GERMS IN THE MILK. Process of Sterilizing as It May Be Carried on at Home Described by an Authority.

CLEANLINESS THE FIRST POINT.

The Same Cloth or Brush for Washing the Receptacles Must Not Be Used Hore Than Once.

HOW THE MICROBES MULTIPLY.

A Scientific Discussion of Lung Fever and Colds by Ephraim Cutter, M.D.

WRITTEN FOR THE DISPATCE.1 The most important element of the domestic sterilization of milk, is the knowledge that it will not be completely sterile. No milk can be really sterilized after it is even an hour old, unless it is steamed twice, on two successive days, and each time subject to intense and prolonged heat.

I have during the past three years, had from hundreds of mothers, communications upon the subject of sterilized milk, and have myself experimented every day for one whole year, to ascertain how thoroughly, and under what conditions milk could the best known are one in which the bottles be sterilized at home. As a result, I have are partially submerged in boiling water, never tound anyone who could perfectly sterilize city milk in an ordinary kitchen, so that it would keep. I have used every apparatus in the market, tried all grades of milk, and experimented with various degrees of heat, and never could at home produce sterilized milk, that would uniformly keep any number of weeks. It is frequently, and quite irrelevantly, urged that it is not necessary to keep milk for long periods, since one can easily prepare a fresh supply every day. I do not sterilize milk to test if it will keep, but keep milk to test if it is sterile. Really sterile milk

will keep unchanged for years. Milk Sterile Only in Name.

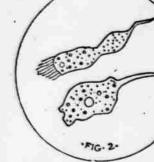
The fact that one cannot produce perfect ly sterilized milk at home, is not an argument against the domestic preparation, but it is in reality the strongest of all pleas for a careful steaming of all the milk that is to be used in the family. If the germs are so difficult to destroy, so active and prolific, then the greater the necessity for killing as many as possible, before introducing them into the digestive system of man or child. I have known cases where mothers, who had lost children from intestinal troubles, reassured themselves by saving, "I felt absolutely confident that all would be well with my child, because I used sterilized Inquiry often develops the fact milk. that the milk was prepared by a domestic, who thought the whole process superfluous, and paid little attention to the degree of duration of heating; or that the quality and age of the milk was unknown, or the temperature at which it was administered a varying quantity. The milk was sterile only in name, but the mere name had lulled the mother into a false security, and tempted her to neglect other and more important precautions.

With this qualification in mind, we may with clear conscience proceed to discuss the best methods of home sterilization. First, the age of the milk must receive careful consideration. Every hour the milk re-mains exposed to the atmosphere, or is

collection of bottles are to be thoroughly washed, preparatory for refilling, it facili-tates the process to have ready at hand a bottle containing white eastile soap dis-solved in water, to which has been added a tablespoonful of ammenia. With this one may use a clean bit of cloth, tied on the end to a wire or stick; or may shake in the botis in a normal condition its form-elements will not mass nor adhere together in any organ, no matter though the skin be con-tracted and deprived of blood by the applitle pieces of raw potstoes, small pebbles, sand or rice grains. Cloth, potsto, pebbles or rice, should, however, not be used a sec ond time, should, however, not be used a sec-ond time. Whatever is employed must be renewed each day. After washing, the bottle should be carefully rinsed and then immediately filled with the milk to be cation of cold. It is supposed that the capillaries of the elastic lungs are contracted by cold at the same time with the skin in "colds;" but if the blood corpuscies do not

The Principle of Sterilizing. The principle of sterilizing is simply to keep the bottles of milk in boiling water or live steam long enough to kill the germs. This may be accomplished with an ordinary tin kettle or steamer used for cooking, but is more conveniently done with some one of

sterilized.



Ciliate Epithelium, Natural and Deformed the numerous sterilizers which are offered for sale in all of our large towns. Of these and another which furnishes, as a receptacle for the milk, a chamber of live steam. Both these sterilizers now come fur-nished with round bottomed bottles, which are not only more easily cleaned, but are less readily broken by repeated heatings than the flat bottles.

A variety of stoppers have been success-fully used; rubber, cork or cotton, but for home use nothing equals for convenience and efficiency the double cork of rubber and and emciency the double cork of rubber and glass. The initial expense is greater, but the saving of time and the superiority of result more than compensates for this ex-penditure. There is an apparatus for sale penditure. There is an apparatus for sale in Germany, and in America another is in private use at a sterilizing farm, which obviates the necessity for double stoppers, by corking the bottles during the process of sterilization, without opening the machine. But these even if they were offered for sale

in this country, would be very expensive, and therefore not available for family use. Details of the Process. The water that is put into the sterilizer

must be cold; it should be raised in temper

ature gradually, or there is danger that the bottles will break. The bottles are to be filled only to within an inch of the top, in order to leave room for the milk to expand under the heat. The slotted or perforated corks, whichever are used, should be put into the bottles before they are placed in the sterilizer. Having closed the apparatus place it over a gentle fire, and allow it to remain about 20 minutes, at the end of that time the slotted corks may be pushed firm-ly down into the mouth of the bottles; or the perforated corks should have the glass point pressed into the opening, after which the sterilizer may be closed again for the final bottling. Forty minutes additional beating, one hour in all, will usually be a fair average for milk in a tolerably good condition

If no sterilizer can be procured, a fair substitute may be improvised with a com-mon double steamer, such as is used to cook potatoes, empty ginger ale bottles thor-oughly washed will answer to hold the

the case as a rule. milk, and ordinary raw cotton made into solid wads will serve as corks. In an emergency ordinary fruit jars will serve to steam the milk in. None of the devices are,

IT IS THE AGE OF GUSH.

