

Kitchen Economies.

POTATO STRIPS.—Pare, cut in long strips, lay in cold water for an hour, dry by spreading them on a towel and pressing another upon them, fry to a light brown in salted lard, shake off the fat in a hot colander, line a deep dish with a napkin and put in the strips. They should not be crowded in frying, but each should be distinct and free from the rest.

BROWN BREAD.—Brown bread, which may also be served as a pudding, is made by taking one cup of molasses, one teaspoonful of soda dissolved in half a cup of boiling water; stir this in the molasses until it is thoroughly mixed with it; then add three parts of Graham flour to one of corn meal in sufficient quantity to make a batter; to this add a tablespoonful of melted lard. If you wish to eat it while hot in place of bread, dry it in the oven for fifteen minutes; if for pudding, serve fresh from the steamer with a sour sauce.

GREEN CORN SOUP.—Make this soup when there is any good broth or poultry in which poultry, veal or beef has been boiled. After husking half a dozen ears of tender green corn, and removing the silk, cut through the centre of the rows of grains, and then, with the back of the knife, scrape out the inner portion of the grains. Boil the corn for twenty minutes and just enough boiling water to cover and prevent burning; then add to it three pint of broth, and a palatable seasoning of salt and pepper, and keep it hot while a dish of nice toast is made to serve with it.

COOKING TURNIPS.—Turnips should be cut across the fibre in rings of less than half an inch in thickness, for three reasons: First, the turnip need only be peeled very thin, instead of in the usual manner, thickly and wastefully; secondly, by so cutting them, the fibres are cut across, so that however old the turnip is, it is never stringy; thirdly, they require only fourteen minutes to boil in plenty of boiling water and salt, and thus the delicate flavor of the turnips is preserved; also they can be more easily mashed. The thinner the circles of turnips are cut the quicker they cook, and the less fibre they will have.

CURRY OF MUTTON.—Put half a dozen small onions into a saucepan with a tablespoonful of butter, a teaspoonful of curry powder, a little seasoning, a tablespoonful of prepared flour and half a pint of cream; stir until smooth. Remove the bones from two pounds of mutton, cut it into small pieces and fry a light brown. Put the meat into a saucepan, pour the sauce over it and boil gently half an hour. Put the meat on a hot dish and arrange a border of boiled rice neatly around it.

GRAHAM DIAMONDS.—Four boiling water on Graham flour, stirring rapidly until all the flour is wet. It should be about as thick as can be stirred easily with a wooden spoon. Place the dough, with plenty of flour, upon the moulding board and knead it for two or three minutes; roll out half an inch thick and cut with a knife into small cakes, diamond-shaped; bake half an hour in a very hot oven.

MINCED LOBSTER.—Pick the meat from a fresh lobster; mince it well, and put it into a saucepan with a seasoning of salt, cayenne, a wineglass of white wine and one of vinegar. Set it over a clear fire and simmer about ten minutes. Melt a tablespoonful of butter, with an anchovy and the yolks of two well-beaten eggs; stir it into the lobster and thicken the whole with bread crumbs; place it in a dish and garnish with the claws and parsley.

ENGLISH POUND CAKE.—One pound of butter beaten to a cream; one pound of powdered sugar; ten eggs, the whites and yolks beaten separately, one pound of dried flour. When all are well beaten together, add one pound of English currants and one pound of raisins, one cupful of almonds, one cupful of candied peel, two wine glasses of brandy. Bake two hours.

SOUFFLE OF FRUITS.—With fruits of a juicy nature, peaches, plums, apricots, bananas, proceed in the following manner: Remove the kernels, and press the fruit through a sieve; add half a pound of powdered sugar and the whites of three eggs; beat well with a egg beater five or six minutes, and add a little maraschino as flavoring; then take the whites of six eggs and beat into a stiff froth; mix well together; put this on a dish in a well heated oven five or six minutes before serving. Sprinkle powdered sugar over before serving.

A SUPERSTITION VERIFIED.—You may say what you please, but there is luck in horseshoes. A man nailed one up on the fence not long ago since, and a week afterward his wife, who used to wear out the furniture on him, eloped with a friend to whom he was owing \$40

Science.

—More than 3,000,000 trees were planted in Great Britain during the season of 1881-82.

—Although 30,000 paper car-wheels were in use on 150 different roads last year, but three failures are reported.

—M. Victor Saint Paul, a Frenchman, has offered a prize of \$5000 to any person who shall discover an infallible cure for diphtheria.

—The greatest heat of the air in the sun probably never exceeds 145° Fah., nor the greatest cold 65° below zero. About 130° above and 40° below zero are the extremes for the United States, and very unusual.

