

path half an hour without spilling the water or letting the books fall."

The girls laughed, and said that would be fun. They spilled the water very often at first; but soon learned to walk in the right way, and twice a day went through the half-hour walk while their father watched them. They grew to be young ladies who walked like queens.—*Michigan Christian Advocate.*

SOME GOOD RECEIPTS.

Fried Salt Fish.—To avoid the softness, and breaking apart of the fishes, scale carefully, soak in cold water, ice water, if obtainable, and keep in a cool place. Soak ten or twelve hours in water, proportioned so there will be a half gallon of water to each fish; ten minutes before frying, remove from water, and drain; wrap carefully in fine cornmeal and fry in hot tallow. Keep the fish as hot as possible without burning; turn as soon as nicely browned. Do not put much tallow in spider at a time, replenishing as needed; turn with a cake-turner. Avoid crowding in the spider and the fish should not be broken. They are much firmer when fried in tallow than in lard.

Tomato Salad.—Pour boiling water over firm, ripe fruit, pour off and cover at once with cold water; remove skin,

and slice in nice even slices with a sharp knife; arrange on a flat glass dish or plate, sprinkling each slice with salt and pepper. A very attractive dish.

Good Cake.—Beat the whites and yolks of three eggs separately, adding a half cup of sugar to each of the parts; mix together, add a tablespoonful of butter, a large cup of flour in which one and one-half teaspoonfuls of baking powder have been added then a cup of good sweet cream. Flavor to suit. Bake in a well-greased cake tin in a moderate oven until a straw comes out clean.

Stuffed Cabbage.—Cut the heart out of a nice, solid head, fill the space with a dressing made from chopped meat chicken, beef or ham, a few bread crumbs and yolks of three eggs; season well, mix, tie the cabbage firmly together and boil in a covered kettle two hours. Very nice.

Cabbage Salad.—Beat one egg, add a teaspoonful each of salt and sugar, two of butter, a little pepper and a teacupful of good vinegar. Place over the fire, and stir until it boils; when cold, pour over finely chopped cabbage. Let it get very cold, then serve.

Corn Fritters.—Scrape corn from the cob of boiled or raw roasting ears, mix with a half cup of sweet milk, an egg and a half cup of flour. drop in spoonfuls in hot fat. When brown on both sides, serve. Nice with syrup.—*Emma Clearwaters.*

HABITS.

We drift to habits easily, just because it is easy. We know how paths "cross-lots" are made; perhaps we have helped to make them ourselves. Somebody begins to go in just one way, around certain bushes and between certain trees.

At first it doesn't seem to make any difference, but before very long the grass gets worn off in certain places, and other people, finding the way a little smoother there, begin to follow in the worn places; and then, before we realize it, the path is made—a hard, brown strip through the green.

That is just what happens in our brains. Every time we repeat an action or a thought, we wear little paths in our brains, making it easier for the thoughts to go that way the next time, until finally it seems to go of its own accord, and we do things "before we think," as we say.—*Youth's Instructor.*

OBSERVATIONS OF A HOUSEWIFE.

A housewife whose laws are as fixed as those of the Medes and Persians, will drive her family away, especially the children. Good-fellowship and jollity in the home should be a part of the good discipline and not looked upon as a crime. I am personally acquainted with a housewife, not a home-maker in Brooklyn, who boasts that her husband and her son never enter the front door in wet weather. They have been disciplined to enter through the back door and climb three flights of stairs to their sitting room. They are not allowed to rest upon a sofa in dressing-gown and slippers, because it is not dignified. This surely seems like straining at a gnat and swallowing a camel, and such discipline in most homes would drive the family away from it.

On the other hand, the members of the household should not be encouraged to be tardy at meals. This, above everything else, makes trouble with servants. There should be a restriction on untidiness of all kinds, and the home should not be made a rendezvous for all of the boys and girls in the neighborhood any hour of the day, to ransack the garret, depete

the ice-box and throw things into confusion. There is a happy medium which the genuinely good housewife will discover if she tries. It is not necessary to drive away her young people to find their "fun" in other homes—which they always compare to the disadvantage of their own—just because they may be a little troublesome or may seem to infringe on household discipline. One can be a good housekeeper, taking the most particular care of all her possessions, and not make them more important than the happiness and comfort of her family.—*Leslie's Weekly.*

A USE FOR OLD NEWSPAPER.

Here is a hint that the writer got from the head clerk of a big hotel at popular Indiana health resort. We know the germs that lurk in dust and how disagreeable, as well as unhealthy it is to inhale it while sweeping. Now the way that the carpet sweepers at this resort kept down the dust while wielding the broom, is to wet newspapers, wring them out slightly and tearing them into small pieces, scatter them all over the surface they are going to sweep. The little dampening brightens the carpets without injuring them in the least, and the moist paper effectually keeps down the dust, or at least the greater portion of it, by catching on itself. The paper is then burnt, which is the quickest and neatest way of getting rid of it. Where Brussels carpets have become somewhat dingy, the water in which the paper is wet might have a little turpentine added to it, as it has a refreshing and brightening effect, and has a tendency to keep the carpet free of insects and moths.

One way to prevent the dust from entering the throat and lungs while sweeping, is to tie a small sponge over the mouth and nose. A person can breathe all right through the porous sponge, and it takes up the dust which would otherwise be inhaled.—*Nellie G. Coleman, in What to Eat.*

RASPBERRY AND RICE PUDDING.

Pick over and wash one-half of a cupful of rice, drop into boiling salted water and boil for ten minutes. Drain, cover with milk and cook until tender and the milk is quite absorbed. Stir in carefully one half of a cupful of sugar, one tablespoonful of butter and two well-beaten eggs. Butter a pudding-dish, cover the bottom with fine bread crumbs. Put in alternate layers of rice and fresh raspberries, sprinkling a very little sugar over the latter. Have rice for the last layer and bake for twenty minutes in a hot oven. Serve with hard sauce into which a few crushed raspberries have been whipped.—*Table Talk.*

TREATING CROUP.

Perhaps nine children out of ten who die of croup might be saved by timely application of roast onions, mashed, laid upon a folded napkin, with goose oil, or even ard, poured on and applied as warm as can be comfortably borne to the throat and upper part of the chest, and to the feet and hands; or the onions may be sliced, boiled in soft water until almost dry, when they are cooked in grease until browned.—*N. N., in American Agriculturalist.*

Do not waste a minute—not a second—in trying to demonstrate to others the merit of your own performance. If your work does not vindicate itself, you cannot vindicate it.—*Thos. Wentworth Higginson.*

HARD, RACKING COUGHS.

Barring accidents, the person who gets along with the least amount of cough, will live the longest. Of course, the right time to attack a cough is at the commencement, when it is a simple thing, or the right treatment to drive the cough quickly away. As a general thing, however, people spend so much time experimenting with various remedies that the cough is well under way before they know it. Then comes the long siege. You feel the hard racking all through your system, and get relief from nothing. You fill your stomach with nauseating mixtures to no purpose. Then you use compounds containing narcotics, which deceive temporarily, and leave you slightly worse. Some coughs of this kind hang on for weeks, or even months, and, of course they frequently develop into serious lung troubles. A true specific for all coughs is Adams's Botanic Cough Balsam, and it should be kept in the house against any emergency. With a cough that has become chronic, the first effect of this remedy is a lessening of the dull cough. Then you are conscious that the soreness is leaving you, and presently the desire to cough grows less frequent. All this process is brought about by the healing properties of the Balsam. It is a compound of barks and gums. You can test it. 25 cents at any druggist's. Get the genuine, with "F. W. Kinsman & Co" blown in the bottle.

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