

stomachs, and such mothers give poison to their babes in the shape of bits of candy, or lumps of sugar, or even pieces of meat to suck. A momentary cessation from crying is deemed better than health or ease for the babe. If a baby has looseness of the bowels, especially if this runs into actual diarrhoea, you may be sure the baby's digestive organs are out of order, and this is wholly and solely the mother's fault. Talk about mothers being unselfish! Babies are murdered by the hundreds during the summer by foolish and perverse mothers. That is solemn truth.

### From Our Exchanges.

#### In The Kitchen.

**CREAM FRITTERS**—Six macaroons, two ounces sugar, grated rind of half a lemon, six eggs, one-half pint of cream. Pound the macaroons in a mortar, then mix the sugar and lemon rind well with it. Beat the yolk soft and the whites of two eggs to a strong froth, then add the cream and mix well with the pounded macaroons. Fry the fritters on both sides till a light golden brown, sift sugar over and serve at once.

**APPLE TART**.—Mash the apples smoothly with the liquor; add two ounces of fresh butter, a gill of cream, the grated rind of a lemon, and some white sugar; mix all well together, squeeze over it the juice of the lemon; put a very light paste round the dish and a few ornamental bars across. Half an hour in a brisk oven will do this tart.

**FROZEN APPLES**.—Season the desired quantity of cooked and strained apples with sugar and spice, beat until the apples are light and smooth and freeze the same as ice cream. If liked, cream in the proportion of a cupful to a pint of apples may be whipped in before freezing. Serve with cake or toasted and buttered wafers or crackers. A cold cream sauce may accompany this dessert.

**GINGER SHERBET**.—Make a lemon water ice and freeze. Cut four ounces of preserved ginger into very small pieces, adding to it two tablespoonfuls of ginger syrup. Stir into the frozen ice and pack.

**CARAWAY SEED CAKE**.—One-half cup of sugar, one cup of butter; one-half cup of caraway seed, beaten to a cream. Three cups of flour, one-half cup of water, three eggs and two tablespoonfuls of baking powder.

**SHRIMP RISsoles**.—Mash smooth a pint of picked shrimps, add a tablespoon of butter and a cup of cold cooked rice or mashed potatoes. Season with pepper and salt, mix well and form into oval cakes, dip in beaten egg, roll in bread crumbs and fry in boiling dripping. Garnish with parsley and serve hot.

**TO KEEP CUT FLOWERS**.—Lay them loosely in a paper box lined with oiled paper, after you have sprinkled them freely with fresh water.

You can keep them in this way for a week or more, and can open the box to enjoy their beauty and fragrance as often as you wish, and always have fresh flowers ready to wear.

**WHIPPED CREAM**.—The secret of whipping cream is to have it in a cool place.

Take your bowl of cream and put it in a bowl of ice-water, then whip quickly with a silver fork, and stand near an open window. A little powdered sugar

added to the milk will help it to keep from getting thin.

#### Notes.

Brick floors may be cleaned by moistening with milk and water and wiping dry.

Place a lump of camphor inside the piano if you would ward off moths. Linseed oil and turpentine make a fine furniture polish. One part of turpentine to three of oil.

Mend the torn pages of books with white tissue paper.

Rub the seats of leather chairs with the white of egg.

Clean plaster of paris ornaments with wet starch brushed off when dry.

Rub creaking hinges with a very soft lead pencil.

