Oatmeal as Food.

Says an Irish paper, oatmeal is a food of great strength and nutrition, having claims to be better known and more widely used than it is at present. Of much service as brain food, it contains phosphorus enough to keep a man doing an ordinary amount of brain work in health and vigor. All medical authorities unite in the opinion that, having all requisites for the development of the system, it is pre-eminently useful food for growing children and the young generally. Oatmeal requires much cooking to effectually burst its starch, but when it is well cooked it will thicken liquid much more than equal weight of wheat flour. The oats of this country are superior to those grown on the continent and the southern part of England, but certainly inferior to the Scotch, where considerable pains are taken to cultivate them, and it is needless to point out that the Scotch are an example of a thoroughly robust people, which result is justly set down as being derived from a plentiful use of oatmeal. Dr. Guthrie has asserted that h s countrymen have the largest heads of any nation in the world—not even the English having such large heads—which he attributes to the universal use of oatmeal, as universal in Pennsylvania, being found alike upon the tables of the rich and the tables of the poor—in the morning the porridge, in the evening the traditional cake.

The two principal ways of cooking oatmeal are porridge and cake, bannock, which I will describe, and also some other modes of cooking, in order to give an agreeable variety of dishes.

First, then, we will commence with a recipe for porridge: To three pints of boiling water add a level teaspoonful of salt and a pint of meal, stirring while it is slowly being poured in; continue the stirring until the meal is diffused thro' the water—about eight or ten minutes. Cover it closely then, and place it where it will simmer for an hour; avoid stirring during the whole time. Serve hot, with as little messing as possible, accompanied with milk, maple syrup, sugar or cream.

To make oatmeal cake, place a quart of meal in a bowl, add to it as much cold water as will form it into a soft, light dough; cover with a cloth fifteen minutes to allow it to swell, then dust the pastry board with meal, turn out the dough and give a vigorous kneading.—Cover it with the cloth a few minutes, and proceed at once to roll it out to an eighth of an inch in thickness; cut it in five pieces and partly cook them on a griddle, then finish them by toasting in front of the fire.

Girls as Housekeepers.

As girls pass into their teens, some most sensible mothers give each daughter the full care of the housekeeping for a week at a time, of course guided by their mother's supervision and judgment as to the marketing and expenditure.—This is an excellent arrangement, and one of the most important items in their education. There is no greater mistake than feeling that domestic labor, when necessary, or the knowledge of it in all positions, must be incompatible with the highest degree of mental culture or refinement. No women stand so high in position or elegant accomplishments as those who honor themselves and their husbands by a thorough knowledge and oversight of all domestic duties.

No one can hope to hire those who will bring the best taste, the nicest attention to order, neatness and economy in little things, into the kitchen, together with a correct knowledge of preparing the simplest meal in a beautiful and attractive manner; and yet all these united have a wonderful power toward making home life happy and prosperous. And the absence of these charms—careless housekeeping, an untidy and unattractive home and poor cooking—have driven many a husband to seek comfort and happiness elsewhere.

Those things which constitute the true charm of a home cannot be bought or secured by the labor of hirelings. It is only the mistress of the house—the wife and mother—through her love and union of interest with her husband and children, who, guided by her affection, will labor to bring that charm about her household which springs from systematic labor, scrupulous neatness and economy, a finely-appointed table, with food daintily prepared and served with exquisite neatness and taste. No lady of the highest talent or accomplishments need feel that she demeans herself by giving her most earnest attention to the beauty and comfort of her home and the careful ordering of everything connected with the kitchen department. Low down as foolish ideas of gentility have been accustomed to place that department, it has much more to do with the comfort or discomfort, the peace and happiness, or the discord and evil temper, of the whole family than can be gained from elegant or fashionable parties, and all that etiquette demands in fashionable life. No girl, whether from the lowest or the highest position, is fit to become a wife—a mistress of a house—who has not been carefully educated in all the accomplishments and minute details of the kitchen.

Scientific Farming Pays.

