

Very few seem to desire baptism, however. Open air work has been almost unknown here for many years, and I know we have done a vast amount of good by our efforts in this work.

DOMESTIC SCIENCE

In laundering babies' clothes, use only the best of soap, and beware of too much washing powder or soda. Many cases of eczema in infants, according to physicians, may be attributed to carelessness in this respect.

While the nutritive value of fresh fruits, excepting always nuts, is not so very great, they are nevertheless most valuable for their flavor, their stimulus to the appetite and the changes they permit in the bill of fare.

Although dried fruits are much more nutritious than fresh, it would seem a perverted taste that would clamor for figs, prunes or raisins, when over the garden wall are hanging succulent pears, rosy apples or mellow peaches.

In gathering fruits remember that all fruits are best when allowed to ripen on the tree or vine, excepting pears. Nearly all varieties of this fruit may be gathered while still green, and put in a dry, cool place to mellow. All fruit should be examined often, as decay is rapidly communicated.

Fresh fruits differ in their effect on the digestive organs, depending on their several properties. As these are modified by cooking, unless fruit is neither under-ripe nor over-ripe it is more wholesome cooked.

Some fruits require very little sugar in cooking, while others are very poor unless a great deal of sugar is used. Nearly all fruits are better in color, flavor and texture if the sugar is added when they are first put on to cook, but dried fruits, such as apples, peaches, prunes and apricots, will require very little sugar, if cooked long enough.

In the French and German methods of preserving, that give us the beautifully clear transparent results, a very rich syrup is made and poured over the fruit. This is allowed to stand several hours. It is then poured off, boiled again and poured off, this process being repeated in some fruits for several days. In this way they simply absorb the heat and are cooked.

To the women of today engaged in a pathetic struggle with the renovation of her fall garments, there comes like Balm in Gilead, the deduction that her sisters of the eleventh century were subjected to the same trials and tribulations. This inference comes from an old proverb dating back to that time, which is evidently the crystallization of repeated disappointments. "He lied like a dyer" may not be elegant, but it surely furnishes food for reflection.

In Germany no girl's education is considered complete until she has had thorough training in washing, ironing, cooking and the management of a house. These housewifely arts she learns not theoretically but practically, going right to the places where the actual work is being done, and not only doing the actual work, but paying for the opportunity. For instance if a girl wishes to become an expert cook, she goes directly to a hotel, and does everything under the direction of a chef. If she desires to learn laundry work she goes to a laundry at 7 o'clock in the morning and works until 10 o'clock at night for three months, paying five marks for the privilege of doing so.

While sterilized milk has proved itself a superlatively good food for infants, few people realize how bene-

ficient it is in adult case when the patient is badly run down or when the stomach can assimilate no ordinary food. In case of pulmonary trouble it has also worked wonders, providing the vitality necessary to combat the disease successfully. People troubled with insomnia has also found that sterilized milk is an excellent soporific while thin people sing its praises as an unequalled tissue-builder.

The method of sterilization is simple. Put the milk in bottles, allowing it to come within about two inches of the top. Cork tightly with pieces of pure cotton, which have been tightly browned in the oven. Place the bottles in a steamer, cover closely and expose to heat for an hour if the milk is fresh, and longer if the milk is older. Night and morning's milk should never be mixed, because milk once cooled should not again be warmed. While many immerse the bottles in boiling water, it is not to be recommended, as the milk is spoiled if heated over 140 degrees; 130 degrees is about the right temperature. After the milk has been once sterilized the air must not be removed unless while still in the steamer it is replaced by a cork. Steam a little longer in that case, press the cork in firmly, and the milk will keep indefinitely.

As there are but few laundries in Germany, it is considered an exceptional advantage to get this opportunity, and vacancies are eagerly sought.

In sterilizing milk it must not be forgotten that it is quite as necessary to sterilize the bottles as the milk. Wash in cold water, then in soap and water. If the milk adheres to the sides of the bottle a little rice shaken with the soap suds will be found helpful. Then place the bottles in cold water, and bring to the boiling point.