BOUDOIR,

THE PITTSBURG

THE

TABLE,

adhere to each other, nor are embarrass

Cold Proves the System Disordered.

A cold is positive proof that the system is out of order. Not much it may be, but enough to be dangerous. It does not do to trust to one's feelings alone. It would be well to have blood experts examine for

health just as guarantee companies examine real estate titles. The best way to avoid pneumonia is to eat and drink properly, work and exercise and dress comfortably, so that the blood will be normal. For to

repeat, if your gun is not loaded it cannot

cause pneumonia.

go off.

idea of the grip parasite.

take this view; epithelia are miscropic cells covering the skin and mucous membrane;

in the air passages they are ciliated or hair

to prevent dust entering the lungs. Cili-ated epithelia never were found in the eye-

ball, nor in the air, as the asthmatos ciliaris

I have found in my practice that the breathing of sulphur fumes, the nascent chloride of ammonium, the vapor of men-

thol, the atomization of benzoate of soda, will deprive these forms of their life, stop

their movements and propagation, and cure

Sickly Sentimentalism Among Modern Writers-Women Not the Only Offenders-A Shattered Ideal From Washington-Advice to Practical Housekeepers and Wives.

IWRITTEN FOR THE DISPATCH.

by clots, crystals, fibrin strings and fila-ments, they will not congest the lungs or There is getting to be a wonderful amount of namby-pambyism in the world of books A good many call themselves well who are not well; they who are carrying about hidden in their blood the physical causes of disease. Such people are loaded like a gun, ready to "go off" when the trigger is and manners. Somebody says that this has become vastly more prominent since so many women became writers. That there is some truth in this cannot be denied. pulled. The explosion is what is called "disease." In perfect health one can be freely exposed to cold and not take "cold," as is seen in every-day life. Of course we Still, what is "weakly sentimental and affectedly sweet" is not confined to them alone. Witness the "slush" sent from the correspondents in Washington who are refer to ordinary and every-day exposure to cold. Long continued, unusual and severe cold paralyzes the body and causes disease of itself. The cramp of men swimming is mainly men. Read the stuff they write as to the beauty, the talents, the sweetness, the angelic manners of the wives and due to the steady chilliness and partial paralysis of nerve centers by water colder than the body temperature. daughters of distinguished men. Such women as described never existed.

They couldn't exist, because, as represented, they are not made of human stuff. Such daughters of the gods, as portrayed, are travesties upon good women. They are simply bedizened with fine words and flattering phrases. They are covered with taffy and smeared with sugar. They are made ridiculous by being shown up as impossible angels or impossible hypocrites. If the prominent women were anything like the descriptions given of them by the pen-men who write up the fashions and the doings of social life, they would be poor, silly creatures, indeed, in mind and of decided vulgarity in manners.

### A Case in Point.

go on. But still to repeat, if you do have a cold, keep still; stay in bed; send for your doctor; calm your mind; let good old nature have vital force or dynamos to cure with; eat Some years ago a woman whose husband good food plentitully; for when a machine goes hard it takes more force to run it. A good many sick people starve and die from starvation; don't overdo in work, worry or was in great prominence at the time was one of the stock themes of the correspondenta. To the 60,000,000 of people in the United States she was described as a beauty The colds that are called is grippe differ of the type of Juno. Her dark brown hair. with glints of gold, shaded a brow fraught from ordinary colds in as much as they are caused by an animal which comes low down with rare intelligence. Her eyes beamed with sweetness and benevolence, and the in the scale of life and is near to an ambæa in the scale of life and is near to an ambœa which is the lowest form of animal life known. These grip animals have appen-dages like eye lashes and hence are called cilia; these appendages differ from eye lashes in that they move of themselves, sometime with such force as to make the animal rock backwards and forwards. rich, ripe lips spake none but the kindest words, and gave utterance to none but sentiments of purity and love. We remember her figure was "statuesque and stately;" she had "regal shoulders" and "lovely rounded arms" that, judging by the glowing description thereof, must have been like those the Venus di Milo lost. Her dresses were Imagine a human eye removed from its socket and nerves, furnished with eye lashes arranged not in line but in a cluster or bunch, and you will have a very good dreams, poems, symphonies; her diamonds were those of a princess; her manners such as drew to her the affection and devotion of every one she met. As fate would have it, and things hap-Animals Responsible for the Grip.

pened, we came to see her at close quarters -and saints and angels, what a shock. Talk of shattered idols, statues knocked It is not a microbe. In general terms It is not a microbe. In general terms a microbe is a vegetable organism, micros-copic in size, while this parasite is an ani-mal organism. It is a ciliate infusoria (asthmatos ciliaris) and as such catalogued in "Kent on Infusoria." These parasites have been claimed to be merely deformed ciliate epithelia, but the writer does not.

off their pedestals, the destruction of ideals, the knocking out of old-time cherished heroes. Actually that beautiful woman of the Juno type-if she had been bereft of her rich dresses and gorgeous diamonds-would have answered to the description of a common huckster. She was as homely as the proverbial mud tence.