Farmers are gradually awakening to the fact that scientific farming under practical control pays, and that in the near future extensive farming will be the only kind that will stand the money test. The richest soils under crude culture and poor management fail to produce as profitable returns as do worn out soils cultivated by improved methods. In substantiation of this statement is the fact that the average of the last five harvests in the West was twenty-nine and a fraction bushels of cereals per acre, while the New England states, with good culture and liberal application of fertilizers, yielded thirty and a fraction bushels per acre. The work of progressive men like Farish Furman, who increased the yield on sixty-four acres of scrub land from eight to one hundred bales of cotton by extra culture and generous manuring, is doing the whole country a service. But he is not alone in the good work. In all sections of the country progressive farmers are increasing, along with experiment stations and farms, and the result is a gradual increase of product per acre, with the margin of profit widened and the general condition of farms improved.

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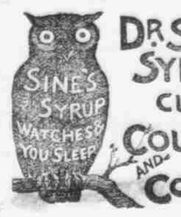

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Her Husband on Election Day and Night.

Know Bowser? He's my husband. Doesn't know enough to come in when it rains. If he did he'd stay out and get soaking wet just to oblige his political party. Bowser is passably domestic and intelligent except at election time. About a week before election time he begins to act up. He saddles the party on his back and begins to grow thin and pale and nervous. His mind is filled with majorities, splits, straights, slips, canards and candidates.

I give him Hail Columbia—I have even kept him awake all night talking to him—but it does little or no good. The old crank is figuring out a net gain of 128 in the Fourth precinct of the Sixth ward all the time I'm talking, and when forced by exhaustion to stop for a few moments he looks at me with glistening eyes, reaches out his paw and yells:

"Whop! shake! I tell you we've got 'em!" The closer it gets to election day the more of an idiot he becomes. Strange men come to the house, and he takes them out into the dwelling for a whispered conversation, during which time they nod and gesture and chuckle and shake paws. He is called out of bed to stand on the front steps and mutter and mumble with strangers, who may be midnight assassins for all I know. I wish they were. I wish they'd hit him with a sand bag and render him unconscious until after election. He slips out nights without asking my advice or consent, and along towards midnight, after I had got the whole police force looking for him, he comes sneaking in and confidentially whispers: "Say, Hanner, it's all fixed up to run Bilker in the Seventh ward, and his election's assured. We'll have a grand victory all along the line!"

"You old idiot! What do I care about Bilker or your grand victory?" I yell at him.

"Sh! Don't talk so loud or the opposition party will get on to our racket."

And the way he and the rest of 'em write communications to the newspapers signed "Pro Bono Publico," "Veritas," "Workingman" and "Taxpayer" is perfectly awful. I've known Bowser to sit down and write a whole yard of stuff, claiming to know exactly what ailed the country, and furnishing a political panacea for it, sign it "Truth," and send it off to appear next morning in print and scare half the country to death. Bowser know what ails the country? Why, he don't know a wart from a stone-bruise!

It is on election day that his vivid foolishness glares like an electric light. He gets up half an hour earlier, gulps down a hasty breakfast and rushes off to peddle tickets and challenge votes, and see to bringing out the full vote. He doesn't go, though, before I have said to him: "Bowser, you are a flat-footed idiot! You turn with a crank! You ought to be turned out with the kangaroos! You——"

"We'll make the majority 2,600 all around and bury the opposition out of sight!" he exclaims, looking in such an awful way that I feel shivers running up and down my back.

At noon I hear that he has bet our house and lot on his favorite candidate. At three o'clock that he has been pounded into jelly. At six that he has also bet our horse, cow, the baby and the cook-stove on majorities. At nine that he has offered to bet me against a $15 overcoat. At ten that he has gone to political headquarters to stay a week, and that when someone asked for my health he replied: "Furs' rate—tuff's ole thinoceros an' twice's ugly!" "Ra fur Zheneral Zhackson!"

