

How Colds are Taken.

A person in good health, with fair play, says *The Lancet*, easily resist cold. But when the health flags a little, and liberties are taken with the stomach, or the nervous system, a chill is easily taken, and according to the weak spot of the individual, assumes the form of a cold or pneumonia, or, it may be, jaundice. Of all causes of "cold" probably fatigue is one of the most efficient. A jaded man coming home at night from a long day's work, a growing youth losing two hours' sleep over evening parties two or three times a week, or a young lady heavily "doing the season," young children over-fed and with a short allowance of sleep, are the common instances of the victims of "cold." Luxury is favorable to chill-taking; very hot rooms, soft chairs, feather beds, create a sensitiveness that leads to catarrh. It is not, after all, the "cold" that is so much to be feared as the antecedent conditions that give the attack a chance of doing harm. Some of the worst "colds" happen to those who do not leave their house or even their bed, and those who are most invulnerable are often those who are most exposed to changes of temperature, and who by good sleep, cold bathing and regular habits preserve the tone of their nervous system and circulation. Probably many chills are contracted at night or at the end of the day, when tired people get the equilibrium of their circulation disturbed by either overheated sitting-rooms or underheated bed-rooms and beds. This is especially the case with elderly people. In such cases the mischief is not always done instantaneously, or in a single night. It often takes place insidiously, extending over days and even weeks. It thus appears that "taking cold" is not by any means a simple result of a lower temperature, but depends largely on personal conditions and habits, affecting especially the nervous and muscular energy of the body.

Sunlit Rooms.

No article of furniture will be put in a room that will not stand sunlight, for every room in a dwelling should have the windows so arranged that sometime during the day a flood of sunlight will force itself into the apartment. The importance of admitting the light of the sun freely to all parts of our dwellings cannot be too highly estimated. Indeed, perfect health is nearly as much dependent on pure sunlight as it is on pure air. Sunlight should never be excluded except when so bright as to be uncomfortable to the eyes. And walking should be in bright sunlight, so that the eyes are protected by veil or parasol when inconveniently intense. A sun-bath is of more importance in preserving a healthful condition of the body than is generally understood. A sun-bath costs nothing, and that is a misfortune, for people are deluded with the idea that those things only can be good or useful which cost money; but remember that pure water, pure air and sunlit homes, kept free from dampness, will secure you from many heavy bills of the doctors, and give you health and vigor which no money can procure. It is a well established fact that people who live much in the sun are usually stronger and healthier than those whose occupations deprive them of sunlight. And certainly there is nothing strange in the result, since the same law applies with equal force to every inanimate thing in nature. It is quite easy to arrange an isolated dwelling so that every room may be flooded with sunlight sometime in the day, and it is possible that many town houses could be so built as to admit more light than they now receive.

The Irrepressible Celt.

The Irishman was arraigned for assault and battery. The clerk, after reading the indictment, asked the prisoner, in accordance with the form then in use, "Do you demand a trial on this indictment?" "Niver a trial do I want," answered Pat, with the utmost nonchalance. "Ye need not give yourself the trouble of tryin' me. Ye may as well save the expence of that, and put me down innocent. Contint I'd be to lave the house wid me blessin' on ye; indade, it's anxious I am, for me loss is waitin' for me beyant. I want none of yez trials at all, at all!" And Pat, thinking he had settled the business, rose to leave the dock, but was, of course, prevented. When the laughter had subsided, the clerk, changing the form of the question, asked—"Are you guilty, or not guilty?" "Arrah, and how can I tell till I hear the evidence?" answered Pat. It was several minutes before the court could go on with the business.

Bartholomew Nealon, who murdered his wife at Boston on May 30 by cutting her throat and then cut his own throat with a pocketknife, died from his wounds.

Home Economies.

A mixture of two parts of glycerine, one part of ammonia and a little rose water whitens and softens the hands.

Washing pine floor in solution of one pound of copperas dissolved in one gallon of strong lye gives an oak color.

GOOD, PLAIN SOUPS.—Beef Soup.—Procure a good shin of beef and crack it three or four times; put on to boil at nine o'clock; boil hard till eleven, then take out the meat and be sure to get all the bones out; then put four turnips, four carrots, half a small head of cabbage, cut all up fine in the chopping bowl; put in a large onion, if the family like onions, and put the chopped vegetables in the soup pot. At half-past eleven, if dinner is to be served at twelve, put three or four potatoes sliced very thin and some milk dumplings into the soup; just before taking up season with salt and pepper, and put in some parsley or summer savory. If you make beef soup in tomato season, put in half a dozen.

