

desist. There are so many interesting things in missionary life to write about. It is made up of all kinds of experiences, both pleasant and unpleasant. It is a school in which our Father teaches us some of the best lessons of life.

J. H. PETERSON.

DOMESTIC SCIENCE.

"Snows were melting down the vale,
And earth unlaced her icy mail,
And March his stormy trumpet blew,
And tender green came peeping through."

Even in so simple a matter as the boiling of a potato, authorities differ. Some say that the water must be boiling in order to burst the starch granules; others that cold water, especially if the potatoes are old, gives a more mealy result. Miss Parloa splits the Gordian knot by declaring that the result by either process is the same, but that the boiling water has the preference in that the time required for the cooking can then be estimated to the moment. This obviates the necessity of constant watching and "trying." In boiling water, thirty minutes suffices for a potato of moderate size. When the potatoes are put in, reduce the heat so that they may not boil so rapidly as to break. When done pour off all the water, and if they are to be washed do so immediately. They if they require to be kept hot, set in a basin of hot water or on the back of the range and cover with a coarse towel, which allows the moisture to pass through. If left closely covered, they will be heavy, dark and strong flavored.

A plain, square centre piece of linen for everyday use on the polished luncheon table, may be made effective by having the laundress mark an eighteen inch square in its centre, and then passing this fold through a very narrow fluting machine. Place diamond wise on the table.

A lamp wick should never be allowed to crowd the tube. It tight, pull out two or three threads lengthwise.

In buying rice, South Carolina is considered best. If the rice is to be used as a vegetable, the grains should be whole; but if for soup or puddings, the broken grains answer quite as well, and are less expensive.

A frequent complaint among housekeepers is that, while using the same recipes for gingerbread and molasses cookies that they have always used, the result, in late years, is not satisfactory. The reason may be attributed to the molasses. The old Porto Rico molasses with the distinctive acid taste, is now almost entirely superseded by the New Orleans, which is more nearly like syrup. In the old method of manufacturing, the leeching process was so long as to produce fermentation and acidity; but the shorter methods of today preclude that chemical change. In order to produce the same results when using New Orleans molasses with bicarbonate of soda, enough acid must be added to the molasses to neutralize the alkali of the soda. In making the ordinary tin of gingerbread or "batch" of cookies, one tablespoonful of vinegar or one teaspoonful of lemon juice should be added to the molasses.

With the usual spring exodus to Europe in prospect, the quantity and dispo-

sition of baggage becomes a question of absorbing interest. Suggestions offered to those intending to take one of the Cook's tours, is that baggage should consist of one steamer trunk, and a handbag, each marked with the owner's name in full.

Trunks intended for staterooms should not exceed twelve inches in height, two feet in width and three feet in length. In all cases of transference each article of baggage must be identified by the owner, especially on entering and leaving hotels and railway stations, and whenever baggage is subject to custom's examination its owner must be present to answer for it. For the Atlantic voyage warm clothing is advisable, which can be left with steamer chair, rugs, etc., at port of arrival until the return.

For traveling on land medium-weight underclothing is recommended. For travel in the East, a warm woolen dress, good waterproof, strong boots, rubbers, leggings and umbrella, will be found necessary. Costly dresses and jewelry are generally best left at home.

A foreign scientific journal is responsible for the statement that the raw juice of the poppy applied to the sting of bees or wasps is a speedy cure, alleviating both the pain and inflammation. If the poppy is obtainable the remedy is certainly worth a trial.

It seems a lamentable thing that even to this day some nurses persist in giving their patients corn starch pudding removed from the fire as soon as thickened, under the delusion that it is light, "goes down easily," and is therefore digestible. Nothing could be more erroneous. The "thickening" is no indication that the starch is cooked sufficiently, for it is not, and as the gastric juices have little effect on starch in the raw state, the already weakened stomach is driven from incipient to active rebellion. All starches should be well cooked (corn starch requiring at least a half hour,) during which time they become thinner, and in the case of arrowroot transparent. The higher the temperature at which they can be cooked, without burning, the better, and they should be kept covered during the process.

An appetizing potato salad that is very popular at a large school restaurant is made in quantity this way:

Boil the potatoes with the skins on. When cold, slice in round slices, sprinkle among them a little chopped onion, and pour over a dressing made of salt, pepper, a half pint of olive oil and a pint of vinegar. Over the top sprinkle a little parsley cut fine.

In preparing fresh vegetables for the table, the first point to be seen to is that they are perfectly crisp. If they have lost this essential, it may be returned to a great extent by soaking in cold water, ice, if possible. The water in which they are cooked should be boiling, and kept so all the time. If the kettle is uncovered or half covered, the green color of the vegetable will be retained.

Cook only until done, as too long cooking darkens, renders soggy, strong and indigestible.

Fire-proof lumber, hardened by a process that defies combustion, is one of the latest achievements of applied science.

The new Commercial Cable building

on Broad street, New York City, is believed to be the first building of any considerable size in which this wood is used. The structure is more than twenty stories high, and is expected to be so thoroughly fireproof, that a fire started in any room, will not be able to make headway beyond that department. In appearance the wood resembles ordinary red birch, except that it is a shade darker. There is no perceptible increase in the weight of the lumber thus treated, and its adaptability for receiving varnish or other finish, is not affected. Its superior hardness, however, renders the replacing of the cutting tools on planers, and molding machines necessary about four times as often as when using ordinary lumber.

If this wood fulfills the promise expected, every mother will lift up her voice in favor of its use in all the new school buildings, at least.

A point to remember in bread baking is that well-kneaded bread retains its moisture and keeps much longer.

Practical and popular are the private millinery classes that are now improving the quiet days of Lent to furnish forth their Easter braveries.

A competent instructor is engaged, a store of milliner's needles, silk, cotton, pins, hat wire, linings, straw braid, ribbons, flowers, gauzes and soft muslin for the shirred garden hats, are laid in, and the class begins its work in earnest. While in some cases the class meets from house to house, the easier and more common way is to hold the meetings at the same house, in order to obviate the shifting of the club properties. These classes are the outgrowth of those started last year, which proved signally successful. The woman who is at all clever with her needle, can usually under efficient direction, compass the family hats, with infinite satisfaction to herself, and with much less of a drain upon her purse.

"Rock-a-bye, baby," will have no meaning to the new baby, who is expected to be hygienic in his methods and regular in his sleeping habits from the very start.

While there are beaucinettes for the frivolous babe who is to be allowed to rock and swing to his heart's content, the bed most approved by sensible mothers, stands decorously upon its well-turned legs. Aside from this concession to hygiene (the fin de siècle autocrat), the crib may be as elaborate and luxurious as circumstances permit. The beaucinette itself may be of brass, iron painted in delicate colors or white, bentwood or wicker. It may be draped with silk and point d'esprit lace, or the dainty dotted Swiss over a lining of pink or white or blue. But when it comes to the furnishings of the little bed, nothing is too good that shall tend to the health and perfect rest of its tiny occupant.

The mattress should be made of the best hair—the natural, white hair that comes from South America, and over it should be a soft protector of cheese-cloth, made with one thin sheet of wadding.

The little sheets may be made of cambric or linen, hem-stitched at the top and hemmed at the bottom. The covers—may be the soft rose or California blankets, the coverlet of wash silk or