

Household Matters

An Artistic Set.
In one of the most artistic of American potteries are lovely green lemonade sets, pitcher and jug, and six mugs. The shapes are delightful and the color most beautiful.

A Tasty Mixture.
Cook tiny white onions and green peas together for a very good vegetable dish. In the country, where there is a garden, a pretty as well as a tasty mixture is green peas and baby carrots cooked whole. It is difficult to fry carrots small enough for this purpose.

When Packing Silverware.
A housekeeper who was closing her house for a long period packed her silver in dry flour, with the knives, forks and spoons kept together and arranged in layers, with flour between. She had tried the experiment before and found that the silver emerged perfectly bright and unharmed.

Ice Cream Service.
Individual ice cream molds are more or less superfluous in the ordinary kitchen, but, where luxuries are coveted, the little molds are very well to have in the house. Flowers, fruit and animals are favorite molds, and there are others more elaborate, such as cornucopias filled with flowers, etc.

A Delicious Relish.
Salted pecans are even more delicious than salted almonds. They are expensive to buy at the confectioners, and are rarely prepared at home, for the reason that the nuts are difficult to remove from the shells without breaking the meats. It is said that this difficulty is entirely overcome by pouring boiling water over the nuts, letting the water cool on them. Crack by striking the small ends of the nuts.

House Odors.
Food odors are not the only odors one has to fight against. Many furnishings and floor coverings have odors, more or less unpleasant. This is an important objection to cheap material; they are rarely odorless. You should select your furnishings with your nose. Even if the odor is not actually disagreeable, the presence of any odors that are not a distinct pleasure gives a second-rate atmosphere to a house.—Good Housekeeping.

Home Nursing of To-Day.
The three graces indispensable in a sickroom are sunshine, fresh air and cleanliness. Sunlight may be shut out for days, but, except in rare cases, it is a welcome guest some time during the illness and at all times during convalescence; it has wonderful power to cheer and invigorate the patient mentally and physically. An open fire is first cousin to the sunshine. "Beauty on my hearthstone blazing," Lowell poetically calls it; furthermore, it is a valuable aid to ventilation. Fresh air comes next. Thank goodness, we have graduated from close, stuffy rooms and "the breath of air" that was supposed to chill the patient. We have learned to leave the windows open a few inches night and day, at the top, not below, and the fresh air circulates gradually down into the room, instead of blowing directly on the patient. Should the invalid cling to the worn-out theory of "not changing the air of the room?" you may circumvent him by opening a window in an adjoining room and the fresh air will enter without his knowledge.—Harper's Bazar.

HOUSEHOLD RECIPES

Sweetbreads—Sweetbreads can hardly be excelled as a delicate breakfast meat, especially when breaded or stewed in cream sauce. Eggs, of course, are a nourishing breakfast dish.

Breakfast Salad—The breakfast salad has a character quite different from that served at dinner or supper. It should be merely an appetizer, which assists digestion. A few leaves of bleached dandelion, seasoned with salt, pepper and vinegar, tossed up with pieces of bacon, cut in dice shape, are a good appetizer, with veal. Watercress would, of course, accompany steaks and chops. The object of a breakfast salad is to remove the greasy flavor of meat.

Dried-Apple Cake—Soak two cups of dried apples and when tender add one cup of raisins, one cup of molasses, one cup of sugar, a little cinnamon and cloves. Boil these to a syrup. When cool add one cup of sour milk, one cup of butter, two eggs and two liberal cups of flour carefully sifted two or three times. A teaspoonful of soda should also be added, either sifted with the flour or dissolved in the sour milk. Bake for two hours. This cake keeps some time and improves with age.

O'Brien Potatoes—What to Eat-voices for the excellence of "O'Brien potatoes," which ought to appeal to lovers of pepper dishes. Cut potatoes in slices and parboil. Butter a baking dish and arrange the potatoes in alternate layers with sliced jalapeno peppers or pimientos. The canned pimientos are usually indicated. Sprinkle each layer with a little flour, pepper, salt and bits of butter. Fill up the dish with liquor from the can, add milk or cream, cover with bread crumbs and bits of butter, and bake.