Chicken Soup.—Wash two good, fat fowls, and put on to boil, according to size and age of the fowls and the time you are to dine; if at twelve, put some nicely washed rice, about a tablespoonful, into the pot at ten, make some drawn butter, take out the chickens put them whole on a dish, pour the drawn butter, well seasoned, over them, and four hard boiled eggs cut crosswise and laid over them; send to the table piping hot. Season the soup with pepper and salt only. Veal or mutton makes an excellent soup in this way.

Noodle Soup.—Cut fine all the flesh from the bones of two fowls and to gether with the frame put the meat to boil; about an hour before dinner take out the bones, or frame; half an hour before put in some noodles made as follows: Four eggs well beaten, mixed with flour and a pinch of salt; stiff enough to roll very thin; make two hours before you are ready to use them; cut them into the thinnest possible strips; season the soup with salt and pepper.

Queen Victoria's Yachts.

The Admiralty have decided that the Victoria and Albert, the Queen's principal yacht, is to be thoroughly refitted and renovated. The vessel is a steam-yacht of 2470 tons, and her original cost was nearly £120,000. There would be no justification whatever for building a new yacht in the place of the Victoria and Albert, as was recently proposed, because during the last ten years she had not been used by the Queen for half as many weeks. Her sole service, indeed, has been to convey Her Majesty to Cherbourg and back, on the rare occasions when she had visited the Continent, an amount of work to which her annual cost seems monstrously out of proportion, especially when it is remembered that there is the Osborne (1850 tons) always available, to say nothing of the Alberta (370 tons) and the Elin (90 tons). The annual pay of the officers and seamen employed on these four vessels amounts to over £16,000, and last year over £8000 was paid to workmen in Portsmouth dockyard who were employed on them. Besides which there are further charges in connection with them, amounting to at least £10,000 a year, and they are altered and redecored with startling frequency, which entails additional expenditure.

A Noble Lad.

A poor boy, whose name no one knows, but which should be written in the book of fame, found three little children, who, like himself, had been washed ashore from one of the many wrecks, wandering along the dreary coast in the driving sleet. They were crying bitterly, having been parted from their parents, and not knowing whether they were drowned or saved. The poor lad took them to a sheltered spot, plucked moss for them, and made them a rude but soft bed; and then, taking off his own jacket to cover them, sat by them all night long, soothing their terror till they fell asleep. In the morning, leaving them still asleep, he went in search of their parents, and to his great joy met them looking for their children, whom they had given up for dead. He directed them where to find them, and then went on himself to find some place of shelter and refreshment. But when the parents were returning with their recovered little ones, they found their brave preserver lying quite dead upon the snow, not far from where they parted from him. The long exposure in his exhausted state had proved too much for his little strength, and after saving his little charges—a stranger to them as well as they to him—he lay down to die.

The young man was trying to play sober. He sat with the young lady on the front steps. He studied for a long time, trying to think of something that would illustrate his sobriety. Finally he looked up, and solemnly said: "The (hic) moon's full as a goose; ain't it?"

The Art of Cooking an Omelette.

Why is it that we so rarely get a good omelette? What are the reasons that make the majority of cooks break down over this simple dish? These are easy questions to ask, but difficult to answer.

I will try and explain how to make an omelette, though I must say that personally I think a little piece of onion is a great improvement to savory omelettes.

We will first make an omelette *aux fines herbes*, as perhaps under this name some cooks will be more willing to learn; and I will go to the bottom of the secret at once. Would it surprise you to hear that you have nothing in the house that you can make an omelette in? This is probably a fact. An omelette should be made in an omelette pan, and naturally the next question is, "What is an omelette-pan?" The most practical answer to this is, An omelette-pan is a small ordinary frying-pan that has never cooked anything but omelettes. This is what cooks won't believe. Their argument is, "Oh, parcel of stuff." But it is a fact for all that. If you doubt the fact, order an omelette to be made in the ordinary frying-pan—however well it be cleaned—and then notice its color. Next buy a small new frying-pan. Boil a little water with a piece of soda in it take away the taste of the tin, and make an omelette in this, and you will see, and taste too, the difference. We will suppose this experiment has been tried. Next, we will start as follows:—We have three eggs, some parsley, and some butter ready. First take enough parsley to make a small teaspoonful who chopped fine, and if you have a bottle of "mixed sweet herbs" in the house take a good pinch—i. e., as much as you can hold between your finger and thumb—and add to the parsley before you chop it. Chop up the parsley and herbs fine, and add to them a small saltspoonful of salt and half a one of pepper. Next break the three eggs separately to see if they are good, put all three into a basin and beat them up with a fork till they froth, and when beaten add the chopped parsley, &c., and mix them thoroughly in.