#### The Ideal and the Beal.

The beautiful rippling hair that shaded her brow was a bang whose falsity was so unmistakable that the least observing eye could not fail to see it as disfiguring, be-cause so unnatural. The mouth was as large as that of Soldene, which when displayed here in her singing of French opera was described by a Pittsburg critic of such imensions that an ecstatic listener "might fall into it and get drowned." The rich, ripe lips from which came only kind

The irritation caused by these parasites words were full to coarseness, and the kind words being admitted, they were given in aggravates pneumonia. The writer bases these remarks on years of experience of his own and others. The detection of the such English as would have laid out Lind lev Murray upon the spot could he have heard it. The "regal shoulders" consideration. Every hour the milk re-mains exposed to the atmosphere, or is shaken by the motion of transportation, it shaken by the motion of transportation, it age is necessarily great and the results less lodgment in the milk almost as soon as it leaves the cow's udder,) multiply in geo-metrical ratio. The common hay bacillus, the famous statue have been lost in antiquity. It may be, however, that after all she possessed the power over men's minds as spoken of, and that her chief attraction and virtue was the answer to the prayer of Socrates' "beauty within." But, if so, there was no occasion for anyone to falsely set forth a personal beauty she did not possess. Talking of such gush and slush brings to mind the late reports as published of a Presidental reception where the rich gowns were described at length and held up to ad-miration as being chiefly of French importation. Even the President's daughter is said to have worn a "confection"-yes that is the word-a "confection," composed by the genius of Worth, and other "confections" ized and gloomy people will create an at-mosphere that is enough to depress and by Parisian dressmakers it was said would be exhibited in the course of the season.

"What a beautiful home you have?" He replied: "Yes, but there is hardly a spark of comfort in it. My wile has a passion for art, and everything is so done up with ex-clusive regard for what is consistent with tone, harmony of color and picturesque pro-priety, that comfort is a dream only of de-luded souls. With two sets of lace curtains at the windows, in addition to shades, the gas has to be lighted ar midday-to say for Spring Wear-Just as Suitable for Light as Heavy Goods-The Sleeve Patterns, New Fabrics. WEITTEN FOR THE DISPATCH.1

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ALL ST

gas has to be lighted at midday-to say nothing of keeping out the blessed sunlight. Draperies, 'throws,' ribbons and fol-de-rols generally are in such profusion as to corode the soul of a man and make life hardly worth living. Great Casar, why can women be so foolish?" he crossly ended. No man ever was, or ever will be, made happier by "throws" or "tides" or afghans for effect, not use, and women should real-

DISPATCH, SUNDAY, FEBRUARY 7, 1892.

HOME DECORATIONS

ize that fact. Then there is the missionary sentimental-Then there is the missionary sentimental-ism becoming more and more prevalent. Women are now being inspired with great thoughts and burning desires for the ad-vancement and enlightenment of pagane and savages. Little girls are being con-stantly urged to spend their play time and save their pennies for the heathen. Poor little souls how they are blackmailed out of their good times and the enjoyment of their little pin money to throw them away in the mistaken and useless effort of converting the heathen. The last thing in tifls line the heathen. The last thing in this line heard of is an organization to make "things" for the Sandwich Islanders who would doubtless be much happier in their native sphere without them.

Nonsensical Advice for Women.

Another phase of the weakly sentimental order comes up regularly in directions to wives. One writer says they should always dress in white in the morning, and the children should appear at the breakfast table nearly attired, fresh and beautiful. A very desirable thing, no doubt, but will some-body please calculate at what time in the body please calculate at what time in the morning a woman who does her own work would have to get up to neatly array her-self in a white morning gown, wash and dress three or four children, get the break-

fast ready and the house in order, that her husband may be pleased? And the majority of women do their own work. In a cheap magazine—ostensibly for the benefit of the million—is found the rule prescribed, that where fresh fruit is on the

table finger bowls must be used. The in-fraction of this rule is, to be sure, lamentable, but when the millions of people who live happily, comfortably and cheerfully with-out a finger bowl in the house are consid-ered, the deep mourning over such a shortcoming may be somewhat mitigated. Still, after reading that, some women will doubtless think they have been living in sin and under the bonds of iniquity in allowing their families to eat peaches or grapes at the table without finger bowls.