PRESIDENTS AND THEIR HORSES

GREAT men invariably seem to be lovers of fine horses. The Presidents of the United States are no exception to the general rule. Washington kept the finest horses in America. There were seldom less than ten saddle horses in his stables at Mt. Vernon. He always visited his horses before breakfast and saw them fed. The Father of his Country kept all sorts of horses, from plow animals to thoroughbreds. He was very fond of fox hunting and kept his own hounds. His favorite hunter was a gray, and his last hunt was in 1785. Washington was very fond of his horses. The chestnut charger which he rode when he received the sword of Cornwallis at Yorktown was never worked after the war. Washington kept him in state at Mt. Vernon, where the horse died in 1795.

Jefferson, like Washington, kept the finest kind of horses. They were his one extravagance. He would pay any price for a fine horse. At his inauguration he rode Wild Air, his favorite saddle horse. He rode every afternoon until within a month of his death. Jefferson kept a fine stable of carriage horses, but seldom went driving. He was very fond of horse racing, and never missed a chance of attending a meet when he could get to it. He was a bold and fearless horseman, but believed in force rather than kindness, and liked nothing better than to fight an unruly animal.

Adams was fond of horse racing, but did not ride very much. He was devoted to pedestrianism, and would walk to the Holmead course and back again, a distance of four miles, to see a race. Madison kept a fine stable of horses and was fond of gray.

Jackson was devoted to racing, and ran and bet on his own horses. While he was President he ran his horses in the name of Major Donelson. One of them started in a stake of \$10,000 a side against Commodore Stockton's Langford. The President's horse was favorite, and he bet a lot of money on him, but Langford won. So sure was Jackson that his colt would win that he had a large picture of him painted and hung on the walls of the White House, where the annual ball of the season was given the night of the day of the race.

Jackson once pardoned a mail robber named Wilson, who was under sentence of death, because Wilson had once informed him of a job in which one of his horses was to be pulled in a race near Nashville. Jackson had bet heavily upon the horse, and Wilson's information saved his money. So when Wilson was condemned to death for robbing the mails Jackson repaid his service. Jackson's famous duel with Dickinson was the outcome of a quarrel on the race track.

Van Buren kept a swell turnout while he was in the White House. His carriage was the finest seen in the country at that time, and was perfectly appointed. Harrison was very fond of horseback riding, but did not seem to be particular about his turn-outs. He bought a carriage at the sale of Mr. Paulding, Secretary of the Navy under Van Buren, and used it without removing the coat of arms of the former owner. While riding one day with Henry A. Wise, of Virginia, President Harrison criticized Mr. Wise's carriage for its lack of comfort. Mr. Wise replied that he had bought it first-hand, anyhow, and if he did buy a second-hand carriage he would at least have the coat of arms of the former owner erased and his own substituted. Mr. Harrison took the hint, had Mr. Paulding's crest erased and his own put on.

Polk kept a swell turnout, beautifully appointed and furnished, and his equipage was one of the sights of Washington. He always drove four horses.

Tyler was a lover of white horses, and rode one in the Mexican War. He afterward brought this horse to Washington and used him as a saddle horse. He was a fine looking animal and full of life and spirit. He followed his master's remains to the grave. Tyler was so fond of white horses that he ordered that eight of them should be attached to his funeral car.

Pierce was a fine horseman and loved to ride. He was very fond of a blind mare, and used to ride her about the streets of Washington. Barring her blindness she was a beautiful animal, high spirited and fiery.

Buchanan was excessively fond of fine carriages, horses and harness. A Philadelphia harness maker once tried to make him a present of a magnificent set of harness. Buchanan asked him what the harness was worth. The harness maker replied \$800. The President kept the harness, but insisted on paying for it. This harness had thirty-six silver buckles and fifty-six silver monograms on it. Though fond of splendid equipages, Buchanan seldom went driving and never rode. His niece, Miss Harriet Lane, was very fond of riding, and he kept several saddle horses for her use.

Lincoln did not know a horse from a cow, and is the notable exception to the great men and Presidents who were lovers of fine animals.

Grant's love of horses is proverbial. He kept the best, and many of them. His favorite was the saddle horse Cincinnati, who had the cow pony virtue of standing unhit for an unlimited period. Cincinnati furnished the model for the equestrian statue of Grant which adorns the Capitol. Another saddle horse called Jeff Davis was extremely vicious with every one except Grant, but was exceedingly fond of the General.