While "Bubble and Squeak" would hardly be allowed space on a Delmonico or Waldorf bill of fare, it is a good, respectable dish of English extraction; and may be commended to any save those who are unfortunate enough to be possessed of a "proud stomach." Heat two tablespoons of butter in frying pan, and brown thin slices of cold corned beef, well peppered. Add some cold boiled cabbage, chopped fine, well seasoned with salt and pepper, one tablespoonful pickled cucumber, and onion, mixed, and a small teaspoonful made mustard. Serve very hot.

In cleaning a hardwood floor, wipe all the dust off before washing. This is quickly done with an ordinary broom around which a piece of cheese cloth or cotton flannel bag has been tied. Wash the floor in tepid water, using as little as possible on the floor. Soap should not be used, but a little part of ammonia or borax may be added to the water, or it may be wiped with a cloth just dampened with turpentine. Wipe and rub thoroughly with a dry cloth, as it will dry in streaks, unless well polished. A good mixture for polishing is turpentine and well melted beeswax in equal parts. This should be put on with one flannel and rubbed with another. For painted floors, tepid water or a cloth just dampened with kerosene will be found efficacious, while a little milk added to tepid water is also excellent.

Again the anxious mother is called upon to combat a new bacillus of a dangerous character, who finds his habitude in the apparently harmless dark retreat, he lies in wait, thousands strong, to attack the youthful student prone to deposit more ink on lips and fingers than is required for all the pot-hooks and axions of his copybook. According to the reports of the leading bacteriologists of Germany, who have

recently completed a number of experiments at Leipzig and Berlin, the ordinary inks literally teem with dangerous bacilli—the bacteria therefrom sufficient to kill mice and rabbits inoculated therewith in the space of from one to three days. As the use of ink, however, is as old as the civilization of China, and as no physician has yet reported to the board of health, the loss of a patient through an intemperate indulgence in ink, we may take courage, and though advocating the use of pen-wipers on general principles, yet rest assured that the lives of our children are not immediately threatened.

In dish-washing, special care must be given ivory-handled knives, the handles being never allowed to go in the dish-pan. When washing, the handles should be held in the dry left hand, while the right washes the blades. Spots can be removed from ivory handles and the polished surface restored by powdered pumice stone and water, if accompanied by exceedingly vigorous rubbing.

While Whittier has forever thrown a halo around the yellow face of the pumpkin pie, the plump, round, feathery doughnut or cruller, of real country extraction, is as yet unhonored and unsung, though quite as worthy of commendation.

The rule for the concoction of these cakes, that are an ornament to their family, calls for the following simple materials: One cupful of sugar, one cupful of buttermilk, two eggs, one tablespoonful butter, one teaspoonful soda, a saltspoon of salt, a little cinnamon, and flour to roll soft. Roll the dough out in sheets about three-quarters of an inch thick, and cut into round cakes with a cookie cutter or the top of an eggcup. Cut from the center again with a small cutter or the top of a pepperbox. Have ready a pot of smoking hot fat (half dripping and half lard makes an excellent frying medium); test it with bread; if it turns dark at once, it is too hot, but if it turns a light brown it is just right. Put in the crullers and fry about ten minutes, turning them once with a fork or wire spoon, being careful not to pierce the cakes. As soon as they are done lift out carefully, shaking each one well over the fat, and lay for a moment on coarse brown paper to absorb any fat still clinging to it. Roll one by one in powdered sugar, and lay on moulding board or platter until cold; then put away covered. These will keep moist and tender several days.

Oilcloth lasts twice as long if given a light coat of varnish and allowed to dry well when first laid down. It should never be washed with soap. Milk and tepid water will keep it bright and clean. If there are exceptionally bad spots, a little sapollo rubbed on a cloth and wiped quickly will remove them.

While a woman seldom dotes on using the carving knife, occasions frequently arise when a knowledge of the art is useful. To one who would achieve this accomplishment comes this word from an expert: "Treat fine carvers as you would razors. Hone on a strip of wood covered with finest emery and oil—strop—then use hone again. In cleaning you can use a cork and Bristol brick, being careful not to bend. Have a board on which the knife can lay flat out during the polishing. Wipe very dry and keep in chamois or cotton flannel case."

The best thing to extinguish kerosene flame is flour.

Mr. Pickwick was by no means alone