Next take two ounces of good butter and melt it over the fire in the omelette-pan till it froths.

Remember, the fire must be good and clear; in fact, an omelette wants a sharp fire. In the present day most stoves are shut-up ones, but if you try and make an omelette over an open fire you must take care there is no smoke. Another point to remember is to have the beaten-up eggs and all ready, so as to add to the butter directly it froths in the omelette-pan. After a very little time over a good fire the butter will begin to turn color, and at last will turn a rich brown. Now this is all very well if we want to make black butter for boiled skate, but it will spoil an omelette.

As soon as the butter begins to froth from the fire, pour quickly into the omelette-pan the beaten eggs, &c., which must also froth from the beating. These air-bubbles help to make the omelette light. Directly you pour in the egg take a tablespoon and stir it up quickly, scraping the bottom of the omelette-pan all over to prevent the mixture sticking, and consequently burning. You will now find that it all commences to turn lumpy. This is what it should do, and when it is nearly all lumpy scrape it on to one side of the omelette-pan—the side away from you—so as to make it a semi-circular shape.

You can now, if the fire is rather fierce, raise the pan so as to slacken the heat. When it is almost set, take the pan off the fire and slant it in front of the fire, if you have part of the front open, or, still better, hold a red-hot shovel over the omelette. This will help to make it light. Do not, however, brown it beyond a few brown specks. Now take a slice and slide the omelette off the frying-pan on to a hot dish, and serve it quickly. This is a plain, savory omelette.

I have before said that I think a little piece of onion chopped up with the parsley an improvement. If you like onion take care you don't put in too much. A piece of onion the size of the top of the finger would be ample, and be careful to chop it fine. It is not pleasant in an omelette to come across a piece which we have to crunch.

Another open point is whether it is best to serve gravy with a savory omelette. Like adding onion, this is a matter of taste. I think that, if you add onion to an omelette, gravy is a decided improvement, and that if you don't intend serving gravy it is best to omit the onion. The gravy suitable to be served with omelettes is a good brown gravy, similar to that which would be handed round with a roast fowl or turkey. Sometimes omelettes are served with some sort of rich meat with them. For instance, we can have omelette with kidney, oyster, ham, or Parmesan. When you have the meat

or rich ragout served with the omelette, but not mixed with it, you must somewhat vary your method of cooking the omelette. For instance, omelette with kidney is really a savory omelette with a large ladleful of stewed kidneys; omelette with oysters is an omelette with a mixture similar to the inside of an oyster patty served with it.

When you have a meat or forcemeat of this description you should let your omelette set in the frying-pan in a circular shape instead of a semi-circular, and when it is almost set, place the spoonful or ladleful of meat, &c., on one-half, and then turn the other half of the omelette over on to it. Leave a little omelette mixture sufficiently used to scrape it quickly round—to fix together the edges when it has been turned over. This requires some little practice. Sometimes additions are made to the omelette by mixing in other things with the beaten egg. For instance, you can add Parmesan cheese—grated, of course—or any kind of grated cheese.

Mispronounced Words.

Calliope—kal-li-o-pe, not kal-li-ope.
Camelopard—kam-el-o-pard, not kam-el-leopard.
Cantatrice—kan-ta-tré-che, not kan-ta-tress.
Canon—kan-yun, not kan-nun. This word is also sometimes spelled canyon, pronounced as above or kin-yone.

Capuch—ka-pooch, not ka-poch. This word is also spelled capouch, but pronounced as we give it above.

Carminative—kar-min-a-tive, not kar-min-na-tive.
Casualty—kazh-u-al-ty, not kas-u-al-ty.

Cater-cornered—ka-ter-cor-nerd, not kat-ty-cor-nerd.
Catalpa—ka-tai-pa, not ka-taw-pa.

Catch—katch, not ketch.
Caucasian—kaw-ka'-sian, not kaw-kash'-ian, nor kaw-kaz'-ian, nor kaw-kas'-ian.

Cayenne—ka-en', not ki-en'.
Chaps—chops, not chaps.
Chasten—cha'-sen, not chas-en.

Chew—as spelled, not chaw.
Chimera—kim-e'-ra, not chi-me'-ra, nor ki-me'-ra.

Chivalric—shiv-al-rik, not shiv-al-rik.
Worcester sanctions the last as allowable, but it seems not in accord with the best usage.

Circerone—che-che-ro-ne, or sis-e-ro-ne, not sis-e-rone. This word has become thoroughly naturalized.