When Grant was on his tour of the

world the Sultan of Turkey presented him with two magnificent Arabian steeds, really very beautiful animals. Horse lovers went crazy about them, and many people asked for nails, old shoes, hoof clippings and scraps of hair from these horses as souvenirs.

Grant's famous trotter, Butcher Boy, came into his possession in a curious way. While driving in a light buggy Grant tried to pass a butcher's wagon driven by a boy. The boy whipped up the horse, and in a sharp brush beat the best trotter the President then owned, though Grant was driving in a very light vehicle. The President noticed where the horse went, and afterward bought him for \$600. The old warrior visited his stables every day, and it was during his administration that the present White House stable was built. He kept some very fine carriage teams. In his last years he lent one of these pairs to Ward, the man who, in connection with Fish, caused his financial ruin. It is said that Ward took the team to another city and sold it without the General's knowledge or consent.

Though Arthur was a man of fine tastes and kept a large stable, his judgment of horses must have been poor, for they sold for an average of \$125 each when he left the White House. The one black mare, said to be the fastest trotter in the District of Columbia, brought \$500.

Cleveland kept one nice turn-out, and went driving every afternoon. Harrison was a great lover of carriage riding, but did not pay any particular attention to the quality of his horses.

McKinley was exceptionally fond of the Arabian horse, and paid a high price for an Arabian pair for carriage use. President Roosevelt's devotion to the horse is well known. His favorite is the hunter type, for he especially loves long gallops across country. Roosevelt also keeps a nice stable of trotting-bred carriage horses, Kentucky saddle horses and ponies for his children.—Horse Show Monthly.

English Teacher's Stories.
The following answer to a physiology question was written by a boy who evidently tried to "make the most of it."

Q. What are the lungs? Where are they placed? What are they used for?
A. The lungs are two in number; they are organs of the body; they are "bee hived" in shape; they are situated in the abdomen and are used for thinking purposes.

This is from a collection by Dr. McNamara, which also contains the following:
"A short time ago," says a teacher, "I was taking a lesson on the use of the hyphen. Having written a number of examples on the blackboard, the first of which was 'bird-cage,' I asked the boys to give a reason for putting the hyphen between 'bird' and 'cage.' After a short silence, one boy, who is among the dunces, held up his hand and said, 'It is for the bird to perch on, sir.'"

The teacher had been talking about a hen sitting on eggs, and, with the incubator in his mind, asked if eggs could be hatched in any other way. "Yes, put 'em under a duck," was the response.

"Please excuse little Mary from attending school this afternoon, as she has an illustrated throat, with glaciers on both sides," was a note sent to a teacher.

Point of View.
"How beautiful!"
Two men stood on the edge of one of the largest coal mines in Pennsylvania. The native was showing the other one of the grand industries of modern civilization.

"It is indeed a beautiful sight," continued the stranger, waving his arm around nervously.
"While there is a lack of natural scenery," he added, "the absence of foliage does not disturb me. These noble workmen are a grand sight, and I don't think I ever took in such a varied assortment of air. It must be inspiring in those cavernous depths. It certainly appeals to me greatly."

His host looked at him inquiringly. "I did not think the beauty of this region would impress you," he said, dryly. "It is useful, perhaps, but its aesthetic significance never revealed itself to me. May I ask where you get your idea?"
His guest sighed a homesick sigh. "My dear fellow," he replied, "haven't I been living for the past year on the line of the New York subway?"—Puck.

The Dangerous Hatpin.
A correspondent of the London Lancet, writing of street dangers, gives a prominent place among these to the hatpins of the women, which he terms "unclean imitations of the ladies' dagger of the Middle Ages." Says the editor in a comment on this: "There is much force in the contention that hatpins in women's heads do form public dangers. Among a certain class hatpins are constantly used as weapons of offense, and when they are not employed in this manner by the design of the wearer they often threaten the eyes of others in a really dangerous way. It ought to be possible for an ingenious milliner to devise some less dangerous method of fixing on the hat."

Community of Interests.
The Stork and the Doctor met at the door.
"We should be friends," said the Doctor. "We have much in common." "It is true we are both bipeds," admitted the Stork, guardedly.
Here the Doctor showed his bill.
"One hundred dollars," exclaimed the Stork. "Well, you are a bird!"—Puck.