Another of the Namby-Pambyisma

The Delsartean fad is another phase of the sentimental. Women must do thus and so to exercise their muscles. They must wriggle so and so to unlimber their nerves They must walk so and so to get the prope swagger, when really what they most need is, very likely, what has been prescribed to cure the Queen of Sweden of nervous pros-tration-to do the chamber work every day, and work in the garden in the summer. Her physicians say that the muscles of the chest and arms are healthily exercised by making the beds-throwing the bed clothes, turning the mattresses, and so on. The lower part of the body is appropriately exercised by the required work in walking around the beds, and in doing the dusting, while the mind is occupied by the changes incident to the variety of the occupation.

as to show pat-terns of a head-Such a mode of physical culture would hardly suit the esthetic women of this dress looking hardly suit the esthetic women of this country. It would savor too much of house-work. Gymnasiums and Delsartean cul-ture, with high prices attached, are more highly esteemed. But considering the strained condition of the domestic labor strained condition of the domestic labor like a truncated strained condition of the domestic habor market at present, this Queen's remedy might be turned to very useful account by those who now groan under servitude and moan over their miseries as to hired help. we may perhaps believe is, that mental line is the advice given that it is the devotee to better to love God than to go out to an en-tertainment with a young man alone. This fashion can best spend time recalls the shepherd advertisement for "a governess who loves Jesus, and will eat with the children." This subject is so wide in the study of native Russian costume with a it will need another chapter. remarkable amount of cer-tainty that her



ties, by this an-

nouncement they

are answered. "A

woman's will is

God's," says the

Fashion is its ex-

pression, and every

day sees the lamb

and lion lie down

together. The Mu-

jiks might stare

some to see their

blouses, which they

wear of fur and

merely turn inside

out in summer.

made up in gauze,

but they won't

know anything

Decidedly Russian. about it-any more

than they know about the restless desire for

novelty that sends us Westerners to the ends of the earth for a new design, and per-

suades us to choose for our splendid fashion

garden forms evolved out of the hard neces

The Russian Blouse Is Coming.

that lies flat and spreads out over the shoul-

65.0

and transform into an ornament.

sian. Some of

them go so far

time will not be

lost. A fashion

runs about two

years, and as the Russian craze

France and Rus-

sia exchanged

not

the costliest cincture her pocket will buy

and the

After Russian Peasant Pattern

for the belt will be the fashionable jewel of

the season. Everything will flare—the skirt, the blouse, the sleeve, the collar, the hat. The flare is a nart of the physiognomy of the coming style, just as the sheath-like effect was of the style heretofore; and if you want

to be chic next spring this is the expression

The flare is not Russian; there is no trace of any such lightness as it indicates in the Russian mind. It is the soul of the French playing through the forms of the sturdier

Northerners whom they have, by adopting their costume, elected to flatter.

political com-

set in

sities of climate and poverty.

French

proverb.

Russian peasants. This is an ideal sleeve, such as an artist loves, and if one wants an artist's expression of it they will find it in the pictures of Burne-Jones. To produce the effect the dressmaker will curve at top so that the fullness droops, or else she will gather it full along the inside seam, which is the only seamor, bet-ter yet, she will cut it much longer than the arm and pull it up onto the lining and fasten it there. WE ARE TO BE RUSSIAN. Designs From the Bleak Land of Famine

fasten it there. Wrinkled Surfaces Are Coming The wool fabrics for spring yet and for a month on are to be seen only in manufac turer's samples. They lie between mysteri-ous book covers and are drawn forth hesita-

Russian designs and thin fabrics will be tingly for profane eyes. The facts are worth finding out, however, while they are asked to reconcile themselves in the spring garments. If there still a secret, for they will add an element or two to the character of the coming styles exists anybody naive enough to as well as be pointers for prospective shopwonder whether

fashion ever stagway through the present season and have gers at incongrui-



the other in

The Coming Blouse.

will be Well, why not Russian forms? Some of in tints for street, for house and for evening wear. In colors there will be the usual them are intrinsically beautiful, and as suitable to thin texture as to thick. Of the | twn or mode, not quite as yellow in cast as two or mode, not duite as yellow in cast as it is sometimes; grays, greenish blues, helio-tropes and pale gray-greens. Some have silk dots of contrasting colors. For street wear cripons will be made up with both blouse this is certainly true. It is elementary in design. It is the Russian modification of the Greek chitone. We have fallen on nothing so good in a long time; let us take 1t and be thankful. velvet and bengaline. The illustration shows a mode colored cripon, with blouse of velvet, having a wide collar faced with For weeks the blouse has been making its crepon.

the depress-ion. This fa-

#### The Best Challie Is French.

For weeks the blocke has been making its way to favor, and spring will see it in full bloom. It is a long, belted over-garment reaching nearly to the knee. It has no seams at back or front, and is double-breasted, or fastened invisibly. Some-times the skirt is slashed twice in the front Challies will be the next fabric in im-portance. The best challie is a beautiful product. Unfortunately this best is produced at present only in a single factory in France, where alone, it is said, the chemiand twice in the back, but never in the middle of the back. The long sleeve wrinkles along the arm and is close to the cal conditions are supplied to perfect it. You must, therefore, if you want perfect challie, have a French one.

wrist, and there may be a loose hanging up-per sleeve. The modiste will tax ingenuity to produce variations upon it. She will at Bedford cord is not new, but it has come to stay. It will take the place of ladies' cloth for early



CORN MEAL DISHES. Octave Thanet Tells of Puffs, Breads, Griddle Cakes, Etc.

