

WOMAN AND HOME.

A CHILD WITHOUT PET ANIMALS IS A SOLITARY BEING.

Use of Toilet Soap—Something More Than Housekeeping—A Farmer's Mistake—Children's Friendships—What City Physicians Tell The Chicago Daily News.

"The effects of anger upon the human milk may be likened to the effect of a thunderstorm upon the dairy. Both are in effect electrical storms, only human passion has in it a more refined evil than mere acid. The more violent and crazy the anger the greater the danger. As one may become accustomed to large and repeated doses of opium, so, no doubt, an infant may (under circumstances favoring) become somewhat insured against the pernicious effects of milk that is subject to more or less frequent storms of passion, but if the child does escape severe and dangerous physical illness, it will hardly, in the transforming of milk to flesh, escape a most undesirable inheritance of character. A general irritability, bad temper—the result of trials poorly stood up to mentally—may keep the babe in constant unrest, and no one knows until the baby, he is so cross.

"What has been said of anger may be said of the other unhappy emotions, impressing the child after their kind, not always perceptibly but none the less surely. On the contrary, states of love, joy, peace, etc., act as most powerful tonics, and physiological action goes on under their stimulus in perfection. Thus the secretions are, as it were, happy; digestion and assimilation take place in the most harmoniously and unobscuredly, and the milk becomes perfect in its properties, the babe literally drawing in health, happiness and peace."—Dr. T. P. Mills.

FEED FOR THE BOTTLE.

"It needs no argument to show that infants in all probability derive a large amount of positive exhilaration from the act associated with nursing, and the inference is plain that the deprivation may entail considerable disadvantage. It has always seemed to me that to turn early out of the pleasures of life. The bottle and its apparatus, moreover, can be kept clean, but not without the employment of a good deal more time and care than is usually bestowed upon it. The bottle and nipple should be afforded a brush of its own. Were I, in order to be explicit, to give directions for cleaning a nursing bottle, I should say wash both bottle and nipple well separately in plain water. Then soak them both for five minutes in a 2 per cent. solution of borax in water, scrub them both with the aid of the brush, brush water and soap. The nipple should be turned inside out and scrubbed. Rinse them all well several times in plain water. Hang the bottle and nipple separately in a dry place until needed.

"Another point of importance often overlooked is the necessity of giving to infants occasionally some water to drink. During the hot weather, when evaporation from the body goes on so fast, nothing will satisfy the demands of the body, even of an infant, so well as a drink of good, plain, pure water."—Dr. Robert Tilley.

DANGERS THAT BESET.

"Under the enervating influence of great heat tendencies toward death, dormant before, become potent. The weak link in the chain is broken. Whatever the predisposition to disease may have been, the depression of heat as the exciting cause, the first frost that breaks the camel's back! The higher the animal the greater are the dangers that beset early life, because the period of helplessness is prolonged in the ratio of special intelligence. Parental intelligence does not keep pace with racial tendencies, however evident enough when we find that: 1. Infants are fed upon starchy food before their salivary glands are developed, and attempts are made to raise babies upon beer, beef, griddle cakes, potatoes, skim milk, sour milk, or even if the milk be good it is often drawn from unclean bottles.

"2. The two extremes of wealth and poverty cause neglect of offspring. In the one case careless nurses are intrusted with the infant, and in the other neglect is unavoidable.

"3. Zymotic diseases leave as sequelae scrofulous or some other depressed condition that only needs the push of exhaustion, however induced, to gravitate.

"Parents should know that milk is the only proper food for young children, and that coarse animal and vegetable diet is hurtful in any season and especially so in hot weather. Patent medicines and foods—especially so-called 'infants'—that always contain opium—help the little ones out of the world."—Dr. S. V. Cleveland.

FEEDING INFANTS.

"Be the food ever so wholesome in quality it must be perfectly clean. Probably at many babies die from good milk and food that has soured and become tainted by exposure as the food from want of the right food. Many a physician will refuse to allow an ill fed woman to wear her baby; what matter though he knows her milk is not the best for the child, but at least it is clean and is not tainted when it reaches the stomach.

"Dilute a teaspoonful of powdered barley in a pint or a half and a half of water, with a little salt, until barley is cooked. Leave it stand, well covered; when settled skim all impurities from the top carefully and strain mix with an equal quantity of boiled milk. If baby is 6 months old, or only one-half milk if less than 6 months. Older babies more milk. Keep bottle and mouthpiece in bowl of water when not in use. When baby is costive use oatmeal instead of barley. Infants of 6 months may have beef tea or soup once a day. Babies of 10 or 12 months may have crust of brown bread and a raw beef steak.