Home Health Club

By David H. Reeder, Ph.D., M.D.

During the summer months more sugars are used than at any other season, but it is mostly in preparation for the cold winter months when this heat producing element can be used by the system to the best advantage. Speaking of sugars in a technical way they are called crystallized carbohydrates, in which oxygen and hydrogen exist in proportion to form water. There are many varieties or kinds of sugars. Among the more common kinds are those which are used in foods, as such, although many of our common foods themselves contain large quantities of sugar. Those with which all are familiar are known as cane and beet sugar, grape sugar, glucose and sugar of milk or lactose. It would no doubt be interesting to many of you if I was to tell you all about the various kinds of sugars and how they are made, and their various effects upon the human body and how to use them, but while the Home Health Club is an educational work I seek to confine myself to instructions that will be of practical benefit to my readers, the great majority of whom desire information regarding the effect upon the health of over or under indulgence in sugar or candy.

While different kinds of sugar differ in sweetness and taste as well as digestibility, they have essentially the same use as foods as do the starches, because all starchy foods must be converted into dextrine or sugar before it can be utilized or assimilated by the body. For this reason sugars, although they form an excellent class of foods, producing both force and heat and fattening the body, are not absolutely necessary for the maintenance of health if starchy food in sufficient quantity is made a part of the diet. It is true that sugars possess more agreeable flavors than do the starches, and are more satisfying to the palate. They also possess antiseptic and preservative powers which the starches do not. For these reasons sugars and syrups are used extensively to preserve fruits, either in solution or dried form.

There is probably no food partaken of that taxes the digestive organs so little as sugar. This is largely on account of the fact that it is so readily soluble. Cane sugar must be converted into grape sugar before it is assimilated, but grape sugar does not need to be changed and is therefore assimilated without effort. It is frequently spoken of as a predigested carbohydrate.

Experiments have proven that the muscle energy producing effect of sugar is so great that when about seven ounces were added to a small meal the total amount of work done was increased from six to thirty per cent., and when added to a large meal the power to do was increased from eight to sixteen per cent. Sugar adds both heat and fat, as before stated, and for that reason and because it might be considered the most condensed of nutritives many mountain guides carry it instead of meats and fats when making their perilous journeys.

During muscular activity the consumption of the sugar of the body is increased tenfold. In the West Indies the negroes always grow fat during the sugar season, when they chew the cane in the fields. In Volume 1 of the Home Health Cure Books you will find the following about candy:

"Candy, absolutely pure, eaten in small quantities, is not harmful. It is, in such small quantities, quickly absorbed by the stomach, and supplies a healthful proportion of carbonaceous material. In excessive quantities candy or sugar is sure to do damage. Children who are indulged to the fullest in their desire for sweets will at some time suffer from the indulgence of their kind but unwise parents."

"The cheapest candies on the market are, almost without exception, largely composed of glucose. As a natural constituent of fruits glucose is beneficial, but as a manufactured product it cannot be too severely condemned, and its consumption is always harmful. A natural product can be imitated, but never duplicated by the chemist. We may form a product identical in composition, but if nature's impression is not upon it there will be a subtle difference. This is one reason why glucose is harmful. Another reason is the fact that in the manufacture of glucose acids are used which contain traces of arsenic. The cheaper forms of glucose candies, when used to excess, not infrequently produce symptoms identical with those of slight arsenical poisoning."

Many persons acquire an inordinate fondness for sugars. Continued indulgence in this food, especially by people who are not very active or live in a warm climate or heated rooms, will surely cause them to suffer. The most prominent gastric disturbance is flatulent dyspepsia, then follows constipation and disorders of assimilation and nutrition, and sometimes functional glycosuria or diabetes.

There are some diseases in which sugar in all forms should be strictly avoided, such as flatulent dyspepsia, acute and chronic gastritis, gastric dilatation, gout, rheumatism, obesity and uric acid diathesis, and it should be absolutely forbidden in diabetes. Temporary disturbances of digestion from eating too much foods are very common, and can usually be rectified by simple remedies and by withholding or diminishing the customary allowance of sugar. Sugar eaten constantly in excess spoils the teeth and destroys the appetite for other food.