18

A RECIPE FROM THE SOUTH. The Authorities Are Eadly Off as to Mixing

Flour and Liquid. MUSH FOR MISSISSIPPI RIVER BOATS

WRITTEN FOR THE DISPATCE.

A thin, wafery cake, all crispness, like ping. Wrinkled surfaces have been feeling their the Scotch oatmeal cake, can be made by

scalding commeal with water until it is gained a solid foothold. thin enough to pour and lie smooth in the pan. Of course there is a pinch of salt and you may add butter or not, according to the taste. The pan should be barely covered. crepon will be first choice in the spring fa-brics. It is minutes to belt You bake in a hot oven until crisp and soft and fine, and its sur-wafer should not be thicker than pasteface is as varboard. You can bake it in the covers of baking powder tins or in any kind of pan. by the wash- It is delightful to eat with a glass of milk, as a luncheon dish, or for a tea dish. ing wave. One

For breakfast a commeal puff is not to be despised. It is made precisely like the hos cake-with a difference. You make a thinner mush than in hoe coke, a mush that is of ferns and just thin enough to drop on the battered retained the pan and to assume a nice round shape with-mould. It out losing the ragged look on the top. will be charm- Puffs require a very hot oven and should be served immediately.

Corn Bread of the South.

Down South, a favorite corn bread is a bread without a special name; they call it "corn-bread," as if there were no other kind of corn bread in the universe. It is all the same a wholesome and agreeable corn bread. And here is Aunt Cindy's direction for its concoction, exactly as we received it.

concoction, exactly as we received it. Well, I does be plintedly surprised you all doesn't know how to make cohn breadl Winy, it's jest cohn bread, dat's all dar is 'bout it. I takes a little cohn meal-nuff fo' de family, we all don't got a mighty large family, you know. If de family ben larrer I got t' take no' cohn meal. I jest takes ac-co'din't Den I scalts de meal up wid b'ilin' water or milk-I does dat acco'din', too. An' fat of co'rse, an' mabbe a mite er butter an' mabbe not-jest acco'din'. An 'if the chick-ens does be hayin' right smart, I puts in two, tree aigs. But I don't put in de aigs when I don't got dem. Beckon dat' bout all-yes'm, I puts in bakin' powder if I don't got 'nuff aigs-oh, 'nuff powder t' raise it, but don't you all go for t' be keerless wid baking pow-der, dat ar's de mos' reskies' way t' tool wid cake or any, you got to go acco'din'! From this lucid rule we have invented a

From this lucid rule we have invented a working recipe of our own. It runs as fol-

lows: Two teaspoonfuls of baking powder mixed

thoroughly in one quart of corn meal which has been sitted twice; two eggs, one table-spoonful of melted butter, boiling milk enough to make a cake batter, try a pint and do not put too much in; one-half tea-spoonful of salt, one tablespoonful of sugar. Bake in good oven, an inch or two being the thickness of the cake in the pan.

There is a peculiarly delicious griddle cake made from corn meal.

#### Corn Meal Griddle Cakes.

These are very simple but, like other imple things, require a decided "knack." simple things, require a decided "knack." To a small cup of the meal (finest and whitest you can get) add boiling milk enough to make a stiff batter. Scald the meal with the milk and add a pinch of salt, Let the batter get coid. Now add one-half pint of sour milk and one-half tea-poonful of soda, and last the yolks of two or the white and yolk of one egg, well beaten. You can use boiling water instead of milk and add a spoonful of eream or of melted butter. Crease is always more delicate than butter, but is not always so attainable. These cakes must be fried at once after mixing to secure them in their best estate. Boiling water, commeal and a pinch of them in their best estate. Boiling water, commeal and a pinch of salt are all the ingredients for commeal mush. The favorite method of the good old fashion is to heat the water and when is boils to throw in the meal a handhill is

boils to throw in the meal a handful at a time, stirring rapidly, but I washed my hands of the authorities and deliberately poured boiling water on to the meal until is was thin and I put the thin mush on the stove and cooked it for a weary space of time, hours, until it became-owing to the laws of chemistry and evaporation-of the desired thickness. And everybody delights in me mush ware much!