"The above are substantially the directions for feeding infants presented by Dr. Jacobin to the Public Health Association of New York, and these rules have since by experience been found correct and proper to follow. Your child may need other food if it does not thrive; go and ask your doctor what give it before it falls sick."—Dr. Ferdinand Heron.

THE CLOTHING.

"In my experience the first wrong thing I notice is the clothing of the child. Until a child is well past the critical period of teaching flannel should always be worn over the bowels, and merino stockings should be kept on the year around, summer and winter. Wool or silk next the skin prevents sudden arrest of perspiration, and mothers should remember always one truth: The freer the perspiration the greater the danger of even a slight chilling of the surface. The babies from whom the sweat just rolls off are always the ones more liable to the dreaded summer complaint."—Dr. Kate L. Graves.

Children and Pet Animals.

A child brought up without the knowledge of pet animals is a solitary being, no matter if there be brothers and sisters, while a child who has animals to tend is never quite alone. A dog is of itself a liberal education, with its example of fidelity, unwaried activity, cheerful sympathy, and love stronger than death; nay, love that is triumphant over shame and indignity and sin—influences that so often wear out human love or make it change its hate. How many of us hold to our friends

with a love as inexhaustible and inextinguishable as that which our dog gives to us? The child especially finds in the faithful creature much of its own impulsive and ardent life; the delight in little things, the ready curiosity, the ceaseless activity, the quick changes of occupation, the most intense interest in excursions. Kittens, again, seem sent to give to a child just what the dog leaves out; the more refined ways, the soft playfulness, the gentle domesticity, the willingness to be tended and petted. Kittens about the house supply the smaller punctation in the book of life; their little tricks and leaps and pats are the common and unobtrusive and dashes, while the big dog puts in the robust and periods.

Animals, again, give to us, even by what they receive and evoke from us, the habit of care and tenderness. Those petted dogs we see carried in the arms of young girls in fashionable equipages are rarely a substitute for the natural object of such emotion; they are rather a preparation or intermediate possession that precedes it; something that is more than a doll and less than a human child. Mr. Carnegie tells us that he saw at a large New York stable a card nailed up giving for the coachman the address of the proper physician to be called upon if the favorite dog should be ill. He also tells us of a young lady who, having to go on a journey, had to leave her favorite cat to some one's special attention, and Mr. Carnegie suggested that as he had given her the dog, it might be perfectly safe to leave her with him, "for rather with Jack and the horse." With a grave shake of the head, she answered, "I have thought of that; but it would do her, it requires a woman's care." Here the woman and the favorite pet on equal terms; neither could do without the other. The care given by the young girl was simply the anticipated tenderness of a mother for a child.

The self-control that must be learned in dealing with animals is in itself an education. One of the child's first lessons in governing his impulses is when it finds that the kitten cannot be caught by running and shouting, but by quiet and measured approaches. The control of animals, from the lamb to the lion, is not a matter of force, but of gentle shake of the head, and a smile that seems the very strongest in animals, as the disposition of dogs to chase cats or vice, can be better overcome by accustoming them very early to the sight and touch of the weaker creatures than by any blows. All this is a lesson to the child, and it unconsciously learns the application of it to itself. In days when other means employed largely on our farms it used to be a common thing at a "cattle show" to see some suburban farmer's boy drive in a yoke of half grown steers, and win the admiration of all the men by the gentleness with which he handled them. On a near my summer home there is a fine bull, which is better controlled and led by a boy of nine than by any other boy of his age, as, as Helme says, "I have seen a boy of nine control children and animals, as between two reeds not sundered very long ago."—T. W. Higginson in Harper's Bazar.

Use of Toilet Soap.

The opinion that of such a necessary article as soap for the toilet one can't use too much, is an opinion which late researches in science disprove. The attraction of the alkali in it for the oil of the skin as well as for its unclean accumulations, constitutes its cleansing property. Out of the 7,000,000 pores through which nearly two pounds of poisonous exhalation daily pass from the adult, come enough materials in a short time to produce fatal and filthy diseases. An eminent physician has declared that "if the skin be moderately active, it can stand for four days without a shower which may be compared to a tin coating of varnish or siding." As this accumulation increases and decomposition follows it is not necessary to describe the result. What agency but soap can remove it?

