

The Home

AS TO BARE FEET.

There is nothing like having both feet on the ground. If a man should go bare-foot, the contact of his bare feet with the earth, and his head projecting into the atmosphere, would make a perfect electrical conductor through which the electricity of the air would pass through his body to the earth. While no apparent harm is done, yet being insulated from the electricity of the earth by wearing shoes, the electricity falls of its beneficial result. There can be no doubt that it would be better for everyone, especially nervous people, if their feet were on the ground instead of in shoes.—"Medical Talk."

The "Pilgrim" gives a short but concise and effective method of taking health exercise. A girl cannot begin too young, it says, to inflate her chest, drawing in long, full breaths of fresh ozone every morning, a warm, unbelted gown thrown over her nightdress, heels together, toes out, shoulders squared and head erect. Keep the mouth closed; inhale through the nose, filling the lungs thoroughly, allowing the breath to slowly go out from the mouth. This is a magnificent chest developer.

THE INVALID'S TRAY.

The preparation of the invalid's tray is a matter of great importance, and deserves the most careful consideration. Some one has said, "a multiplicity of dishes confuses the palate." However this may be true for the person in health, an attractive variation should mark and guard against a possible monotony for the convalescent. In cases of recovery from serious illness, it were wise to consult a physician as to what the patient may or may not eat. The arranging of the tray should never be left to an incompetent maid, but should be done by some interested member of the family, when the nurse is not on hand.

The most scrupulous attention should be given to the nicety and daintiness of the tray itself, as well as to the method of preparing suitable and appetizing dishes. A snow-white cover, free from suspicion of soil, is of paramount importance. Dainty china adds not only attraction for the eye, but appeals to the appetite.—Miss M. Frances Rankin, in New York Observer.

HOW TO GLAZE BREAD.

The glaze on Vienna rolls and bread is one of the reasons that this delicious breadstuff is so popular. A glaze on other breads has also been desired. According to the statements of an authority on bread-making, this glazed surface effect can only be produced by the admission of steam into the oven while baking. It is done in this way: Place an open pan of water in the oven, and let it heat long enough to give off sufficient steam to saturate the air in the oven. When the loaves are put in they should be quite cool, and, owing to the coolness, a momentary condensation of steam is effected over the whole surface of the loaf. The steam, coming in contact with the loaf, renders soluble the starch on the outside surface, and as the water dries off leaves a soluble starch, a part of which has been converted into dextrin. This also serves the purpose of keeping the interior of the loaf moist by preventing the rapid evaporation.—Kitchen Magazine.

KEEP YOUNG.

The middle-aged woman needs to keep a sharp lookout upon herself. There is danger of standing still mentally, of leaning at thirty or forty upon very brittle opinions and ideas formed at twenty years of age. Too many girls stop short in their education when they leave school. Life is one long course of education. It is never wise to adopt the notion that one can stop learning. Every day has its lessons. Men "stay young" longer than women. Perhaps it is because a man twenty-one years old knows that he knows nothing—in the world's opinion,

anyway. He is just preparing to run a race over a course untried by his feet, though trodden by millions of others. He steadies himself, looks about him, and reflects that if he is to keep in the race he must have his eyes wide open all the time, and learn how to run as he goes. The young woman usually considers that with her college diploma in hand strenuous mental application and effort come to an end. With the young man school and college are preparations only for the activities and achievements of maturity. The phenomenally brilliant undergraduate is seldom heard of again—man or woman. Too early development is not a favorable augury. The great school is the school of life, with a course of study covering three-score years and ten. It is those who are recognized forces during the last half of this schooling who are of account in the world.—Woman's Home Companion.

GLOW WORMS FOR LIGHT.

Here is a curious discovery in regard to glow worms which has been made by a Frenchman. He caught several of them and fed them for a few days, after which he let them loose in his garden. When night came he invited some of his friends and vastly surprised they were when they saw his garden illuminated in various colors. They could not account for it until he caught a few glow worms and showed them that from one came a red light, from another a blue light, from a third a yellow light, and so on. How he produced such a wonderful result no one knows, for, while he admits that the various lights are the direct result of the food which he supplied to the worms, he will not tell what he gave them to eat. He considers his discovery of great importance, and claims that it can be used to advantage in optical telegraphy and for fishing at night.

An Object Lesson

In a Restaurant.

A physician puts the query: "Have you never noticed in any large restaurant at lunch or dinner time the large number of hearty, vigorous old men at the tables; men whose ages run from 60 to 80 years; many of them bald and all perhaps gray, but none of them feeble or senile?"

Perhaps the spectacle is so common as to have escaped your observation or comment, but nevertheless it is an object lesson which means something.

If you will notice what these hearty old fellows are eating you will observe that they are not munching bran crackers nor gingerly picking their way through a menu card of new fangled health foods; on the contrary they seem to prefer a juicy roast of beef, a properly turned loin of mutton, and even the deadly broiled lobster is not altogether ignored.

The point of all this is that a vigorous old age depends upon good digestion and plenty of wholesome food and not upon dieting and an endeavor to live upon bran crackers.

There is a certain class of food cranks who seem to believe that meat, coffee and many other good things are rank poisons, but these cadaverous, sickly looking individuals are a walking condemnation of their own theories.

The matter in a nutshell is that if the stomach secretes the natural digestive juices in sufficient quantity any wholesome food will be promptly digested; if the stomach does not do so, and certain foods cause distress one or two of Stuart's Dyspepsia Tablets after each meal will remove all difficulty because they supply just what every weak stomach lacks, pepsin, hydrochloric acid, diastase and nux.

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