Citrate—sit'-rate, not si'-trate.
Climbed, not clomb (klum).

Cochineal—koch-i-neel, not ko-chi-neel nor ko-ki-neel.

Cognoman—kog-no'-man, not kog-no-man.
Cold-slaw, not cold slaw.

Combatant—kom-bat-ant, not kom-bat'-ant.
Combativeness—kom-b't-ive-ness, not kom-bat'-ive-ness.

Comparable—kom-p'r-a-ble, not kom-p'r-a-uble.
Complaisance—kom-pli-zans, not kom-pli'-zans. Worcester favors kom-pli-zans, but the best usage fixes the accent on the first syllable, and so too of complaisant and complaisantly.

Comptroller—kon-trol'-er, not komptrol'-er.
Condit—kon-dit or kün-dit, not kon-düte.

Confab—not confab.
Congeries—kon-jé-ri-eez, not kon-jé-ri, rez nor kon-jé-réz.

Contiguous—kon-tig-u-üs, not kon-tij-u-üs.
Contour—kon-töör, not kon-töör.

Contra dance, not country dance.
Contrary—kon-trä-ré, not kon-trä-ré.

Contumacy—kon-tü-mä-see, not kon-tij-mä-see.
Contumely—kon-tu-mä-le, not kon-tu-mä-le.

Conversant—kon-verb-sant, not kon-verb-sant.

NOTE.—It is not uncommon to hear of one climbing down. This is not correct. One climbs up, not down.

NOTE.—This compound word comes from the German kohl (cabbage), and slaw, Dutch, meaning sliced; together, sliced cabbage. We sometimes hear persons of limited education say "hot cold slaw," when they mean hot kohl slaw or hot sliced cabbage.

The a in second syllable slurred or unpronounced.

Contre-danse, in French, means parties standing opposite each other.

The French System of Arbitration.

A "Council of Wise Men" is created in a manufacturing centre on the requisition of the Municipal Council. It consists of six or more *prud'hommes* elected in equal numbers by the masters and workmen, and a President and Vice-President appointed by the Government, one of them being an employer and the other a workman. The Government nomination of the two chief members is complained of by some workmen, but is approved of by others, as experience gained under a former law tended to show that election by the Councils caused strife that was never healed, and led to much party feeling. The President and Vice-President hold office for three years and are eligible for reappointment. The other *prud'hommes* are elected for six years, but one-half retire every three years. In case of a vacancy occurring the Prefect of the municipality orders a new election. No man is eligible under the age of 30, and the electors must be 25 years of age, and, if workmen, must have served at their trade for five years. Neither President, Vice-President nor member of the Council is paid, a fact which, surprising as it may seem to us, is not apparently looked upon in France as materially interfering with the efficient working of the council. In many towns there are several councils, trades being grouped in a somewhat arbitrary fashion, but with the general intention of securing in some measure similarity in the trade customs and regulations of each group, and hence sufficient acquaintance on the part of the councilors with these trades to enable them to adjudicate intelligently.

The "Conseils" have in most respect the powers of a regular Law Court, and take cognizance of disputes between master and workman and between workmen themselves. The Conseil is sub-divided into a private Bureau and a general Bureau, the former consisting of two members and intended to effect a peaceful settlement, failing which the dispute must go from "the peace-makers" for hearing before the other larger Bureau. Procedure is very simple and admirable. On a complaint being lodged the Clerk of the Council sends a courteous invitation to the defendant to attend at a certain time. This invitation is generally accepted; but if not, a formal summons is issued at the cost of the suit, and, if necessary, a third is issued at the cost of the defendant, who, failing to then appear, is liable to punishment for contempt of Court and to having judgment by default rendered against him. At the hearing no lawyer or attorney can plead; nor in any discussion between complainant and defendant permitted, as it might by developing hot temper retard an easy settlement. Each party is wisely restricted to merely answering questions of fact. Witnesses may be summoned, if necessary, and are allowed small fees. The decision of the Council is final, except in certain cases, as when documents are disputed. In these exceptional instances appeals are allowed to the ordinary tribunals. Three-fourths of the cases which come before the general Bureau involve costs not exceeding sixpence; the utmost cost possible is not over five shillings sterling.

Now, as to results. There are in France 132 Conseils, a considerable increase on a few years ago. Before these, in 1880, 39,429 cases came up, of which one-fourth were settled before passing the conciliators of the private Bureaus. In an annual average of 7955 cases put down for hearing before the general Courts 4789, or three-fifths, were withdrawn before hearing. A system which can show such results in the conciliation of contending parties and in the prevention of costly appeals, and yet at the same time secure substantial justice to all concerned, is well worthy of the careful consideration of social economists and of the general public.