Many good authorities declare that water and soap, used in short intervals, before there are colds as well as excretory ducts, and for no life purpose has nature produced these in human oil warts. Inunction, or the external use of oil, has a recognized place among the prescriptions of some famous modern physicians, who in this way seek to restore that necessary property of which the body has been deprived by the excessive use of soap or by disease. They claim that it enables the patient to resist cold, that its nutritive qualities convey heat to those organs which require it, that it gives a sense of exhilarating freshness, and that it is not only soothing in cases of nervous depression, but is capable of strengthening weak lungs. For this purpose almond oil, coconut, olive oil or vasoline are daily applied by the aid of vigorous rubbing. To all such treatment and in most cases where inunction is not required, the daily application of soaps is injurious.

"What manly habits!" some one exclaims. Not so. Plenty of soft water, a coarse wash rag, hard friction and a Turkish towel, with soap applied at rare intervals, and the skin should retain the delicate smoothness of an infant. Those milk baths indulged in by the ancient Roman emperors and empresses owed their emollient properties to the lactic acid contained in the milk. Every old nurse knows, too, that weakly children are sometimes injured by too frequent ablutions. Dry rubbing is often the safest opiate for a nervous little one, answering many of the purposes of soap.

An eminent physician and scientist lately told me that he seldom used soap in his daily bath. He makes the skin dry, hard and harsh, and renders no much more liable to take cold through any changes of the weather," said he. "At the same time, no rule can be given for the soap. Some persons secrete oil much more readily than others, and to such soap is more of a necessity," and he spoke with emphasis of the desirability of using a pure soap or none at all.—Hester M. Poole in Good Housekeeping.

Something More Than a Housekeeper. A wife and mother needs to be more than a good housekeeper; she must be in all things the mistress of the house, the companion of her husband and children. Now, what kind of a companion to anybody is a woman who is all wrapped up in her housework? The children ask her questions about something that has taken place, probably in her own vicinity, that any one would be supposed to know, and are sent to the father for information. They very soon come to the conclusion that mother isn't supposed to know anything outside of housekeeping and do not trouble her by many questions. The father comes home with a glowing account of an event that is taking place in which he is very much interested, and is all enthusiasm over it. He wants somebody to talk to about it, but he has learned long ago that his wife has no interest in anything outside of her housekeeping, and he soon learns to find his entertainment elsewhere.

Visitors come to the house, very often women who are familiar with all the passing events, and she wonders why her husband and children are so much brighter and interesting with company than when alone. These women very often are not what she would call model housewives, yet their families are, as a general thing, more contented with their homes than all her housekeeping ability can ever make hers. People who have known her for a long time, remembering how entertaining she was as a girl, wonder why it is she is so much different. They ask her to sing or play, but she excuses herself with, "I haven't

played for years, I have had so much to do I really haven't had time to practice." This is too bad for a woman who actually squanders time in unnecessary work, to admit not having time to practice an accomplishment that would be a delight to her family and friends.

Then, women, don't get completely enveloped in your housework. Remember, you owe more to your family and friends than merely a clean house. Find out what is going on about you outside of your own neighborhood. Take an interest in whatever interests your families. It may be only a baseball game or a yacht race that both father and little ones are enthusiastic over. Then learn all you can about it; find out the names of the rival clubs or yachts and take a lively part in the family conversation. To do this will require but a few minutes each day, and you will be well repaid by having a pleasant, enjoyable home, a home that husband and children will prize far above a "spick and span" one.—Boston Budget.

A Farmer's Mistake.

I know a well to do farmer, having eight children, who, as soon as they are old enough to support themselves, leave their home. Of the five boys, not one remains on the farm. They have gone to clerkship and other positions, in preference to staying on the much despised farm. A glance in the home may account somewhat for this. There never has been any effort to make it attractive for the children. The parents' aim has been to save and save, with scarcely a thought that their children had any other needs than food and clothing. They are active, bright minded boys and girls. It is no wonder that the dullness and monotony become unendurable.

This farmer does not hesitate to spend money in farm improvements, in fine stock, or in anything that so advances his financial interest; but any outlay for the children's pleasure is regarded as unnecessary and extravagant.

Children cannot feel that sense of proprietorship in the farm and its profits that is a stimulant to the heads of the household, and something is needed to take its place. Some personal property, even if a chicken or a pig, is a strong incentive. Children are sportive by nature—all young animals are—and some diversion is essential for leisure hours; otherwise their minds will wander off and dwell on the attractions supposed to pertain to village and city life.

If children love music and an organ or piano cannot be afforded, let them have smaller and less expensive instruments. Many an hour might be spent in the happiest way by a boy in his efforts to perform on the violin or accordion, that would otherwise pass discontentedly or in a hurtful companionship.

