be sailing on the matrimonial sea with such a kind and loving mate! Mr. Youngwed—Yes, indeed; but don't you think we'd better put into port a little while and ship a cook?

An Absorbing Topic.—Dick — Miss King is so reserved and has so little to say that I can't keep conversation with her from lagging. Jack, her former beau—Mention pearls to her, and you will have nothing to do but listen —and buy.

I suppose you had money to burn in the Klondike? No, answered the man who had been lying by the hour, we didn't have anything but chunks of chilly incombustible gold. We'd have paid a pig price for a few scuttlefuls of dollar bills.

Anybody, who knows enough, said Mr. Spiffins, can learn something from anybody else, however ignorant the latter may be. That is true, assented Mrs. Spiffins, cheerfully. Now, I can occasionally learn something from you.

Is it going to rain to-day, Brooks? No. It never rains when I bring my umbrella down-town, and I brought it this morning. Then you won't need it. Lend it to me for two or three hours, for fear of accidents. I don't dare do that, Rivers, It always rains when I lend it.

Mrs. Caudle—How do you dare to come back from the tavern so late as this? Mr. Caudle—Yes, you are right! I'm an unworthy husband, and a drunkard, and I must turn over a new leaf! Mrs. Caudle, at first speechless, then breaking out in anger—What do you mean? Am I to read the curtain lectures here or are you?

Blake—So you didn't go abroad this summer? Hodges—No; I was thinking of going across in the Gwendolia, but she had hardly any life preservers and no boats or life-rafts to speak of. Blake—But you could have taken the Barbarossa. Hodges—I know; but she had such a complete outfit of life-saving devices that it really looked suspicious. I didn't think it safe to trust myself in her!

THE CLERK'S MISTAKE.

I want a Turkish bath, said the patron.

Yes, sir, politely replied the new clerk, late of Joblotz's department store, will you take it with you, or shall we send it?

HE HAD SEEN THEM.

I think, said the old lady wisely, that young Mr. Binks has a hold on Mabel's affections.

Possibly, possibly, replied the old gentleman, who had just glanced into the parlor, At any rate he has a hold on her waist.

DID HER BEST.

My good woman, said the clergyman to the sorely tried woman, did you ever try heaping coals of fire on your husband's head?

No, your riverence, but Oi've thrown a lighted lamp at him once or twice.

WHY SHE SINGS.

I like to hear a servant girl sing at her work. It shows a good disposition.

Not always. I think our girl sings because she has a grudge against us.