Mixing Liquid With Flour,

I may say here that no doubt there are people that can fling a dab of solid into a fluid and stir or beat the resulting com-

pound into evenness; but I am not one of them; and I make boid to believe that there

are not many of them. Such a course takes

too much time and patience for this wicked

and hurried world. Over and over again I

and hurried world. Over and over again I have admired the recipes of these superior spirits, and over and over again I have exactly reversed them, mixing my ilquid with my flour, instead of flour with liquid, always with a happy result. In most cases it is necessary also to pour in a little liquid as a time and mix thoroughly before pouring more. I may add, however, that the noble pover erg beater will help any one who has done the other way, and, in obedience to the authorities, defied natural laws. Ten years ago fried much was one of the specialities on the Mississippi river steam-pout. Make a much of fine white meal, Pour it into square rectangular pass to the depth of one or two inches. Cut it into small squares. Fry these squares in deep fat, itard is best, just as you would fry domphnuts. That is all there is to it. The orast is crisp and golden brown, the interfor is snowy white. Eaten with maple syrup there are few more satisfying breakings cakes.

CAN'T KEEP A GIPL

One of the Deprivations Boyalty Faste

Upon Queen Victoria.

The deprivations of Queen Victoria's life are pathetically illustrated by an incident

which occurred not long ago. An American lady sent Her Majesty an immense collection of the flowers of this country,

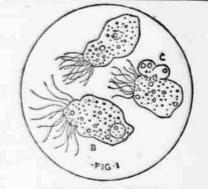
pressed and mounted. The Queen was de-

in my mush very much!

tound in all stables, and consequently in all milk, multiplies so rapidly that at the end of 24 hours its descendants number 10,000,-000,000.

#### Eat All the Fat in Four Days.

These germs live upon the milk, and the microscope demonstrates that under their operations the fat globules, or cream, gradnally disappear, few or none remaining niter the fourth day. Whereas, with sterilized milk no change is visible, even with the microscope, except a tendency of the fat globules to coalesce, a process pop-ularly known as a condensation of the cream. Therefore, in fresh milk we find few microbes and many fat globules; in old milk many microbes and few fat globules. Second, the quality of the milk is to be considered. Cow's milk differs from mother's milk, in that it contains more cheesy matter and less of the necessary fat. To restore the natural proportions we need to use milk richest in cream, as the Jersev or Guernsey. It is sometimes asserted that these breeds are less desirable than common cows. They are occasionally accused of unusual nervousness, and being susceptible of tuberculosis. statistics have, however, ever No statistics have, however, ever been given to support this statement, and none can be produced, even in answer to the



Asthmatos Ciliaris, Magnified. A-As usually seen. B-Same with roung growing within. C-Young nearly eparated from parent.

repeated challenge of Jersey breeders for facts to support such accusations. It is well known that in the Isle of Jersey, where all cattle are of pure breed, they are singularly free from disease. Proofs are constantly of-fered that both children and invalids thrive of Jerseys, the cows are gentle, quiet and affectionate. They live in stables as clean as a parlor, are always carefully fed and groomed, and hence not the slightest taint of disease has even manifested itself.

The process of sterilizing milk is simple in detail, and casy to describe. The burden of the work lies in the effort to maintain uniform and absolute cleanliness throughout the whole process, not only visible dirt must be abolished, but the cleanliness of every article that is to be used must, even to the searching eye of the microscope, be

We need first to discard any apparatus that is complicated in structure, or has parts inaccessible to air and light and any instru-ment that might fornish favorable focus for the propagation of germs. All bettles to be used either for sterilization or nursing should be spherical in shape. Sharp corners in the interior of a bottle are difficult, if not Impossible to clean. Short nipples that are easily turned inside out alone are allowable, but there is no virtue in sterilized milk, which must pass through a long rubber tube often lined with colonies of germs. No sponge or brush should be employed for cleaning the bottles, for after they are need, they themselves furnish more germs than all our cleaning can remove. Every bottle emptied of milk should be rinsed in cold water and then submerged in a pail of water in which has been dissolved an ounce

the apparatus that is used. The time as given by various experimenters runs from

aside one bottle every day to test the effi-ciency of the process. The bottle should be placed in a warm room of from 40° to 70° Fahrenheit. If the milk turns within 48 hours the steaming is insufficient. If it remains good for from four to seven days, it is safe to feed to the child. Milk sterilized at home which will keep longer than this is usually overheated, and thereby so much changed in composition as to lose some of its value as food,

To dilute sterilized milk one should al-ways use water that has been boiled; for water is, after milk, one of the most favor-able elements for the propagation of bac-teria, and may any time add to the milk just those germs which we have been at such pains to eliminate.

FRANCES FISHER WOOD.

60 TO BED FOR A COLD. Rests the Body and Gives It Strength to

Fight Disease-The Animais That Are Responsible for Grip-Dr. Ephraim Cutter's Ideas of Treatment.

IWRITTEN FOR THE DISPATCE. You can stop a fire at first, when you cannot easily after it is in full blaze. Inflammation of the lungs means lungs on fire. This is the concensus of medical opinion, If old and young would keep in bed for a

day or two when they "take cold," a much less number would die from lung fever and bronchitis.

is at one uniform temperature. Erect, the head may be warm and the feet cold. I have observed a difference of 16° F. between the temperature of the floor and a common mantelpiece in a sick room. This is enough to keep up local congestion or to prevent its natural dispersion in a body which is half sick. Still again, in the hori zontal position the heart has less work to de in forcing the blood to remote parts of the body and back again than in the erect posifered that both children and invalues that to on good Jersey milk, who have wasted on the ordinary red cow's milk. The fact is the ordinary red cow's milk. The fact is or rests only between the beats. There is a or rests only between a heart beating 120 times difference between a heart beating 120 times a minute with body erect, and a heart beating 60 times a minute, body supine.

