

WOMAN AND HOME.

WHAT TO PUT UP FOR SCHOOL CHILDREN'S LUNCHEONS.

Cosmetics—To Make Pumpkin Pie—Company at the Eleventh Hour—Summer Boarders—Clothes That Kill—Stoop Shoulders—Household Hints and Hints.

Now that schools are about opening it is timely to call attention to that most important meal which, in the majority of households, receives but slight consideration—the school children's luncheon.

The households where the luncheons to be put up for scholars are considered the day before, and nice preparations are made that these shall be tempting and delicious, are in the minority.

It is the custom of some parents to give their children money to buy luncheon instead of taking the pains to plan and prepare it.

The noon meal carried to school should be one of personal supervision by the housewife.

In the first place, a tin lunch box that can be easily scalded and aired should be provided.

Sandwiches made of ham, tongue, salt and highly seasoned meats are not desirable, for they occasion thirst, which is inconvenient during the school session.

A delicious brown bread for sandwiches is to serve with oysters is made as follows:

In a large yellow bowl scald one quart of yellow Indian meal. This is done by covering the meal with boiling water sufficient to moisten it thoroughly and then allowing it to cool until tepid.

One of the best luncheon relishes is celery. It should be washed with salt and rolled in wax paper, after sprinkling with water.

Waxed paper is indispensable for putting up the luncheon. Sandwiches, pickles, radishes, cake, are perfectly protected when covered with it.

When cake is wanted for immediate use, the immediate need of "company" biscuit, white and feathery, we have only to measure one cup of sugar, whisk up our eggs, and pop in spices and milk, or to simply measure sweet milk.

Some time ago I noticed that some one wanted to know what would tend to straighten a stoop-shouldered girl.

The following movements, performed with one pound wooden dumb bells, or as free hand movements, will be found very beneficial if persevered in.

1. Arms extended horizontally in front, with palms facing, hands clenched. Hold the bells erect and the chest out. Then draw the hands in strongly, the elbows passing close to the body and as far back as possible.

2. Same position except that the hands are open. Swing the hands back to the side horizontal position—as far back as possible.

3. Hands hanging in their natural position at the sides. Raise the arms slowly, side wise, until the backs of the hands touch above the head, keeping them as far back as possible.

Of course as erect a position as possible must be maintained at all times, or the special training will do no good.

Above all things don't wear shoulder braces. They strengthen the muscles of the chest by the continual resistance, while the back muscles are not called into action.

Clothes That Kill. The advice to women to promote their health by outdoor exercise is never wanting.

both, hours spent out of doors, on foot or on horseback, and an uneventful life, give them sound stomach, hearty liver and tranquil nerves, and the beautiful coloring is a matter of course.—Harper's Bazar.

To Make Pumpkin Pie. I was reading not long ago a "recipe for making a very rich pumpkin pie."

It called for a pound of butter, a quart of rich, sweet milk, ten or twelve eggs, to a quart of sifted pumpkin. Rather expensive luxuries for moderate means. Now, within the memory of the "oldest inhabitant," that venerable individual of which every neighborhood has its one or two, the mother of whom, perhaps, made her pumpkin pies after this method:

Sift Indian meal on a pie dish to the depth of a third of an inch or so, the measure not always accurate. Slice the pumpkin, spread on the pie dish and bake an hour in a brick oven or one before the fire.

There is great waste in soap through leaving the cake in the tub or pail, instead of laying it aside after making a strong lather.

Infant Diarrhoea Contagious. Infants have green diarrhoea, so called from the color of the intestinal discharges.

Tomatoes in Turkey. To preserve tomatoes for winter use the Tucks wash them through colanders and then throw salt in, which causes the pulp to settle, and they are put in bags and the water is left to drain away.

Howells on Girlhood. Mr. Howells has summed up one sort of girlhood neatly and severely. "Girlhood," he says, "is often a turmoil of wild impulses, ignorant exaltations, mistaken ideals, which really represent no intelligent beliefs, and come from disordered nerves, ill advised reading and the erroneous perspective of inexperience."

To prevent a felon, take a cup of cold water, put into it a teaspoonful of saleratus, set it on the stove, put the finger threatened with the felon into the cold water and keep it there until it is so hot you cannot bear it and the felon is killed.

The mixture of the yolk of an egg and cayenne is said to be an excellent remedy for burns. Put equal parts of each into a bottle and keep tightly corked. It will keep some time if put in a cool place.

Do not let growing children wear shoes with high heels; it is better for them to wear none at all, or only such an increase of thickness as is seen at the heels of commonest flat soled shoes.

At Newport they serve baked stuffed tomatoes for breakfast and eat currant jelly on dry toast, possibly for the same reason that a cheap Englishman calls a cab a "keb."