At midnight I kick his Sunday plug hat across the floor, fling his slippers out doors and smash his pipe and go to bed. I'll settle with Mr. Bowser when he comes home, and if blood is then spilt law must hold me blameless. At noon next day he comes home in a hack, hat smashed, pockets inside out, coat tails torn off and a $50 suit of clothes completely gone. His hat is on the back of his head, his eyes bloodshot, and beer stains all over his vest. I arm myself to slaughter him, but he begins to cry and protest: "Shay, Hanner, go light on 'er feller! Hull ticket got cleaned out by 3,000 majority, an' I've come home ter die!"

—"Excuse the liberty I take," said the escaping convict.

—There's no disputing the fact, the judge has his share of trials.

—A physician says "if a child does not thrive on fresh milk, boil it." That is too severe. Why not spank it?

—"Ah, what would life be without the nobility?" musingly said an English lady. Peerless, madam!

—Some one is said to have invented a substance that can be seen through more clearly than glass. We don't know what it can be unless it is a man's excuse to his wife for not returning home before 2 a. m.

—"Oconomowoc!" yelled the brakeman. "O'Connor may walk, may he?" exclaimed an Irishman at the other end of the car. "An' faith, if yez mane me, you'll have a foine time makin' O'Conner walk when he's paid foive dollars for this bit o' pasteboard.

—"Gittin' pay for that?" he asked as he came along to where a man was shoveling snow.

"Not a red."

"Then you're a fool!"

"Yes, I know it, but as I own the house and lot I don't see how I'm going to get around it."

—Barber—"Sir, you are getting bald rapidly. I have a most excellent remedy." Old Gentleman—"Never mind, I'm just yearning to be bald." "Eh? Why, that's a remarkable desire."—"No it isn't. I've got a terrible wicked son, and I'm determined that he shan't 'bring my gray hairs in sorrow to the grave.'"

—Women are always kind to each other. Recently Mrs. S. was talking to Mrs. K. about a certain belle of four seasons. "Ah," said Mrs. S., "I hear Miss Black is still unmarried." "Yes, and getting older every year, said Mrs. K. very kindly. "I haven't seen her for a long time; does she show her age?"—"Not if she can help it," and then they laughed and reached out for another victim.

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Warrensburgh, N. Y.
Enclosed find postal note for one-half dozen bottles of your Athlophoros. It is wonderful how it cures every case where I can persuade them to try. The sales are increasing. My sister-in-law was given up to die by the doctors; they sent for me; I took a bottle of Athlophoros and persuaded her to try it, the second dose gave relief. She had not lain in bed for two weeks; the next night she went to bed and slept all night; the next week she was up and at work around the house. Many thanks.
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In the South.

I have recently taken a railway trip into the South in search of my health. I called my physicians together and they decided by a rising vote that I ought to go to a warmer climate, or I would enjoy very poor health all winter. So I decided to go in search of my health, if I died on the trail.

I bought tickets at Cincinnati of a pale, sallow liar, who is just beginning to work his way up to the forty-ninth degree in the Order of Annanias. He will surely be heard from again some day, as he has the elements that go to make up a successful liar.

He said that I could go through from Cincinnati to Asheville, N. C., only one easy change of cars, and in about twenty-three hours. It took me twice that, and I had to change cars three times in in the dead of night.

The Southern railroad is not in a flourishing condition. It ought to go somewhere for its health. Anyway, it ought to go somewhere, which at present it does not. According to the old Latin proverb, I presume we should say nothing but good of the dead, but I am here to say that the railroad that knocked my spine loose last week and compelled me to carry lunch baskets and large Norman two-year-old gripsacks from the gloamsng till my arms hung down to the ground, does not deserve to be treated well, even after death.

I do not feel any antipathy toward the South, for I did not take any part in the war, remaining in Canada the whole time, so that I could not be accused of offensive partisanship. I have always avoided anything that would look like a settled conviction in these matters, retaining always a fair, unpartisan and neutral idiocy in relation to all national affairs, so that I might be regarded as a good civil service reformer, and perhaps at some time hold an office.

To further illustrate how fair-minded I am in these matters, I have patiently read all the war articles written by both sides, and I have not tried to dodge the foot notes or the marginal references or the war maps or the memoranda. I have read all these things until I don't know who was victorious, and if that is not a fair and impartial way to look at the war, I don't know how to proceed in order to eradicate my prejudices.