—Mr. Flinders Petrie is about to publish a work on measurements of the great pyramid, in which he will show that the new measurements are irreconcilable with those on which Professor Piazzi Smyth has built his hypotheses.

Mr. Ernest Giles, the explorer, contemplates organizing a grand final expedition to traverse the remaining unexplored portions of the Australian continent, and to endeavor to discover some more trustworthy traces of Leichhardt.

—The London Sanitary Assurance Association is going to recommend legislation which will compel builders of new buildings to obtain a certificate from some authority as to their sanitary condition before such buildings can be inhabited.

—The *Engineering Review* says that the frequent use of the indicator for determining the amount of power consumed in driving shafting is of great value. From not less than 30 to 50 per cent. of the power of engines is ordinarily used for this purpose.

—The President of the French Meteorological Bureau, M. Mangon reports that 83 per cent. of the weather forecasts made by the Bureau have proved good. Of 207 tempest warnings sent to seaports, 100 have been fulfilled entirely, 65 partly and 42 not at all.

—The purest lard oil is said to be that which is manufactured by submitting solid leaf lard to great pressure during the coldest period of winter. Oil of this quality is used for burning in small mechanical lamps. It gives a bright flame and does not incrust the wick.

—It has been observed that "right-handedness" extends far down in the scale of creation. Parrots take hold of their food in their right foot by preference, and Mr. Crookes is inclined to believe that insects like wasps, beetles and spiders use the right anterior foot most frequently.

—A new lightning appliance has been invented by M. de Khodinsky. He directs a jet of coal-gas and of oxygen on a specially prepared prismatic pencil of magnesia. The coal-gas and the oxygen arrive at the point of combustion by two separate pipes inclosed in the same tube.

—It is maintained by some scientists that the aroma of fruit increase with the latitude, while the sweetness decreases. Many herbs, such as caraway, are richer in essential oils in Norway than in more southern regions. This effect is ascribed to the influence of the prolonged light of the summer months.

—Although three or four crystals of the genuine precious topaz remarkable for size and clearness have been found near Pike's Peak, Mr. R. T. Cross asserts that the stone which is cut in Colorado and sold as topaz to tourists is not topaz at all, but simply smoky quartz, or the cairngorm stone of Scotland.

—Leaves of turnips and the like are frequently used as green fodder, but their removal has had a bad effect upon the plants. Actual trial with the sugar beet has shown that the denudation process has reduced the quantity of sugar 3.7 per cent. The leaves are also less nourishing than young grass.

—Alloys are often difficult to make. It has been found that the presence of even 1-30000 of a pound of antimony in a pound of melted lead increases the rapidity with which the lead oxidizes and burns. Lead which contains more than 1-1400 of its weight of copper is unfit for the manufacture of white lead.

—To increase the quantity of nitrogen which is given off as ammonia during the destructive distillation of shales for the manufacture of oils, Dr. Urdurhart mixes with the shale before introducing it into the retorts an alkali or alkaline earth and thus facilitates the combination of the hydrogen with the nitrogen.

—The composition of elephant's milk, according to the analysis of Dr. Queneville, in the *Moniteur Scientifique*, is similar to that of cream, but its consistency is different. Its odor and taste are very agreeable, and the taste is superior to that of most other kinds of milk. It is about equal to cows' milk in quality.

—Professor Jager the "soul-smeller," as he is familiarly called in Germany,

lately delivered a lecture in which he insisted upon the expediency of wearing animal fibres, and only then, next the skin. He would not have cotton or linen even for the lining of clothes. Professor Jager can amuse if he does not instruct.

—M. Vignier believes that animals are indebted for the powers of direction which they sometimes manifest so strikingly to the possession of a magnetic sense relating to the forces that govern both the direction and the inclination of the needle the seat of which he locates in the semicircular canals of the internal ear.

—Celluloid, which is a combination of pyroxyline and camphor, is now made into very good imitations of ivory, ebony, coral, amber turquoise, etc. The pyroxyline is prepared from cigarette paper and a mixture of nitric and sulphuric acids. One of the most recent uses of celluloid is for making type and engravers' blocks for printing from.

—The London *Graphic* says: "The cheapest postal service in the world is that of Japan, where letters are conveyed all over the Empire for two sen—about seven-tenths of a penny. This is the more wonderful, considering the difficulties of transit over a mountainous and irregular country which has less than one hundred miles of railway, while wagons can only pass over a few of the chief roads, and the steamers connect but a small number of coast stations."