#### Miscellaneous.

Hot foot baths are very serviceable to cure cold feet and quiet nervousness before retiring. Nerves and cold feet are the cause of much restlessness and the foundation of insomnia. The habit of going to bed and laying awake is something to be dreaded. An authority on nervous diseases gives this advice: "When sleep ceases to be a matter of habit it should be cultivated. It is a good plan to read a few pages of a light book just before bedtime, in order to compose the mind after the day's excitement. Poetry is good for this. If there is a feeling of hunger, drink is better than solid food, but liquors are not to be thought of; they are too stimulating. Have a window open, regardless of the weather, for the supply of fresh air, but draw the blinds and darken the room. Electric and gas lamps in the street will illuminate all the rooms in the neighboring houses and help to make maniacs of the inmates by murdering sleep. These lamps are public nuisances, and if they cannot be suppressed thick blue shades and inside blinds should be provided. No expense should be spared to invite sleep, without which health and life itself must succumb. A good warm bath of the temperature of 100 degrees, taken twice a week, will be found helpful. A brisk rubbing with a coarse towel should be applied, as it draws the blood to the surface of the body and brings about a soothing reaction. This, with light refreshment, will take the blood from the head and insure sleep. Opiates should not be used until everything else has failed. Exercise in the open air, simple and nutritious diet, and regularity of the bowels should be established before consulting a physician regarding the use of opiates. If an hours' walk or physical exercise does not produce sleepiness, two hours' exercise will."

It is a great mistake in buying gloves to fit the left hand, unless the woman is left-handed or ambidextrous. The right hand is the larger, and if a comfortable fit is desired the right glove should be tried on. Only ignorant women wear tight gloves. Aside from comfort and suitableness, an easy-fitting glove wears better than one that is too small. Hands that come out of tight kid gloves usually stay red for a while, as the circulation is impaired in the vice-like covering. A fashionable woman who, according to her statements suffered the greatest embarrassment from red hands at dinner parties, consulted her physician. He advised her to wear mittens to the dinner.

Just as soon as a woman neglects her-

self the world neglects her. It takes her at her own valuation. If she is pretty and bright and cheery and sweet, if she looks well, dresses well and acts well, if she keeps up with the procession, respects herself and pets herself, the world is interested and gives her what she wants—homage, admiration, devotion, love. It is neglect that ages the average woman, not time, and she has herself to blame for growing old.

Men are fickle and children are selfish, and the woman who wants to keep her hold on them must make up—make up well and make up all the time. She must put a rose in her hair, bows on her slippers, lace round her neck and her best foot forward. She may not be fashionable, but she can be stylish. She can dress her hair so as to make the most of her face, wear a color that will harmonize with her complexion, have new dresses even though they have to be made of 15-cent chaffie, and keep herself as exquisite as a pink. Many neat women are nightmares. They choose unbecoming colors and ugly styles, wear wrappers and sacques that give them clownish figures, drag their hair back, drumhead fashion, and go about slip shod. Coquetry is not only woman's prerogative but her duty. She owes it to society and to her sex to wear pretty things and to do pretty things. A mull apron with a pocket in it is a thing of beauty, and there is a captivating charm about a well-kept hand and a well-dressed foot. For \$5 a pair of colored kid slippers and a pair of silk stockings can be bought that will do duty for 365 consecutive evenings. Aside from beauty they will rest and save the feet.

A good way to ward off old age is to live well—to have wholesome exercise and well-cooked food.

A bright complexion will go a great ways towards beautifying a plain face. To secure it, a perfect circulation of the blood is absolutely necessary, and to retain it a meat diet should be avoided. The roses must be painted in the cheeks, lips and chin by nature. Abundant exercise and an out-door life are invaluable. Animal food is not conducive to a fine color. Meat once a day should be the limit; meat broths, soup extracts and jellies are, on the other hand, very wholesome. Vegetables should form the diet, and, as they are numerous, no difficulty will be found in getting a change. Lettuce, one of the most valuable greens, contains a sufficient amount of opium to freshen the complexion by absorbing the impurities of the blood that otherwise would appear on the face in the form of pimples and eruptions. "The soups of the king," prepared for the dyspeptic Charles VI, are still favored by beauties in all countries. In this age they are known as "cream soups." All are white, or of a delicate tint, and free from greasy or oily substances, the stock being extracts of some strong soup. Asparagus, beans, celery, cauliflower, tomatoe, cucumber, chickweed, crab and lobster are some of the fifteenth century soups that they considered favorable to beauty of color. Soft boiled eggs are among the best articles of food, and those hard-boiled are among the worst. Candy, conserves, croquettes, doughnuts, crullers, patties and pastry are bad for the complexion, and so are all dishes that are cooked in butter or lard. Fried oysters are most injurious because indigestible. The purifying elements of