But a railroad is not a political or sectional matter, and it ought not to be a local matter, unless the train stays at one end of the line all the time. This road, however, is the one that discharged its engineer some years ago, and when he took his time check he said he would now go to work for a sure-enough road with real iron rails to it, instead of two streaks of rust and a right of way.

All night long, except when we were changing cars, we rattled along over wobbling trestles and third mortgages. The cars were graded from third class down. The road itself was not graded at all.

They have the same old air in these coaches that they started out with.—Different people, with various styles of breath, have used this air and then returned it. They are using the same air that they did before the war. It is not, strictly speaking, a national air. It is more of a langoid air, with dark circles around the eyes.

At one place where I had an engagement to change cars, we had a wait of four hours, and I reclined on a hair-cloth lounge at the hotel with the intention of sleeping part of the time.

Dear, patient reader, did you ever try to ride a refractory hair-cloth lounge all night, bare back? Did you ever get aboard a short, old-fashioned hair-cloth lounge, with a disposition to buck?

I was told that this was a kind of family lounge, that would not shy or make trouble anywhere, and I had only closed my dark-red and mournful eyes in sleep when this lounge gently humped itself, and shed me as it would its smooth, dark hair in the spring, tra la.

The floor caught me in its great strong arms and I vaulted back upon the polished bosom of the hair-cloth lounge. It was made for a man about fifty-three inches in length, and so I had to sleep with my feet in my pistol pockets and my nose in my bosom up to the second joint.

I got so that I could rise off the floor and climb on the lounge without waking up. It got to be second nature to me. I did it just as a man who is hungry in his sleep bites off large fragments of the air and eats it involuntarily and smacks his lips and snorts. So I arose and deposited myself again and again on that old sway-buck but frolicsome wreck without waking. But I couldn't get aboard softly enough to avoid waking the lounge. It would yawn and rumble inside and rise and fall like the deep rolling sea, till at last I gave up trying to sleep on it again, and curled up on the floor.

The hair-cloth lounge in various conditions of decrepitude may be found all through this region. Its true inwardness is composed of spiral springs which have gnawed through the cloth in many instances. These springs have lost none of their elasticity of spirits, and cordially corkscrew themselves into the affections of a man who sits down on them. If anything could make me thoroughly attached to the South it would be one of these spiral springs bored into my person about a foot. But that is the only way to remain on a hair-cloth chair or sofa. No man ever successfully sat on one of them for any length of time unless he had a strong pair of pantaloons and a spiral spring twisted into him for some distance.

At the private house the hair-cloth sofa, with a pair of dark, reserved chairs, may be found in a domesticated state, waiting for some one to come and fall off them. In hotels they go in larger flocks, and graze together in the parlor. They are greatly in favor among the more blue-blooded mass here—the blue mass, as it were.—*Bill Nye in Boston Globe.*

—Within two years eight men who have passed away included two Presidents of the United States, two Vice-Presidents, three candidates for the White House and one candidate for Vice-President. They are Grant and Arthur; Hendricks and Colfax; Tilden, Hancock and McClellan; and John A. Logan.

WHAT IS DYSPEPSIA?
Among the many symptoms of Dyspepsia or indigestion the most prominent are: Variable appetite; faint, gnawing feeling at pit of the stomach, with unsatisfied craving for food; heartburn, feeling of weight and wind in the stomach, bad breath, bad taste in the mouth, low spirits, general prostration, headache, and constipation. There is no form of disease more prevalent than Dyspepsia, and none so peculiar to the high-living and rapid-eating American people. Alcohol and tobacco produce Dyspepsia; also, bad air, rapid eating, etc. BURDOCK BLOOD BITTERS will cure the worst case, by regulating the bowels and toning up the digestive organs. Sold everywhere.

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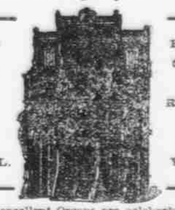

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