Clean iness the First Principle.

unimpeachable

persed

of common baking soda. When the day's

Scaring People Into Sicknes 30 minutes to three hours. It is wise in the beginning of the work for a mother to set In closing let me say that physicians are sadly hindered by the fear awakened by the

have been.

sativ indered by the fear awakened by the word "pneumonia;" newspapers are partly to blame in having aroused the people's anxieties by publishing so much upon the dangers of La grippe and pneumonia, and so little about the recoveries. Both grip and pneumonia are serious con-ditions, but as the newspace. ditions; but as the navigation of a vessel across the ocean requires expert seamanship, so are physicians educated and trained to treat people that are seriously sick. Pneumonia means business for physician and nurse; but a household of distressed, agon-

make sick a well man. Again, disobedience of orders, such a changing clothes, allowing a patient to write a letter, to receive a friend, some-

times causes most serious results. Still again, there are incompetent and dishonest men engaged in the practice of medicine, as well as in journali m, politics and banking. If people would select their family physician with the investigating

care they employ in buying a horse or a sealskin sack, never forgetting that "the man makes the doctor," and would dis-

charge their selection only after serious consideration, the practice of medicine would be more satisfactory to patient and physician. EPHRAIM CUTTER, M. D. physician.

# A NOVELTY IN BAMBOO.

By Steaming Stalks Can Be Made Into Graceful Flower Holder.

bronchits. In bed the body is free from the environ-ing bands and girths of clothing. Remem-ber that in colds there are impediments to the circulation in the air passages and lungs that produce congestion, hence it is a good plan to have no body fittings that make cir-culation still more difficult and cause still more congestion. Again, in bed the body is at one uniform temperature. Exact the legs. The curved pieces supporting the whole the other surrounding ones as well as the legs. The curved pieces supporting the whole

A Warm Skin Is Good Armor.

And, still again, the skin is kept warm in bed and you can't catch colds with a warm skin. Remember that in colds the skin is chilled, the blood vessels contract and drive the blood in too great a quantitie onto some weak inside organ—the lungs in pneumonia. If the skin can coax back the blood that belongs to itself then the congestion of the lungs may be relieved, provided there has been no pouring out of the blood elements in the substance of the lungs; the usual condition in colds is not effusion. This is the philosophy of the use of mustard plas-ters, hot baths, taking a sweat, or inhaling ether, to relieve internal congestion by drawing the blood outside and to extrem-

ities. When the cold is fresh, on going to bed it disappears magically. The superficial congestion is relieved and the mass meeting of the corpuscles is broken up and dis-

The usual diet should be kept up in bed. Gruels are not so good as beefsteak or eggs or boiled milk, or indeed any kind of ani eggs, mal food. I know the popular idea is that animal food furthers congestion, but there never was a greater mistake. I speak advisedly.

Health Proof Against Lung Fever,

A perfectly healthy person will not take lung fever. That is to say, when the blood Bull's Cough Syrup. It is sure to cure your cold.

orner of a room.

Protection in Confections.

This hardly speaks well for an adminis. tration given over to the pretective policy and the encouragement of home mann Men in France are employed to make the rich gowns and garnitures for the administration women of the United States. Is it not strange that while it is claime Yankees have genius and skill that the enough to make anything a foreigner can that to make gowns for the women in power in America is something that no one in America-either man or woman-has the skill to do? Cannot the powers of patriotism and protection be invoked, and premiums be offered to secure in this great nation some dressmaker who can compose "confections" to clothe the forms of Amer-

ican women? When the daughters of Victoria get mar-

would be heard around the world that would shake the throne if they wore other than gowns of English manufacture. Suchthe trade at Honiton. Spitalsfield's labor wenves all of the silks and brocades of the

royal family. Scotland furnishes all of the tweeds and tartans. To encourage Irish labor Princess Beatrice had her trousseau laces woven in Ireland and in a shamrock pattern. But no such patriotism is shown by our American royal families, who must have Parisian gowns, and that fact is pa-raded not only without a scruple, but with pride. Protection to American labor, for-sooth!