—Dr. Julien came to the following conclusion in regard to the life of stones, defining life as the period during which the stone presented a decent appearance. Coarse brownstone, best used out of the sun, from five to fifteen years. Laminated fine brownstone, from twenty-five to fifty years. Compact fine brownstone, from one to two centuries. Nova Scotia stone will probably last from fifty to one hundred years. Ohio sandstone, the best of the sandstones, 100 years; Caen stone, from thirty-five to forty years; coarse dolomite marble, forty years; fine marble sixty years; pure calcareous marble, from fifty to 100 years; granite, from seventy-five to 200 years, according to variety.

Clips.

—The man who rides horseback always takes a back seat.

—The farmer makes hay, while the son shines behind a dry goods counter.

—Politeness is sometimes fatal. Up in Michigan the other day, a nurse and her charge were killed by the bough of a tree.

—When Fogg was asked regarding the latest additions to the English language he said he would ask his wife. She always had the last word.

—In the far west a man advertises for a woman "to wash, iron and milk one or two cows." What does he want his cows washed and ironed for?

—Edith—It's really difficult to advise you. Night marriages seem to have the prestige of great antiquity. Adam, you know, wasn't married till Eve.

—Country maidens are now holding guessing matches. They sit out in the garden and guess whether its a potato bug or an army worm that's crawling down their backs.

—Sydney Smith once said to his vestry, in reference to a block pavement proposed to be built around St. Paul's, "All you have to do, gentlemen, is to put your heads together and the thing is done."

—"The funeral was all that could be expected," said an aged lady who looks upon these events with an artistic eye. "The display was grand and the widow wept like a born angel."

—An intemperate citizen, of Rochester, calls his stomach "Hades," because it is the place of departed spirits. And one in Cincinnati calls his "The Tomb," because it's where the beer goes.

—An Irish lawyer, having addressed the court as "gentlemen," instead of "yer honors," after he had concluded a brother of the bar, reminded him of his error. He immediately rose and apologized thus: "May it please the court, in the hate of debate I called yer honors gentlemen. I made a mistake, yer honors." The speaker then sat down.

—"Now, John," said the father of the city family to the father of the country family, "we have been spending all summer with you, and as some sort of recompense we are going to have some amateur theatricals and give you a farewell benefit." "No, thankie, Charles," was the reply; "don't wait to do that. The farewell will be benefit enough for me."

—Irish repartee is proverbial. Last week a professional man addressed an artisan, who was waiting in his hall, rather brusquely. "Hello, you fellow, do you want me?" The answer was neat: "No, your honor; I am waiting for a gentleman."

Sanitary.

How to Preserve and Restore Health.

—Sick-headache patients are recommended three glasses of lukewarm water, to be swallowed in rapid succession, and to be followed immediately by a glass of hot mustard water. The effects at times very beneficial and quite astonishing to the uninitiated.

—Thousands of persons starve themselves into thinness, paleness and nervousness by living on white bread and sweet things and sleeping too little. Oat meal, cracked wheat, graham bread and beef, with plenty of sleep, would make them plump and ruddy.

—Beware of pop-corn. A seven-year-old son of Mr. Luntz, of Cleveland, Ohio, died, recently, of a paralysis of the heart. He had been eating a great deal of pop-corn within the past three months, and physicians claim that his disease was due to the coloring matter contained therein.

Tea.

In the London *Medical Times* appears the following: "Dr. Heath, of New Castle, has been the last to raise his voice against tea. But it has long been a fact familiar to us that tea is a most fruitful source of dyspepsia. Among the vast numbers of poor women who frequent the patient rooms of our London hospitals, we should not be far wrong in saying that two-thirds are suffering from dyspepsia. This dyspepsia almost invariably arises from two causes—the want of proper food and the abuse of articles like tea, which stay the craving for food, but which aggravate the consequent conditions of the digestion."

Rum and Tobacco.

These terrible enemies often find us defenseless. Our craving stomachs call for stimulus. Bad food, badly cooked, is the cause of much of this uneasiness and longing of the stomach. A wife who smells her husband's breath will help him much more by good food than by bitter words. Pies, cakes, puddings, fries, heavy bread, strong coffee and tea play the mischief with the stomach; then it calls for some stimulus. Good beef and mutton, light, sweet bread and good vegetables, taken in moderate quantities, with a discreet use of lemon juice, will prevent much of the craving for drink and tobacco.

Consumption.

Theodore Parker came of a sturdy stock of Massachusetts farmers, intelligent long-lived and capable of continuous toil. But of his nine brothers and sisters all but one died of consumption, Theodore, himself died of the same disease, at forty-nine, though his constitution had seemed of iron. But he had crowded the work of a long lifetime into less than fifty years, and that toil brought out the seed-implanted disease. He gave a natural explanation as to how the fatal disease entered into the life of a family which ought too have been long-lived.