A few dollars each year invested in reading matter for not only supply pleasant employment for leisure hours, but the means of mental improvement as well. There are many excellent entertaining publications for the young, and at such low prices, that no family in which there are children should be without one or more.—American Agriculturist.

Children's Friendships.

Children are apt to seek the society of other children at about the sixth year of their ages. This should be a watchful period for the parents, as friendships contracted at this time have a very decided influence on the mind, morals and manners of their child. No very child is influenced for good or evil through casual acquaintances. If allowed to be constantly with the nurse, their language and manners will, in nearly every case, be identical with those of the nurse. A mother should spend the greater portion of every day in the society of her children. If she has no friends outside her home, she should seek companions outside, she has no one to blame but herself if their manners and morals are corrupted. All children require companionship of those of their own age, but it is very essential that the parents should choose these companions.

Children can be readily taught to be neat and tidy in their habits by example principally, for they imitate closely the actions of their elders. A closet or other convenient place should be given them exclusively for their toys, provided there is no play room; then let it be understood that when play is ended all toys are to be returned to their proper place. If this rule is disregarded, the withdrawal of a favorite toy for a time, as punishment, usually has the desired effect of causing them to be more careful in the future. This device may have to be resorted to more than once, but it usually is successful in the end.—Mrs. Ellis L. Mumma in Good Housekeeping.

Sweetmeats and Pastry.

It was recreation hour at both the Polytechnic and Central grammar school. Streams of boys emerged from both institutions and at once made for a neighboring bakery. There they gorged themselves with sweetmeats and pastry of every description. Wizen faced little chaps of 13 and 14 tackle pieces nearly as large as their heads, while their older classmates gave attention to the festive cranberry tart, the latter being composed of heavily sweetened cranberries and partly dough. Occasionally one of the more adventurous boys sneaked out of the bakery and in some secluded spot lighted a cigarette, which he smoked till the 13-50 bell called him back to school.

Pastry, insufficiently cooked, and cigarettes make a poor combination. Food mothers wonder why their boys have no appetite for dinner at night and vainly try to guess the reason. Did they provide their sons in the morning with an amply stocked lunch box containing delicacies which would charm the palate of the urchin, they would find that the latter would have better appetites for the evening meal. Instead, however, many boys are given so much money each morning to pay their expenses for the day. This includes the price of lunch and car fare. Business men sometimes become dyspeptic by eating too fast, but it is unfortunate that youths and young men just leaving school should ruin their digestions before entering commercial life.—Brooklyn Eagle.

Objections to the Corset.

It is rather funny that there are no women in this world so healthy as the English women, and no women who lace so much, and the French women and the American have naturally broader hips and smaller waists, so that much lacing is not required for them to gain the fashionable figure. But the English women, with her narrow hips and broad shoulders, needs to make her waist smaller to achieve that which she desires, and yet where are there women who bring into the world a finer set of men than the English women? I think that is one of the very answers to the objections to the corset. The finest specimens, physically, of Englishmen are not what a clever and talented tailor made, but to coin an expression, "mother made."—"Bab" in New York Star.

Keep all the apparatus for cleansing lamps on an old tray, and never use rags, brushes, scissors, or any of the articles for any other purpose than trimming lamps.

Never scrub old cloth with a brush, but after being swept it may be cleaned by washing with a soft flannel cloth and lukewarm water or cold tea.

CALIFORNIA WOODS.

THE REDWOOD SUPERIOR TO WALNUT, CHERRY OR MAHOGANY.

How Valuable Timbers Have Almost Disappeared—The House Painter's Imitation—First Use of Redwood as a Finishing Lumber—The Sugar Pine.

The ordinary course of human events would be the discovery of the beauty of our native woods about the time they disappear. For the past thirty years house builders have indiscriminately worked the wavy, bird's-eye or straight grained redwood, the maple, alders, studding, shooting or shingling, cheaply and unappreciative of the fact that they were using a timber with far more natural beauty than the costly black walnut, cherry or mahogany that were imported at so great an expense.

For fifty years black walnut was split into rails in the Mississippi valley, although now it is worth \$400 per 1,000 feet for ornamental work. The white ash of the eastern states was nearly gone before the marvelous beauty of its grain was discovered by the furniture makers. Now every part of the country is ransacked for crooked and knotty trees to be worked into fancy lumber. Maple, except that it was the source for the farmers' "sweetening," would have disappeared a century ago as firewood. Within the memory of men now living great piles of it were burned for the ashes, which were sold at ten cents a bushel to be worked into black suits at the "potashery," formerly a necessary adjunct to every country store.