CLUB NOTES.
Virginia.
Dr. David H. Reeder, Laporte, Ind.:
Dear Doctor—Will you be so kind as to answer me pertaining to the following: I have a little girl, twelve years old, who is troubled with tonsillitis and sore throat very much. The doctor says that the only cure is to cut the tonsils out. The child has been troubled this way since last fall. Will you please tell me if there is any other method of treatment for her?
MRS. H. W.

I object to the surgical treatment of the enlarged tonsils about as vigorously as the average mother does. I have seen a great deal of that kind of work, and have also seen such cases treated without surgery, and the result was more satisfactory. The method which I advocate is the use of the tissue elements or drugless remedies, of which I have often spoken, and I have found them the natural and safe home remedies for all such difficulties. You should also have the Home Health Club lecture on catarrh, as the exercises given in the lecture would greatly aid in a cure. I hope your interest in the club will increase, and that you will eventually join our ranks.

Maryland.
Dr. David H. Reeder, Laporte, Ind.:
Dear Doctor—You ask those that have been helped by the Home Health Club suggestions to "Pass It On," and I want to tell what apples did for me. I was a great sufferer from constipation and piles. I ate from one to three apples every night, generally one was enough, and I was not troubled with constipation or piles all winter. So I know by experience that they are very beneficial. I used to laugh at father when he wanted me to eat them at night. I now tell all of my friends to eat them, but chew them well and not swallow them in chunks. I trust that others will try this as it certainly is not at all a disagreeable method. Sincerely,
MISS C.

I would suggest that all who have the opportunity to use the above method to do so, as it is a very wholesome one and certainly can cause no harmful results. I would be pleased to receive other contributions along the same line from members of the club. Remember that "Pass It On" is one of our mottoes.

Delaware.
Dr. David H. Reeder, Laporte, Ind.:

Dear Doctor—I notice in our paper that you will answer questions regarding health. Although I have eaten only what I thought would agree with me for more than a year I find that my stomach seems to continually grow worse. After eating my stomach becomes quite large and seems to be filled with gas. I have not eaten bacon, ham, pickles, pepper, vinegar, spices, etc., for a year, nor have I drunk coffee for two years. I work hard out of doors and never drink anything but water and milk. Sometimes an odor seems to come from my body just after eating, and it is so disagreeable that one hates to go to entertainments, etc. I take three or four baths a week, but it seems to do but little good. Such a condition makes one very nervous at times. Perhaps I eat too much or too hurriedly. Sometimes I never eat any supper and often miss breakfast. For breakfast to-day I ate some crackers and stewed prunes, for dinner, roast beef, potatoes, four slices bread and a glass of milk; for supper, a handful of uncooked prunes and some crackers.

What shall one do—what occupation is the best for one so affected? If you will kindly give me some advice I will be very grateful and will closely follow your method of treatment. Respectfully,
J. M. C.
It is not so much what you eat in this case, as your selection of food is good, but I am inclined to think that the major portion of your trouble is caused by the way in which you eat. For one week begin each meal with a piece of very hard dry toast or zwieback and chew it, each particle of it, until it becomes like liquid in the mouth. Take absolutely no liquids while eating, but masticate every particle of your food as long as there is anything left to chew. Drink an abundance of water between meals, and you can soon eat three meals daily and feel well.

Outdoor employment is best. If your employment is sedentary practice the exercises "Ten Minutes For Health," as described in Volume 1 of the Home Health Club Books.

All readers of this paper are at liberty to inquire for information pertaining to the subject of health at any time. All communications should be addressed to Dr. David H. Reeder, Laporte, Ind., and must contain name and address in full and at least four cents in postage.

Revenged For the References.
The following story is told of the master of a ship who years ago used to occasionally bring a cargo to Portsmouth, N. H. When shipping a crew it appears it was the custom of the master to require references. An Irishman who applied was somewhat annoyed because he was put to the trouble of getting a reference.
A few days later he noticed an Englishman was taken on, just as the ship was on the point of sailing, without being asked for a reference. The next day the Englishman was given a bucket and broom and told to wash down the decks. The sea was rough, and soon a big wave came, sweeping off Englishman, bucket and broom, which little mishap was seen by Pat alone, who made no comment until the captain came on deck, when the following conversation took place:
"Captain, you remember the Englishman you hired without a reference?"
"Yes, Pat. What about him?"
"Well, begorra, he has gone off with your bucket and broom."—Boston Herald.



