

Cookery Points

Points for Mothers

A FISH STORY.

The Man Who Told It Said It Was Simply a True Narrative.

A man who formerly was a waiter on a big transatlantic liner told this story the other day:

"On a certain trip over I had at my table an irascible old gentleman who was a fresh air fiend. No matter what the weather he always insisted on having the porthole over the table open. It was no use to argue with him, but one day when the seas were very high and the ship pitching and rolling I ventured to remonstrate. He was up in arms in a minute. 'You are paid to obey orders,' he said tartly. 'Open that port' I did. The soup course was served in safety. Then I asked him if he would have fish. 'Of course I will,' he snapped. 'And I'll have it in a hurry. Don't keep me waiting all day.'"

Just at that moment an unusually big sea rolled by—that is, part of it did. A goodly portion came through the porthole, soaking the old man and depositing on the table in front of him a live fish. No waiter on board of our ship had ever served an order so quickly before. But I didn't get any credit for it. The queer thing about that story," he added, "is that it isn't a fish story at all. I never told it yet to any one who believed it, but it is absolutely true."—New York Press.

HIS PLAN OF THE DAY.

Rigid Rules of Living Made by a Colonial Minister.

An orderly arrangement of working hours is a desirable and time saving thing, but when one reads the plan of the day made by a colonial plan, he cannot help wondering where the good man's family life came in, and if the system held any possibility of relaxation. The record, quoted by William Root Hill, in "Side Glances From the Colonial Meeting House," is taken from the diary of Thomas Prince, a minister of the Old South church, Boston.

17th Oct. 30th I marry Nov. 1st. We begin to keep House.

My proposed order is: At 7 get up and go into Study. Pray and read in original Bible till 8, and then call up the Family.

At 8 go to Family Prayers and only the Portion of Chocolate for Breakfast till 9. I go into my Study till 12, then do something about the House till 1 to dinner, except on Thursday study till 1 1/2.

Then dress and go abroad till Candlelight. Except Wednesdays after Dinner do something about the House and Saturday afternoons visit at Dr. Sewall's till 5, then Home and study till Candlelight.

Study till 10. 5 1/2 go to Family Prayers and go to Bed. N. B. I eat no Supper.

Dickens' Cramped Quarters.

Bleak House at Broadstairs is of interest to the Dickens lover because the greater part of "David Copperfield" was written there. But it is not the Bleak House of the novel, which is definitely located in Hertfordshire. The novelist and his family appear to have been somewhat tightly packed in their Broadstairs home. "When Lord Carlisle contemplated paying a visit to 'our watering place' in 1851 Dickens wrote promising him the North Foreland lighthouse for a night light in his bedroom, and he continues, 'As we think of putting mignonette boxes outside the windows for the younger children to sleep in by and by I am afraid we should give your servant the cramp if we hardly undertook to lodge him.' During recent years the house has been transformed out of all recognition.—London Spectator.

Doing and Thinking.

Mamma—Bessie, why don't you wash the dishes? It is easier to do a thing than to sit and think about it. Bessie—Well, mamma, you wash the dishes and I'll sit and think about it.

Could Help Her.

Fussy Lady Patient—I was suffering so much, doctor that I wanted to die. Doctor—You did right to call me in, dear lady.—London Opinion.

What kind of paper resembles a snesee? Tissue.

The easiest way to outwit a liar is to tell the truth.

New Angle on Help.

"Why did you inquire so particularly into the wardrobe of that girl you just hired?" asked one of two women who were leaving an employment agency.

"To find out how carefully she will guard against burglars," said the other. "My experience has been that a girl who has nice things of her own will lock up more securely at night and keep a sharper eye out for sneaky thieves in the daytime than one who has nothing of value to lose."—New York Press.

She Was Right.

"How admirably sweet that Mrs. Blonday is to you, Jonsey," said Withersell. "What's up? Any tender little romance there?"

"No, indeed. Why that woman hates me," said Jonsey.

"She doesn't know it," said Withersell. "No, but she knows that I know how old she is. We were both born on the same day," said Jonsey, "and she's afraid I'll tell somebody."—Harper's Weekly.

The First Lighthouse.

The first lighthouse was erected at Pharos, near Alexandria, in Egypt. It was finished in 285 B. C. Its height was 650 feet, and the light, which was kept burning on top all night, was visible forty-one miles away. This tower existed for some 1,600 years, when it was destroyed by an earthquake.