As these valuable timbers disappeared, house painters tried to imitate the beautiful beauties of the last woods. Such imitations they were! The clumsy dab looked something like a whale in a high sea, a vessel wrecked on rocks, or the final catastrophe predicted by the seer of the "Fates."

Of course, there were artists whose work was not so offensive to good taste, but why not have used the original woods for what they were worth, taking measures to preserve the beautiful grainings?

In frontier life, away from saw and planing mills, the lumber was usually split into shingles, shakes, siding, fence rails and pickets is the first to be appropriated. Such were the sugar pines of the Sierras and the woods of the coast range. The former are nearly gone, and the latter are disappearing at a rate that will soon make them things of the past. Millions of feet of redwood are worked into mental positions in buildings. Every board is a study for an artist.

GAININGS OF BOARDS.

The cheap lumber made of the smaller and crooked trees is especially interesting. The writer, for years, has been in the habit of visiting buildings in process of erection to study the different grainings of the boards used. Most of the cheap lumber had a mixture of curly, tangled grain wood, with portions of white sap wood, the latter forming a sharp contrast with the russet of the center of the boards. Sometimes the knots were sawed through, that gave an idea of possible landscapes. The writer has seen a marvelous representation of plain and mountain produced by the juncture of light and dark wood. Rough lumber from the saw showed an innumerable variety of styles; how much more interesting it would be if processed, and the grain brought out. Every line of it is beyond imitation by any artist, yet it was all buried under paint, paper or plaster.

Some twenty-five years ago a builder in one of the northernmost towns erected a public hall using the native woods as a finishing lumber. The lower vainsetting, the work from the floor, reaching to the windows, was in alternate white and dark redwood. Between the windows, which were eight feet high and eight feet apart, were panels of redwood of selected logs sawed slashwise; that is, the logs were set on the blocks so that the saw ran across the grain, producing what house painters call "herring bone work." The lumber was dressed with the grain to work smoothly, and the knives of the planers left no "caty patches."

In selecting the lumber for the panel work the continuity of the grainings was separated—no two boards having anything in common, a log being placed in company. The work was further varied by reversing every alternate board and half of the herring bone pointing upward and the other half down, the lines nearly fading out in the white wood. Each panel of eight feet square was framed in with the zigzag redwood, sawed from the outside of the trees for the purpose. The space above the windows, four feet wide, was finished in white redwood, the ceiling or overhead being lined with cloth and covered with a light wall paper.

The effect was marvelous. No one entering the hall the first time could believe that the walls were anything but the work of a skillful painter. The wavy lines resembled mountains, valleys, lakes and sea. The occasional knots, seen at the distance of a few feet, assumed all sorts of mysterious appearances. The rustic painter who came to dance would often gaze in wonder at the curious effects produced by the woodwork.

NEWWOOD AND PINE.

Recently a few builders have been daring enough to introduce the native woods as a finishing lumber. The Wilcox house, at Los Gatos, is finished in redwood and pine, care being taken to preserve all the fine grainings. The natural tint of the sugar pine is converted into a gold color by use of shellac varnish; the redwood, by the same means, is made to resemble the russet leather, so fashionable at the present time for house finishing in the east. The general effect is pleasant and cheerful. It is not a coarse imitation; it is truth, and will induce frequent observation and admiration.

Many attempts heretofore to utilize the beautiful grainings of the native timbers failed because of improper finish. Finished in oil, as oak frequently is, the whole becomes a dull brown, the grain ultimately disappearing; finished with shellac, the surface becomes hard and the markings are preserved.

The redwood furnishes an immense variety of colorings. The outer portion of the trunk of a tree is a delicate white; the center a deep russet brown. Large trees have a habit of settling down upon themselves near the ground. Sometimes the lower part of the trunk is twice as big as the above. This results in a curly or wavy grain, or a bird's-eye appearance, according to the way the log is sawed. Formerly, and in many cases even now, high scaffolds were built in order to chop the tree off above the "bulge," which was considered useless. Generally these enlarged portions are carefully saved, as there is a growing demand for the curiously marked wood.

The roots, too, are beginning to be sought for as cabinet lumber. Many think the stumps and roots, which will neither burn nor rot out, will yet bring more than the original price of the trees.—San Francisco Chronicle.

An Unhappy Life.

"Oh, Mr. Lighthouse," remarked Miss Old-girl, with a snicker, "I've seen just eighteen happy summers to-day." "Only eighteen happy ones!" replied he, with a grin in his eye; "what an unhappy life you must have had!"—New York Sun.

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