



Two Women

I know two women; and one is chaste
And cold as the snows on a winter's
waste,
Stainless even in act and thought
(As a man born dumb in speech errs
not).
But she has malice toward her kind—
A cruel tongue and a jealous mind.
Void of pity and full of greed,
She judges the world by her narrow
creed,
A brewer of quarrels, a breeder of
hate—
Yet she holds the key to "Society's"
gate.
The other woman, with a heart of
flame,
Went mad for a love that marred her
name,
And out of the grave of her murdered
faith
She rose like a soul that had passed
through death.
Her aim is noble, her pity so broad
It covers the world like the mercy of
God.
A healer of discord, a soother of woes,
Peace follows her footsteps wherever
she goes,
The worthier of the two no doubt;
And yet "Society" locks her out.
—Ella Wheeler Wilcox.

Home Chats

We can scarcely pick up a paper or periodical, now-a-days, that does not devote more or less space to the discussion of evils arising from food adulterations and "doctored" table drinks. While this is a wise move, we hear far too little said about our drinking water, and water otherwise used for domestic purposes. We can not live without water, and students of hygiene are awakening to the fact that many of the ills of the digestive organs are directly traceable to the use of impure water. Water is seldom or never found perfectly pure; especially is this the case in the neighborhood of human habitations. Water held in solution something of nearly everything with which it comes in contact, and, although rainfall, in regions remote from human habitations, is the purest water known, yet even this gathers, in its descent from the clouds, the dust and gases of the atmosphere. Snow, falling, as it does so nearly solid, when melted, is purer than the rain fall, as it gathers less of the gases.

But in villages and cities, especially, water held in cisterns is not fit for drink or food purposes unless well filtered, as the rain, washing the roofs of buildings, gathers smoke, soot, dust, decayed vegetable matter lodged there by the wind, and the filth from birds and insects, the latter often dying on the roofs and being washed down into the cistern. This organic matter is exceedingly dangerous to health. In most waters containing organic matter, animalculae abound; they serve to devour much of the dead matter, but they, in turn, contribute to the impurities, as, when their mission is ended they sink to the bottom and die. The only way to render cistern water even comparatively safe is to have it pass through a good filter-wall. This filter may be composed of sand, crushed charcoal, or other porous substances, which will act as a strainer. Or the water may be boiled, and cooled. "Doctored" the water with chemicals, such as alum, permanganate of potassium, lime or iron, is not to be recommended, as serious stomach and kidney troubles may be induced by the use of such water.

Distilled water is the purest of any.

Well and spring water is usually impregnated with minerals, such as lime, magnesia, soda, oxide of iron, etc., combined with carbonic and sulphuric acids, forming carbonates, sulphates and chloride of sodium, or common salt. A clear, sparkling water does not always mean a pure water. Saline ingredients, which in very small quantities may be harmless, if used in excessive quantities usually seriously affect the digestive organs.

But the drainage from dwellings, animal quarters, and the washings of surface impurities, such as decaying vegetable matter and dead animals and insects, is the greatest menace to health from waters found in springs and wells. "Wet weather" springs, which are fed from surface drainage almost entirely, and the stagnant "springs" made in low places by digging a hole in the ground to hold the surface drainings, which so often serve as the only source of water supply for both man and animals in some parts of the country, is a prolific source of "chills" and malaria. Great care should be taken to have the building and animal quarters so located that it will be impossible for the drainage from them to flow into the water. In the cities, we are still more at the mercy of disease breeding conditions, but I must speak of this at another time.

Trading Stamps

The custom of giving "trading stamps" by merchants to purchasers with every purchase of ten cents or more, and which are redeemable when the holder collects a given number of them, in articles of more or less value, is a good thing—for the merchants. People never get tired of being humbugged, and the prospect of getting "something for nothing" is too good to be lost. The article, called "premium" which the collected stamps call for, is not generally worth very much, but the customer consoles him or herself, with the idea that it "didn't cost anything." In this he is certainly mistaken, as it cost him every cent, and probably more, than it is worth. No merchant sells goods at a loss to himself, voluntarily, or gives to a customer what he can not afford to give. The full value of the article is added to the price of the merchandise sold, and these stamps are simply a bait to add to the custom of the store. As long as intelligent people will allow themselves to be humbugged, the humbug will flourish. The state of Massachusetts levies a tax of three per cent on trading stamps. Other states should follow her example.

Table Etiquette

Soup should always be eaten from the side of the large spoon, not from its tip, and there should be no sucking sound. Never break bread or crackers into soup. The latter are not correctly served with it, anyway, and the bread ought to be broken into pieces with the left hand as it lies at the end of the dish. If your hostess invites you to partake of a second dish of soup, decline. It is bad form to do otherwise. Fish chowder offers the only other possible exception to this rule, and it is best to refuse that.

Do not commit the blunder of holding a slice of bread in the air to butter it. Break it into two parts if it is a large slice, and spread it there. Above all do not hold it high in the air while eating it, as the

gouges and teeth marks are not pleasing to the eyes of the rest of the company.

If salt cellars are on the table, not salt shakers, take some salt from the former with the salt spoon, of course, and place it on the edge of the plate. It should be sprinkled lightly over the food with the knife held in the right hand. Do not snap it off the knife-blade with a fork, as is sometimes but most incorrectly done.