## Taste in Home Decoration.

Another piece of namby-panbyism that is growing to excess is the constant increasing ding-donging at women to be tasty-to show in their homes that they have souls for higher things-to put in the little touches of color that show the artistic sense. They are told that none are so poor but they can so decorate their domiciles in esthetic style and in such manner that their husbands will love them better and find in their homes more enjoyment. Then follow directions to the dear sisters to secure this desirable state of affairs. As a consequence there are found almost everywhere tawdry fans nailed to the walls, soiled prints and flaring exposition eards stuck all around—little jiggers hung here and there with dirty ribbons—and all

manner of toggery and trumpery. The chairs are hung with ridiculous tidies and slumber rolls that never stay put, and only serve to worry. Tidies were invented only serve to worry. Tidles were invented in the days when men saturated their heads with hair oil, but now when bear's grease has gone out of fashion, they have no ex-cuse for being, save as she who makes them fondly indulges the delusion that they are pretty. Then ribbons are tied on the chairs, and scarfs are stuck all around, and draper-ies distributed here and there, so as to se-cure what is deemed the proper artistic and picturesque effect called for by the namby-pamby prophets. It is not too much to say that the very most of them look. Ilks the dickens. They are a delusion and a snare. No husbaid is the happier for them—be sure of that. Everyone of the beloved brethren are more fond of practical com-fort than picturesque effect. Not Much Solid Comfort Left.

Holder for Artificial Plowers. can be bent to the proper shape by steam-ing and then fastening them down in such a manner that when dry and hard they will retain the requisite form. It can be made of any size, small enough for the table or mantel-shelf or large enough to stand in the

Not Much Solid Comfort Left.

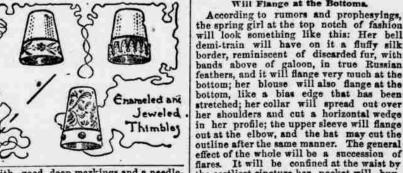
Bome one said to a man the other day,

# BESSIE BRAMBLE

CHARACTER IN THIMBLES. Enough Variety in the Makes to Give

Woman Nature a Chance to Show. Maybe you never stopped to think about t, but there are heaps of character in thimbles. If vain, a woman buys gold-gorgeous, gaudy and often so small that it pinches cruelly a finger nature never meant

pliments, to be taper. Contrariwise, if she be of sober mind she aims for an easy

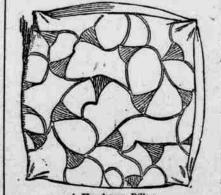


fit with good deep markings and a needlethreading attachment. Such a dear soul is apt to prefer silver, and put the difference into something for somebody else. The selfish woman strictly in the possessive case gets her thimble set with diamonds or turquoise, or else half covered with precious enamels. And the airy, fairy—she who trifles with fancy work for the air it gives goes and buys her a china thimble whose white and pink and pearl harmonize per-fectly with her own Dresden shepherdess prettiness.

LINEN GOES WITH SILE.

A Fretty Cushion Made From a Combin tion of the Two Materials. One of the best of all decorative effects is

gained by a combination of linen and silk. The surface of the linen material is peculiarly well adapted to both embroidery, and



A Handsome Pillow, broiderers "like so well and in it is worked the simple conventional design in olive and gold. The figures, which are simply sections of a circular dise, are em-broidered in solid Kensington with a single thread of blue floss and the lines which con-nect them combine with the same silk a thread of gold. They are worked in simple stem stitch and when completed are finished with a couching of Japanese gold thread. The result is sruly a delighttul one and the pillow, when backed with either a bit of plain linen or olive China silk, is not only of genuine beauty but of use as well.

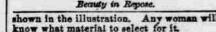
Camel's 3 with dots will be fashions,

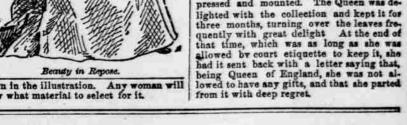
and there A Succession of Flares. will be one other exquisite wool that has spread over its dyed surface a white, trans-lucent film, into which figures are wrought. French mixtures will be in two colors, or i wo shades of the same color. There will

also be Scotch mixtures. There will be fabrics with a side band along one selvedge, indicating the continu-ance of flat borders for ornamentation. These bands are of a darker shade and have ines of silk worked into them. ADA CONT.

A Pretty House Gown. One of the designs for an in-door gown that is attracting attention just now is







Well Understood.

It is well understood by reliable dealers that Dr. Price's Delicious Flavoring Extracts have constituted for years past the standard flavors in all the markets of this country. That they are regarded as among the most successful and creditable products and are unquestionably, if the opinion of the best class of consumers is worthy of acceptance, the purest, strongest and finest flavoring extracts in the world.

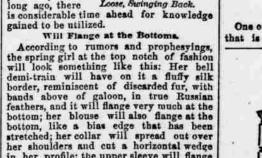


Foreshadowed by Worth. Other motifs prophesied for spring have other sources. One of them is the loose swinging back foreshadowed by Worth in A Handsome Pillow.

swinging back foreshadowed by Worth in his latest evening cloaks. The long street wraps of spring will, it is said, have a Watteau back, whose fullness will hang loose from the shbulders down to mingle with the folds of the skirt. A cape will be over the front and shoulders. This Wat-teau effect will also influence house gowns, as indicated last week, by shirrings between the shoulders, and in evening gowns it is suggested by the knot of ribbon with long-ends.

you will have to cultivate.

ends. Sleeves will be developed along the course already indicated in the winter con-tumes. They will be full at the shoulder rather than high, and they will wrinkle down the arm, just as do the sleeves of the



Loose, Swinging Back.