The Champion Kisser.

The return of Miss Alice Harrison to the city of San Francisco recalls an incident of her career when a member of the famous California Company of four or five years ago, which may still provoke a smile from those who witnessed the occurrence in question. About the time of Miss H.'s farewell benefit at that theatre General Sherman was visiting the city, and with his staff occupied a box of said performance. Now, whatever difference of opinion may exist as to the military renown of the General of our armies, there is no dispute as to his being the champion kisser of our continent, and is known to frequently indulge in the proud boast that he has kissed 90 per cent. of all the pretty girls of the United States. His chief of staff once computed the General's kissing monthly average, taken all the year round, dry and wet seasons included, at about 1800, or say, in round numbers, about 22,000 kisses per each fiscal year. If the General had only added babies to the list of his subjects

he would have kissed his way into the White House years ago; but his reluctance to waste valuable time and raw material in the pursuit of his hobby induces him, with the true instincts of a veteran professor of osculation, to select only the prettiest of the sex for that honor.

At the benefit referred to, no sooner did Miss Harrison appear on the stage than the old war-horse snuffed the battle from afar, and began to grow restless and uneasy. The staff winked at each other, and soon their chief suggested the propriety of going behind the scenes to compliment the beneficiary.

We must now ask our readers to accompany us to the little Danish settlement of Eericvland on the borders of the Baltic, in the year 1831. A village festival being held, and as usual the distinguished visitors gather to salute the girl who has taken the annual prize for cooking and virtue. There is a young American officer amid the number, who, instead of printing the customary chaste salute upon the cheek of the village celebrity, folds her in his sky blue arms and settles down on her frontpiece like a hydraulic pump on an assessment list. The minutes fly by, and just as the spectators are about drawing their stop watches on the last quarter the young officer comes to the surface again. As he recovers his exhausted wind the weather-beaten captain of a wrecking crew approaches, and says:

"Young man, I'll give you your own price to ship with me as a diver."

"And why?"

"Because you can hold your breath longer than any man in the business."

We merely relate this little incident to emphasize our story. The kisser was young Tecumseh. But to resume. As soon as the staff were behind the scenes General Sherman pitched in with the remark that he hadn't kissed anything since breakfast. He was standing in the middle of the stage, with his back to the curtain, and absorbed in bestowing a paternal kiss upon Alice, and feeling like a just admitted angel sliding down a buttered rainbow, when that impish young lady saw that the prompter was about to ring up the "drop." Quickly placing her hands over the General's ears so he could not hear the bell, she backed him against the curtain. As every one knows, this wound around a huge wooden roller on the inside of the canvas. The General's coat-tails were caught by this as the curtain went up, and before the prompter could reverse the motion, the astounded man was suspended about ten feet from the stage like a sheet from a clothes line.

The audience went off into hysterics of merriment, while the members of the staff lay down on the floor of their box and absolutely howled, for they only knew that those convulsively clutching legs and venerable gaiters belonged to the Commander-in-chief of all our armies. But the first thing we know the General's coat tails will give way, so we will ring down the curtain.

Clothes-Pins.

Nearly all of the clothes-pins that find their way to market are manufactured in New England. The woods of which they are made are of white birch and beech, good for this use but for not much else. The logs are sawed off into lengths of sixteen and twenty-two inches. The latter are sawed up into little boards to make the boxes for packing the pins. The shorter lengths are sawed into strips of suitable thickness for pins by gang saws that make a block into strips quicker than you could say Hohokus. Then a gang of three saws cuts off the strips into five-inch lengths. Each pin is now just a squared block about five inches long and three-quarters of an inch square. In this shape they are fed out of the troughs into automatic lathes, each of which turns out eighty rounded pins per minute. With equal rapidity the knives of a slotting machine, set to work like a circular saw, bite out the sloping slot of each pin. When this is done they are thoroughly seasoned in drying kilns. The next process is polishing. Forty bushels of them are tossed together into a revolving drum, where they make each other smooth by their friction, and to finish them a little tallow is thrown in when they are almost done. That gives them a nice glossy surface. After all that they are packed in boxes—five gross in a box—by girls and are ready for the market.

Opposition is what we want and must have, to be good for anything. Hardship is the native soil of manhood and self reliance.

Said a student of one college to a friend who was attending a rival institution: "Your college never turns out gentlemen." "No," was the reply. "Our college allows gentlemen to go right on and graduate."