Remember that cresses, olives, radishes, and celery are all to be eaten with the fingers. They should be placed on the bread-and-butter plate, not on the large plate. Fish in this country is properly eaten with a fork, and a morsel of bread held in the left hand. In foreign countries both knife and fork are brought into service. For fresh fruit a silver bladed knife should be used.

Gasoline Stoves

If a gasoline stove is kept scrupulously clean, and the pipes cleaned once or twice every year by some one who knows how, there need be no explosion. Buy the best stove to be had for the price and at the first indication that the burners are not working just right, have them overhauled by some one who understands how it should be done. Don't try to do it yourself. You would not tune your own piano, nor repair your sewing machine, nor half sole your own shoes.

Do not keep gasoline and kerosene in twin cans, and do not keep the cans standing in the same room with a fire. Lamps are sometimes filled from the gasoline can, and the tank on the stove occasionally receives a dose of kerosene. We have known of mistakes made at the place where such explosives are sold, so it will be wise to watch the grocer's boy and see that he brings gasoline, if that was ordered.

Query Box

Hattie K.—One drop of beef gall put into the ear is said to be a sure cure for ear ache.

H. H.—Sick headache can be greatly relieved, and sometimes cured entirely, by the application of a mustard plaster at the base of the neck.

Theresa.—To restore the whiteness to linen yellow from lying too long, soak in buttermilk for several days.

Mrs. R. K.—To clean smoked walls and ceilings that have been blackened by a kerosene lamp, wash off with soda water.

N. W. L.—To sweeten the water in a cistern, put one or more pounds of charcoal in a muslin bag, and hang in the water.

S. C.—To set a color, whether in silk, cotton, or woolen fabrics, use one table spoonful of ox-gall in a pint of water.

Ethel—A good grease eradicator may be made by using two ounces of ammonia, an ounce of soap shavings, a quart of soft water and a tea-spoonful of saltpeter.

S. F.—The white of an egg and salt, mixed to a thick paste, is said to be one of the best remedies for sprains, bruises, or lameness for men or animals. Rub the affected parts well with the paste.

Alice.—Rubber rings that have hardened should be dropped into a solution of one part water, and two parts ammonia. This will soften them.

Francis.—If you have any reason to think the muslin will turn yellow after the first washing, let it lie in clean water several days before washing. Some muslins invariably become

yellow, no matter how carefully washed.

Housewife.—To clean blackened silver, take one part sal ammoniac, with sixteen parts vinegar. Rub the stain gently with this and they will disappear. Then wash well in soap and water; if necessary, polish afterwards with sweet oil and magnesia, or whiting. Kerosene will sometimes clean blackened silver almost immediately.

Estelle.—For strawberry ice cream, take one quart of cream, one quart of strawberries, one pound of sugar, juice of one lemon. Put half the cream and half the sugar on to boil in a double boiler; when the sugar is dissolved, stand aside to cool; add the remaining half of the sugar and the lemon juice to the berries, mash, and stand aside one hour, then strain through fine muslin. Add the remainder of the cream to the sweetened cream, and freeze; when frozen stiff, put in the fruit juice, beat thoroughly, repack and stand away to harden.

Salmon

Salmon is at its best from the first of April to the end of July. The freshness of the fish can be distinguished by the brilliancy of the skin, and bloody gills and eyes. If the skin and eyes are dull, the fish is not fresh. Highly colored salmon is the best, whitish fish denotes inferior quality.

Wash the fish and put it in a vessel with sufficient cold water to cover it; then throw in salt, pepper, bay-leaves, thyme, vinegar, onions, the latter shaved in round, thin slices, and carrots cut in the same way. It must be brought to the boiling point slowly. After cooking for eight or ten minutes, strain the water and serve on a folded napkin; trim with parsley and slices of lemon, with Hollandaise sauce.

What is your birthright. It is a body richly endowed with health and strength, and a capacity for happiness. It is a mind thrilling with bright affinities for all things beautiful and high. It is a spirit in which are folded the wings which can soar to Heaven, and hold communion with the divine. It is life—the innocent brightness of childhood, the spring of youth, the force of manhood, the snowy and sunlit heights of age. It is a happy death, since death is but the vision and Sabbath of God.—Selected.

Cleaning the Scalp

A correspondent says: "For a number of years I was troubled with a fine, white dandruff which formed on the scalp, and would show all through my hair. I tried many remedies without success, such as cleaning with egg, washing with soaps that were recommended, and combing with a fine comb, but the more I combed the worse it got, and the washing only did good for a few days. A friend advised me to use kerosene oil. I first gave my head a good washing, and then poured out a little oil in a dish handy to insert the ends of my fingers. The ends of the fingers were dipped into the oil, and the scalp thoroughly rubbed with it. This burned and smarted for some time, but it was just what was needed to get up a good circulation in the scalp.

"After three or four applications, some time apart, the dandruff entirely disappeared, and never gives me any more trouble. The smell of the kerosene will disappear in a day or two, but it is really no worse than to have the hair filled with dandruff. This is a simple remedy and one that is always at hand, and will do the work successfully."

Merrymaking in the Home.

Don't be afraid of a little fun at home. Don't shut your house lest

AN OLD AND WELL TRIED REMEDY.
Mrs. WINSLOW'S SOOTHING SYRUP for children teething should always be used for children while teething. It softens the gums, allays all pain, cures wind colic and is the best remedy for diarrhoea. Twenty-five cents a bottle.