His father's farm house stood on a hill side, which sloped into a large, spongy meadow. The meadow was always wet. The mists were heavy nights and mornings, and thus the seeds of pulmonary disease were gradually sown. Under favoring circumstances they invariably ripened into death. Mr. Parker says:

"Three generations of stout and long-lived men were born and grew up there; and if the fourth be now puny, and sink quicker to the grave, it is from no fault of the old house, but from the consumption which such spongy meadows in New England seldom fail to produce in the course of time. Even children, who have removed to healthier situations, carry with them the fatal poison in their blood, and transmit it to their sons and daughters."

How to Take Milk.

Milk is a food that should not be taken in copious draughts like beer or other fluids which differ from it chemically, if we consider the use of milk in infancy the physiological ingestion, that is, of food provided for it. Each small mouthful is secured by effort and slowly presented to the gastric mucous surface for the primal digestive stages. It is thus regularly and gradually reduced to curd, and the stomach is not oppressed with a lump of half coagulated milk. The same principle should be regarded in case of the adult. Milk should be slowly taken, in mouthfuls, at short intervals, and thus it is rightly dealt with by the gastric juice. If milk be taken after other food it is almost sure to burden the stomach and to cause discomfort and prolonged indigestion, and this for the obvious reason that there is insufficient digestive agency to dispose of it, and the better the quality of the milk the more severe the discomfort will be under these conditions. Milk is insufficiently used in making simple pudding of such farinaceous foods as rice, tapioca and sago. Distaste for these is engendered very often, I believe, because the milk is stunted in making them, or poor, skimmed milk is used. Abundance of new milk should be employed, and more milk or cream should be added when they are taken. In Scottish households this matter is well understood, and a

distinct pudding plate, like a small soup plate, is used for this course. The dry messes commonly served as milky puddings in England are exactly fitted to create disgust for what should be a most excellent and delicious part of a wholesome dinner for both children and adults.—*Popular Science Monthly*.

Our Young Folks.

One at a Time.

A boy watched a large building, as the workmen from day to day carried up bricks and mortar.

"My son," said his father, "you seem taken with the bricklayers. Do you think of learning the trade?"

"No sir; I was thinking what a little thing a brick is, and what great houses are built by laying one brick upon another."

"Very true, my son; never forget it. So it is all great works. All your learning is one lesson added to another. If a man could walk all around the world it would be by putting one foot before another. Your whole life will be made up of one moment upon another. Drops added to drops make the ocean."

"Learn from this not to despise little things. Be not discouraged by great labors. They become easy if divided into parts. You could not jump over a mountain, but step by step takes you to the other side. Do not fear, therefore, to attempt great things. Always remember that the large building went up only one brick upon another."—*Kansas Methodist*.

Unreliable.

One afternoon a gentleman was shown into Mr. Lamar's library.

"Mr. Lamar, said the visitor, "do you know a lad by the name of Gregory Basset?"

"I guess so," replied Mr. Lamar, with a smile. "That is the young man," he added, nodding toward Gregory.

The latter was a boy aged about fourteen. He was drawing a map at the wide table near the window.

"A bright boy, I should judge," commented the visitor, looking over the top of his glasses. "He applied for a clerkship in my mill, and referred me to you. His letter of application shows that he is a good penman. How is he at figures?"

"Rapid and correct," was the reply.

"That's good! Honest, is he?"

"Oh, yes," answered Mr. Lamar.

"The work is not hard, and he will be rapidly promoted, should he deserve it. Oh! one question more, Mr. Lamar; is the boy trustworthy?"

"I regret to say that he is not," was the grave reply.

"Eh!" cried the visitor. "Then I don't want him."

"That ended the interview. "O'uncle!" cried Gregory, bursting into tears.

He had set his heart upon obtaining the situation, and was very much disappointed over the result.

"Gregory, I could not deceive the gentleman," Mr. Lamar, said in a low tone, more regretful than stern. "You are not trustworthy, and it is a serious failing; nay, a fault, rather. Three instances occurred, within as many weeks, which sorely tried my patience and cost me loss of time and money."

Mr. Lamar's tone changed into one of reproach, and his face was dark with displeasure.

"I gave you some money to deposit in bank," he resumed. "You loitered until the bank was closed, and my note went to protest. One evening I told you to close the gate at the barn. You neglected to do so. The colt got out through the night, fell into a quarry and broke its leg. I had to shoot the pretty little thing, to put an end to its suffering."

Gregory lifted his hand in a humiliated way.