"Salad eggs" are hard boiled, then cut in two, and the yolk mixed with mustard, pepper, onion, vinegar and salt, and then served cold.

Always have three or four bricks about the house, neatly covered with carpet, for placing against the doors to keep them open.

To scour knives easily, mix a small quantity of baking soda with your brick dust, and see if your knives do not polish better.

Disease often lurks in a dirty dishcloth, a greasy sink, an unclean tea kettle and a poorly ventilated oven.

Dusting cloths must be washed often or they will carry more dirt into the rooms than they take out.

A severe but sure cure for corns is said to be cowhairs. Wet the corns several nights in succession.

Between the hotel squash and pumpkin pie there is rarely any difference and no distinction.

For coffee stains put thick glycerine on the wrong side and wash out in lukewarm water.

Flannels should be dried in the shade, and, if possible, ironed while damp.

Wash out all stains on clothes in cold water; ink stains dip in milk.

for walk for "fresh air and exercise" tired through and through, and is the worse for it, because she has lifted and carried hundreds of pounds.

Stand at any city street corner and watch the women as they pass. How tired they look! How their dresses flap around them. Contrast them with men. Men's feet lift no weight of clothes. Men's steps content with nothing. Every muscle has its natural exercise. Outdoor air and exercise are good for them.—Herald of Health.

Where to Look for Fashions. If it were necessary for American women to look to foreigners for their fashions they might much better go a little farther south, across the Pyrenees.

There is great waste in soap through leaving the cake in the tub or pail, instead of laying it aside after making a strong lather. I would like to see a statue raised to honor a domestic wife or thoughtful enough to lay soap back in its place, instead of leaving it to saponify in the water.

Wasting Soap. There is great waste in soap through leaving the cake in the tub or pail, instead of laying it aside after making a strong lather.

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Hans can be kept wrapped in paper and packed in a barrel of ashes.

To cure seed warts rub with baking soda. It is a sure cure.

Alum or vinegar will set the colors of red, green or yellow.

Strong vinegar will cure the hicough; give a teaspoonful.

A MAN WITH A MEMORY.

CAPTURE OF A SUPPOSED SPY INSIDE THE FEDERAL LINES.

The Suspect Answers Every Question "As Straight as a String"—Algebra in a Boot—Repeating the Roll—Entrapped at Last.

Just before Sherman advanced on his Georgia campaign a man supposed to be a Confederate spy was arrested in a Union camp. He was in Federal uniform, but his look and language were unmistakably southern.

"Do you see that?" reproachfully inquired the man. "Who should I be but George Swift of your own company?"

"You can't be. I never saw you before in my life."

"How long have you been with the company?"

"Four months, sir. I came down as a recruit from Delin."

"Who is your orderly sergeant?"

"Sergeant White, sir."

"Who are your commissioned officers?"

"Captain Morton, First Lieutenant Green, and Lieutenant Davis. The latter is home on furlough."

"How many men in the company?"

"Fifty-eight, sir."

"Who are your tent mates?"

"Oscar Jackson, Thomas Parker, and John Pringleton."

"Well, captain," queried the general, as he turned to Capt. Morton's tent.

The captain was clean bent. He was dead sure that no such man belonged to his company, and yet the suspect had answered every question as straight as a string.

"I'll stake my life that I never saw this man before," the captain finally answered, "and I know every man in my company by name."

The sergeant ordered to strip his shirt, and for the first time his coolness seemed to desert him.

He reproached the captain for permitting this indignity, but slowly disrobed. In one of his boot legs was a pocket, and in this pocket he found a paper bearing figures as follows:

A—14... 57  
L—... 9,000  
C—... 1,500

There were four or five sets of these memoranda, running from "14" to "54." When asked to explain the meaning of them, he said they were some old samples in algebra.

In a few minutes we were satisfied that the paper read: "Artillery in first division, twenty-seven pieces." The "I" stood for infantry, and the "C" for cavalry.

We were satisfied, and yet we were not, for as soon as we made it out the way I have given it to you, Swift said:

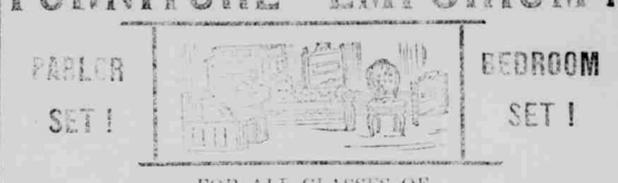
"The cool proposition staggered the general. Had we discovered the paper in the man's pocket instead of his boots he would have been allowed to walk off. That discovery looked suspicious, and he was ordered back to the guard house and the persons sent for. Two hours later he was confronted with the orderly sergeant."

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