

that he got the letter, for he is away from here at present and his wife is quite prejudiced.

ALMA E. HUBBARD,  
WM. G. PARK.

### DOMESTIC SCIENCE

While the majority of the "city folk" are beginning to turn their faces homeward, away from sea and mountain and homely farm house, for those able to remain yet longer in the country through September and early October, there is yet the "best of all the game." The choicest fruits are ripening now—juicy melon, the gold and purple plums, mellow harvest apple and spicy grape, while luscious peach and pear turn soft cheeks to the sun. In the woods the scarlet barberry with thorny fingers seeks entangling alliances with the passer-by, and the rich fruited elder-berry speaks to country children, at least, of pies and cordials. The air is full of the sweetness of the ripening buckwheat and garnered grain. The cat-tails in the meadow are just dry enough to be gathered and soaked in oil under the guidance of some careful elder, to be planted in front of the porch to illumine the night with their flaring torches, while the acorn cups and saucers furnish infinite delight to small people on woodland housekeeping intent.

All along the roadside—the flame-colored bitter-sweet winds in and out among supporting branches, and bursting milk-weed pods reveal their gossamer treasures. Happy the mother who can lead her children among these riches of the autumnal season, teaching them, with wide-opened, observant eyes to "keep record of the changes by which nature marks the ebb and flow of the great ocean of sunshine which overpreads the earth.

Altogether the mustard plaster is a beneficent institution in its way, it should never be made so strong or left long enough to blister the patient. If, however this should happen, a little sweet cream, spread on a soft cloth and laid on the abraded surface, will be found both soothing and healing.

While statistics, as a rule, are the dryest of reading, a notable exception is found in the data connected with the advent and growth of king or queen baby.

Every mother, especially the one brand new to that responsible position, is bound to find more of interest in the tabulated reports of the average age at which the first tears are wont to flow, the first teeth peep from their rosy setting, the first step taken quite alone, or the first intelligible word fall from the pretty lips, than even the most glowing reports of the Queen's Jubilee or the sagest dissertation on the Eastern Question. To the young mother, then, these facts furnished by an authority on child lore, are offered with the certainty of approval. The average weight at birth, says this student of the child, is seven pounds, and its weight at the end of the first year twenty-one pounds. The length of babies increases during the first year half an inch a month, while the weight increases a quarter pound a week. The average child holds up his head at three months, sits erect at four months, is able to creep at eight months, walk with aid at eleven, and quite alone at fourteen.

A baby begins to imitate sounds at eight months. A baby never sheds tears until it is three or four months old, as the tear glands do not develop until then. The hair and eyes change

color with age. The eyes of newborn children are usually blue; but about the sixth or eighth month they begin to change the color, growing lighter or darker. The hair perceptibly darkens between seven and fourteen. The fontanel usually closes at fifteen months of age. The age of teething varies; but the earlier they appear the easier. If by the end of a year none have appeared, the delayed dentition signifies poor nutrition. The twelve months of age; the anterior molars, from twelve to sixteen; the canines from sixteen to twenty-four, and the posterior molars from twenty-four to thirty. Bottle fed babies are usually later in this respect. Girl babies develop in all respects more rapidly than boy babies.