The Idea.

"Can a married man acquire happiness?" "Sure! You don't think that bachelorism are the only ones that die, do you?"—Toledo Blade.

Generally.

"Pa," said Freddy, "what is a social scale?" "Generally speaking," replied pa, "it's a place where they weigh money."

There is an oblique way of reproof which takes off from the sharpness of it.—Scott.

Had the Moving Mania.

Sunday School Teacher—What! Don't you want to go to heaven when you die? Little Emma—Well, you see our family couldn't think of living in one place the whole year round.—Pack.

Opportunity makes us known to others, but more to ourselves.—La Roche-Saint.

A Queen's Pantry.
Queen Mary's pantry at Windsor is said to contain the most valuable collection of tableware in the world. It was begun since Queen Elizabeth's reign and contributed to the collection, which is stored in two rooms. The walls are lined with cases made of glass and mahogany, with similar cases occupying the center of each room. The most imposing thing in these two rooms is the dinner service of solid gold used only for dinners of the highest state. There is a table of solid silver three feet in length. A pure water fountain of silver has a base supported on columns around which are grouped horses and hounds. A silver gilt wagon almost a yard high is said to have been saved from the flames. A pair of yellow-mounted silver and gold was once the property of Nell Gwynn. There is a massive pair of firedogs in solid silver made for Charles II., and a huge peachbowl was contributed by George IV.

Properties of Buttermilk.
Some doctors go so far as to say that there is no case of indigestion that cannot be cured by plain buttermilk. Perhaps this accounts for the present fact for it.

At any rate, it is a healthy food, and two glasses a day are enough for any one. It is said to take over an hour for it to digest thoroughly, and if more food is put into the stomach before it has disposed of what is already there, with a little time besides for rest, more harm is done than good. No the best time to drink buttermilk is with the meals, and its mild acid acts beneficially on all the juices of the stomach. It is this acid which has such an excellent effect upon tanned, sunken and sunburned skins, and it cleanses as well as cools and heals.

Nut Bread Sandwiches.
These are always popular and decidedly "filling." To make the bread, add a half cupful of milk, add a half cupful of boiling water and when cooled to lukewarm stir into it three-fourths cup compressed yeast dissolved in three tablespoonfuls lukewarm water. Add a half teaspoonful each butter and lard, two tablespoonfuls molasses, a cupful chopped pecans or English walnut meats, a half cupful white flour, a half teaspoonful salt and enough whole wheat flour to make a dough that can be kneaded. Knead, raise and bake like ordinary bread. Butter and currant jelly make a delicious filling for nut bread.

Chicken Meat.
Kill a large chicken till all the bones can be easily removed; separate the dark meat from the light and chop each separately not too fine, season each part with pepper, salt, sage and chopped celery, add some browning to the liquor that the chicken was boiled in; heat one egg well and add hair to the dark meat and half to the light meat; mix well, then arrange in mold, heat a layer of dark, then a layer of light meat, and so on till all is used. Pour the liquor over the whole, cover with a plate with a weight on top. When cold serve cut in slices garnish with celery tops and slices of lemon.

A Fresh Egg Dish.
For eggs, a French chef prepares them by half a small onion sliced in water until it is golden brown. Then there is a cupful of tomatoes, seasoned with butter, salt and pepper, and cook for ten minutes. Turn the mixture into a wide-bottomed saucepan and drop the eggs that have not had the shells broken. Cook them slowly, lifting them from the bottom of the dish with a fork, not stirring them as is usual.

Peach Meringues.
Peel a half dozen ripe peaches, stew and press through a colander. Line a deep pie dish with pie paste, sweeten the peaches, pour the dish even full and bake in a hot oven a scant half hour. Beat the whites of three eggs to a froth, add three tablespoonfuls of sugar and a half teaspoonful of vanilla, sweep the bottom white over the peaches, the latter had cooled slightly, replace in the oven and bake brown.

Green Corn Pudding.
Take one quart of corn, either canned or green, though fresh cut from the cob is preferred; beat four eggs, the whites and yolks separately. To the beaten yolks add a tablespoonful of sugar, two of butter and one quart of milk. Season to taste with salt and black pepper, mix in the corn, stir, mix, the heavily beaten whites. Pour the mixture in a buttered pudding dish, bake in a hot oven in a moderate oven and serve with hot meat or fowl.