"Next I gave you a letter to mail. You loitered to watch a man with a tame bear. The nine o'clock mail will do, you thought. But it didn't, being a way mail, and not a through mail. On the following day I went fifty miles to keep the appointment I had made. The gentleman was not there to meet me, because he had not received my letter. I lost my time, and I missed all the benefit of what would have been to me a profitable transaction. It is not too late for you to reform; and unless you do reform your life will prove a failure."

The lesson was not lost upon Gregory. He succeeded in getting rid of his heedless ways, and became prompt, precise, trustworthy.—*S. S. Times*.

Advice to Boys—On Taking Exercise.

Boys who take a great interest and an active part in out-door sports, often bring needless illness upon themselves by over-exertion and want of proper care after violent exercise. Attacks of pneumonia or inflammation of the lungs frequently occur from getting very warm and then cooling off too suddenly.

When about to engage in a game of ball or any sport that requires continued activity, it is best to lay aside the outer garment, and put it on again when the game is finished; and instead of sitting down to "cool off," it is safer to walk around for a while. It is also dangerous to drink large quantities of cold water when very warm, as the system receives a shock which may lead to sickness.

To go in swimming after a long walk through the hot sun is also injurious, as the blood is driven to the internal organs from the surface of the body.

A Terrible Situation.

The Denver (Col.) *Tribune* tells the following story of the Grand Canyon: Charles May and his brother Robert, in the spring of 1870, offered to pass 60,000 railroad ties down the Arkansas from the mountain source. He says: "Our offer was accepted and we started into the upper entrance of the canyon with a large skiff, provided with six days' rations and 200 feet of rope, with which, by taking a running turn around some firmly planted object, we could lower our boat 100 feet at a time. In this way, at the end of three days, having set adrift many hundreds of ties, we reached the entrance of the Royal George. Here we discovered that an attempt to descend the first waterfall with two in the boat was certain destruction, and to return was impossible. Accordingly I determined to lower my brother down the fall in the boat a distance of 200 feet, give him the rope and let him take the chance of the canyon (life seemed more certain in that direction), while I would risk my physical ability to climb the canyon wall, which was about 2000 feet high.

"About 10 o'clock in the morning I shook hands with my brother, lowered him in the boat safely to the foot of the fall, gave him the rope and saw him no more. Then throwing aside my coat, hat and boots, and stripping the socks from my feet, I commenced my climbing way, often reaching the height of one or two hundred feet only to be compelled to return to try some other way. At length, about 4 o'clock in the afternoon, I reached a height upon the smooth canyon wall of about a thousand feet. Here my further progress was arrested by a shelving ledge of rock that jutted out from the canyon side a foot or more. To advance was without hope, to return certain death. Reaching upward and outward I grasped the rim of the ledge with one hand and then with the other, my feet slipped from the smooth side of the canyon, and my body hung suspended in the air a thousand feet above the roaring waters of the Arkansas.

"At that moment I looked downward to measure the distance I would have to fall when the strength of my arms gave out. A stinging sensation crept through my hair as my eyes caught the strong root of a cedar bush that projected over the ledge, a little beyond my reach. My grasp upon the rim of the ledge was fast yielding to the weight of my person. Then I determined to make my last effort to raise my body and throw it sideways toward the root, so as to bring it within my grasp. At the moment of commencing the effort I saw my mother's face as she leaned over the ledge. Presently she reached down her hand and caught me by the hair. Stranger, my mother died while yet a young woman, when I and my brother were small boys, but I remember her face, I was successful in making the side leap of my arms, when I drew myself upon the ledge and rested for a time. From here upward my climbing was laborious, but less dangerous. I reached the top of the canyon just as the sun was sinking down behind the snowy range and hastened to our camp at the mouth of the canyon, where I found my brother all safe. 'Charley,' said he, 'have you had your head in a flour sack?' It was then discovered that my hair was as white as you see it now."

Keep it to Yourself.

You have trouble—your feelings are injured, your husband is unkind, your wife frets, your home is not pleasant, your friends do not treat you fairly, and things in general do not move pleasantly. Well, what of it? Keep it to yourself. A smoldering fire can be found and extinguished; but when the coals are scattered, who can pick them up? Bury your sorrow. The place for sad and distrusting things is under the ground. A cut finger is never benefited by pulling off the plaster and exposing it to somebody's eye. Tie it up and let it alone. Charity covers a multitude of sins. Things thus covered are often covered without a scar, but once published and confided to meddling friends, there is no end to the trouble they may cause. Keep it to yourself. Troubles are transient, and when a sorrow is healed and passed, what a comfort it is to say: "No one ever knew it until the trouble was all over."