Three times a day, twenty-one times a week, and a thousand and eight times a year, is the table set in nearly every home in the land; practice enough one would think for every one to become perfect in the art. Yet, in some houses, the lesson seems never to have been learned; and cloth and dishes might have been fired at the table for all the order or symmetry visible in their arrangement. While, with some people the "gentle art of dining" resolves itself into mere feedings, with the majority the purity of the table linen, the cleanliness of the glass, the brightness of the silver, and a general air of order and daintiness are essentials if "good digestion waits on appetite." To the young housekeeper, anxious to do everything the right way, if she is only sure which the right way may be, the following suggestions given by Miss Parloa to her class of young chateaines, may prove of service: "Nothing," says Miss Parloa, "brings on indigestion so quickly as being irritated, annoyed and disgusted at table; and the housewife should be responsible for making things cheerful. Make the table as bright and dainty as possible. There is no excuse now for ugly, plain china, when you can get dainty things for the same price. Pick up cups and saucers here and there, and pretty individual plates for desert. Food, to be sure, is necessary for the body; but as we are not mere animals, we should have as pretty things about us as possible. In setting the table a thick silence cloth or cotton-flannel should be placed under the tablecloth, to deaden the sound. The table linen should be as fine as the purse allows. Poor, sleazy damask never looks well, and does not pay; while good table linen always looks well, even if darned. In setting the table the cloth must be put on perfectly true and even. Place the center ornament, and put the plates the proper distance apart. Many think approximately near quite sufficient; but the spaces should be perfectly accurate. If the eye is not true, measure for a few times with a yardstick, until the eye is educated. Knives and spoons should be placed at the right, forks at the left, having the handles just reaching the edge of the table, the knife with the sharp edge in, and the fork turned down. Tumblers should be placed at the right, and at the point of the knife. The napkins, if fresh, can be placed in the plate, or at the side; individual butter or bread plates at left. All food should be placed in proper position and kept there during the meal. Service should be as noiseless as possible. Large dishes, like platters, should be carried in the hand on a folded napkin, in passing, and small dishes on the tray. The waiter should stand at the left of carver, and all service should be at the left of the guests, as less likely to interfere."

The oft-quoted sentiment that no

woman should be allowed to marry until she can bake a perfect loaf of bread, make a good cup of coffee and broil a steak might well be enlarged to contain a light and delicate omelette as well. In the best regulated families emergencies arise when the knowledge of how to quickly stir together an omelette become of value, while in camping or yachting, or in charge of the capricious appetite of an invalid—that knowledge is enhanced ten-fold.

The following simple directions though intended originally for the chafing dish answer quite as well for The plain omelette may be varied from time to time by adding minced cheese, allowing one tablespoonful of the minced meats, one-half tablespoonful parsley or mint, or two tablespoonfuls of orange or other fruit pulp. This should be spread over the top, thus forming the center of the omelette when folded over.

If a child is restless in its sleep, it is well to remember that it will often refresh and quiet it to turn it over.

Lacking a regular egg poacher, a fair substitute may be found in the metallic rim of a fruit can. If this be the camp skillet or the shiny kitchen spider, provided they are as clean and smooth as a generous application of soap and water will make them. Allow to each egg one tablespoonful of either milk or water, a tiny speck of salt (not much as salt toughens) and pepper. The secret of a light omelette lies in the beating of the eggs and the folding of the whites and yolks together. Add the salt to the white of egg and beat stiff, but not so dry that it breaks. Beat the yolks until lemon colored and thick. Put one tablespoonful of butter for each egg in chafing dish or "spider," buttering the sides of the dish first. Fold (not stir) the whites into the yolks, for the simple reason that the white slips out of the bowl easier. Stir in the milk, just cut through, lift up and fold over, keeping it spongy that the air cells may not be broken. Set over the blaze, while you spread the spongy mixture evenly in the pan. A palette knife or thin wooden spoon is best to work with. Let it remain over the blaze until it will slip together, then set over hot water pan. The more slowly it is cooked, the more delicate it will be, and the more digestible. placed in a saucepan of boiling water, the egg broken careful into it, will retain an approved circular shape.

A delicious dish of tomato and spaghetti a la Italienne was recently prepared under the direction of that most accomplished cook, Mrs. Lemcke. The directions given were to break one-half pound Italian spaghetti into pieces, put it into two quarts of boiling water over the fire, add one-half tablespoonful salt and boil twenty-five to thirty minutes. Melt one ounce of butter in a saucepan, add one fine chopped onion, one-half fine green pepper without the seeds; cook six minutes; add one-half can of tomatoes, one quarter cupful fine chopped mushrooms, one teaspoonful salt, one teaspoonful sugar, and a quarter teaspoonful pepper; cook twenty minutes. When the spaghetti is done, drain in a colander, take four ounces Parmesan cheese, or grate four ounces American cheese, and put the spaghetti in alternate layers in a dish with the tomatoes and grated cheese. Place the dish for a few minutes in the oven and serve. The cheese may be omitted, if objected to. Macaroni may be prepared in the same way.

In making a hard pudding sauce, add sugar gradually to butter, and it will get smooth much more quickly. Use five times the amount of butter in