Appetant With Orisons.
A good steady color through the nose, cheeks and lips is a delicate sign of one's healthful condition. To the beaten yolks add a tablespoonful of sugar, two of butter and one quart of milk. Season to taste with salt and black pepper, mix in the corn, stir, mix, the heavily beaten whites. Pour the mixture in a buttered pudding dish, bake in a hot oven in a moderate oven and serve with hot meat or fowl.

Nervous Young Girls.
One is rather shocked in this day of athletics and fresh air to know how prevalent neurasthenia is among young girls. One is constantly hearing of nervous breakdowns while girls are still too young to know the meaning of nerves. This condition has been laid at the door of the school life by eminent authorities.

It seems that the practically continuous time table of the school life of the present day is responsible for the development of nerves. Girls over trained in athletics and in the classroom develop a restless impatience to interest and occupy themselves satisfactorily when they return to their homes.

To this grinding and pushing is also due the fact that valuable knowledge of character is so ill assimilated that it fails to make life a comprehensible and interesting whole. The failure is a serious defect in any system of education.

It is equally injurious, on the other hand, to fill a girl's life with such a continuous round of games and lessons that the knowledge absorbed from both has no time to be digested. The modern girl undoubtedly needs more leisure.

The art of assimilation is what will make a girl into the competent, self-reliant woman who will be able to enjoy applying what she has learned to any circumstance she may find herself in, one who will be able to regard all forms of athletics in their proper proportion and not become morbid if she is withdrawn from their influence.

One cannot quarrel with games as a means of exercise if they are not carried to the extreme, but that seems to a great extent to be just the tendency of the schoolgirl's training.

Consequently educators are beginning to see the advantage of giving girls proper exercise by means of practical work. There is a satisfaction in it that cannot find a counterpart in games.

The Hay Pillow.
I wish mothers would, first of all, throw away those feather pillows and wool mattresses which their children sleep on, and substitute coarse wool and beds of hay. It would cost only about 10 cents, and think of the wonderful relief," remarked a well known physician. "The profuse perspiration of a child at night would be done away with. Children should not be roasted night after night as they are. The hay is cool and sweet smelling, and the child couldn't do anything but sleep comfortably."

The mothers could get long cutting needles and put the hay on it, would it form in mounds or slides to one end completely. It would be a good thing if grownups also tried it. Once having experimented with it they never would pass through another hot wave without it. It is hygienic, cooling, aromatic, it is an easy matter to establish hay beds and pillows in the home.

"On hot nights a child should be wrapped in a wet sheet with cold compresses on the head. It would save him great discomfort."

Care of the Baby's Feet.

Too much care cannot be given the baby's feet. The little child's foot is naturally pretty, but it is so soft and pliant that it is easily molded and so ill fitting, badly made shoes will not too quickly deform it and twist it out of shape. The shoes, regardless of whether they are buttoned or laced, must not be too tightly fastened or the circulation of the blood will be impeded. It is a good plan in summer to allow the baby to go barefoot as much of the time as possible about the home. This allows the foot to grow naturally.

Children's Names.

Some parents seem unable to resist the temptation to make a joke with the Christian names of their children. A certain register testifies to the existence of a Mineral Waters, a Frosty Winter and an Alfred Days, Weezy. There is something to be said in favor of naming children in the order of their arrival—Primus, Secundus, etc.—but it is unfortunate for a well known Canadian named Cumber that if he should have fallen to his lot to be Quintus, for his name is always appearing in the papers as Q. Cumber.

Encouraging His Appetite.

"When I have any difficulty in getting my boy of three and a half years to eat his food at the table we start a little game," said a clever mother recently. "We name each bite for a member of the family or for a little playmate or some place he has been, and it is surprising what an amount he will eat and enjoy."

Nursery Suggestion.

For children's rooms and night nurseries pale pink and white is a delightful combination, and while striving to have everything as dainty as possible one must avoid unnecessary fineness, remembering that all draperies, etc., will be paying frequent visits to the laundry.

Suggestion to Mothers.


If your child's permanent teeth come through irregularly, and overlapping they should be straightened. It is better to remove a tooth if overcrowded, on this condition, perhaps, sorry.

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