A restaurant proprietor in Paris contrived to get his meat without cost. He had trained a Danish boarder to steal joints of meat from butchers' shops and bring them to him.

Iceland is the last country that has fallen under the glance of the wireless experts. There is no method of communication between that country and the rest of the world except by slow mails.

The Krupp Company, at Essen, Germany, is making field guns of paper now, and it is said that they are about half the weight of the steel guns, and are nearly as powerful, and have nearly the same length of life.

A ferrier lately died at Bournemouth, England, and, as the death was sudden, a post-mortem examination was made. In the dog's stomach were found two pounds of coarse gravel, a wire nail nearly three inches long, and the key of a clock.

A speedy way of lacing and unlacing shoes has been invented by Miss Elizabeth Falconer, of Louisville, Ky. By her device one lacing string is permanent in its position, and pulling the top of it laces the shoe. Pulling the bottom string unlaces it.

A new vegetable has been introduced into France by M. Laberge, and M. G. Bonnier has reported on it to the Academy of Science. It is a species of wild potato which grows where there is plenty of moisture, while the ordinary potato does better in dry soil. The plant is a native of Uruguay, and the species which M. Laberge is cultivating is known as the Solanum Commestans, and will yield more than 90,000 pounds an acre on ground which suits it.

A NOVEL SETTLEMENT.
How a Shoemaker Paid His Debts at Fifty Cents on the Dollar.

S. W. Stratton, of the Department of Commerce and Labor, was talking about a small firm that had failed in business.

"Some of the actions of this firm," he said, smiling, "made me think of an old shoemaker in a little Illinois town."

"To this shoemaker a man took one day a pair of shoes to be half soled and beeled."

"How much will it be?" he asked.

"One dollar," said the shoemaker.

"And when will they be done?"

"Day after to-morrow."

"The man paid for the shoes in advance, and in two days he called for them. But he found the shoemaker's shop closed, and the shutters up."

"What can this mean?" he muttered to himself, and he banged on the door lustily.

"An upstairs window opened, the old shoemaker stuck out his head and said in a sour voice: 'Well, what do you want?'"

"I want my shoes," returned the other. "I want the shoes you mended for me."

"The old shoemaker, with a look of disgust, drew in his head.

"But I've failed," he said; "I've closed down. Everybody knows that."

"That makes no difference to me," yelled the patron; "give me my shoes, whether you're closed down or not."

"There was a moment's pause, and then the shoemaker's arm shot out of the window, and one shoe was thrown down on the pavement at the man's feet. He waited, but the other did not come.

"Hey, shoemaker, the other shoe!" he called; "you've only given me one!"

"The shoemaker, in a rage, stuck his head out of the window again.

"One's all you'll get," he said; "that is all you're entitled to. I'm paying only fifty per cent."—Merchants' Guide.

Wounded by a Swordfish.

Richard Platt, a Gloucester fisherman, is at the Newport Hospital, suffering much pain and in a dangerous condition as the result of an encounter with a swordfish off Block Island. Platt was a member of the crew of the fishing sloop Ida, and the other day the vessel left Block Island in search of swordfish. Arriving at a point about twenty-seven miles off Block Island a large fish was speared, and two men, one of them Platt, put off in a dory to assist in handling the monster. In its struggles the fish drove its sword through the bottom of the dory, and it went into the calf of Platt's leg, passing out through the knee. With some difficulty the sword was withdrawn from the wound, Platt taken on board the Ida and all haste made for Block Island, as the man was suffering much pain, bleeding freely, and members of the crew feared that he would bleed to death.—Providence Journal.

Men and Cattle.

He had been detained at the office the night before, and as a result appeared at the breakfast table with a full-fledged headache.

"My dear," he said, addressing his better half, "I feel a trifle indisposed this morning."

"By the way," she rejoined, "do you know that men resemble cattle?"

"No," he said. "What's the explanation?"

"The small-horn breed," she replied, "is the best."—Chicago News.

A recent census of the homeless poor of London showed that 1600 men and 312 women were in the streets.