

WOMAN AND HOME.

TRYING AN OLD BUT NOW UNUSED PROCESS OF COOKING.

Leaving Something for Children—The English Servant Girl—Milk for the Babies—Mrs. Langtry's Taste—The Fashionable Waist—Suggestions.

It is a well known fact that a better and more delicious coffee is made by pouring the boiling water over the ground coffee than by boiling the coffee itself, as unfortunately is yet so often done.

The boiling water that is poured over the coffee ceases to boil the instant it leaves the kettle in which it was boiled. Through evaporation it is already somewhat cooled on the way to the coffee pot, and by further contact with other bodies the temperature is still further lowered until it is evident that the temperature in the coffee pot is several degrees below the boiling point. The coffee is consequently not made with boiling but with warm water.

It is, therefore, but natural to conclude that other victims may be prepared in the same manner, as it is the heat, not the boiling, that causes the necessary changes to convert them into proper food. The boiling only transforms some of the water into steam; the liver it boils the more is evolved, but the temperature is not increased thereby; it is 212 degrees when it commences to boil, and remains so until it has cooled down. All the superfluous heat is used to make steam, and leaves no steam, without doing any good to the ingredients to be boiled.

It is a mistake to suppose that a piece of "well boiled" beef has been heated to 212 degrees throughout. The heat penetrates slowly, and a great deal of heat may remain comparatively cold inside after staying in boiling water for an hour or more, and if you actually measure the temperature of the inner part of the beef the moment it is taken out of the pot and pronounced "well done," you will be surprised to find that it seldom reaches over 150 degrees. It was, therefore, cooked at a temperature considerably below the boiling point.

There is, furthermore, good reason to suppose that, if it is possible to prepare the food properly by simply heating it to the boiling point and then cooling, then we have found a way to make our food more nutritious and savory. Thus, in a newly water that evaporates during the long continued boiling, but our small tubs that make things also is also being lost, and it is not fair to suppose that this "something" which imparts the flavor of the food is preserved when evaporating. It is moreover a common known fact that the longer a piece of food is boiled the less nutritious and digestible does it become, but it is not so commonly known that the most nutritious part is lost in the process of boiling, and as easily spoiled by long continued boiling.

The above should be sufficient to cause any one to try an old, but, to my knowledge, in this country, unused process in cooking; one that, in my view, possesses the advantage of economical saving in labor and fuel, and, furthermore, makes it impossible to scorch or burn anything.

The process is as follows: The food is brought to a boil, and allowed to boil for a few minutes. The food is then removed from the fire and carefully packed in a heat safe so as to prevent the heat from escaping. The food will then be cooked by its own heat, or, in other words, the temperature will for several hours remain high enough to produce the necessary changes in the vitamins under treatment.

The heat safe necessary for the foregoing process can be easily constructed by anybody, and also made of any material. First get a common packing box of any suitable size, cover the bottom with a layer of packed wool, or cotton, two or three inches thick, then from a piece of tin or sheet iron make a hollow cylinder a little larger than the kettle used, place this cylinder in the box, and fill the interval between the cylinder and the box with cotton or wool two to three inches thick. A common pillow will answer for the lid, and the safe is ready for use. When the kettle is removed from the fire, which should be taken out to raise the lid, which should fit as closely as possible, and when placed in the safe the pillow must be tucked well down all around. After remaining in the heat safe for from two to four hours, according to circumstances, the food will be done, and you will be astonished to find what a well cooked and delicious dish you have prepared with so little trouble.

Hay or straw being cheaper, can be substituted for wool or cotton, but do not retain the heat quite so well, especially in apparatus of smaller size. The safe can, of course, be made to contain several vessels at one time, and meat, potatoes, beans, etc., can all be prepared in the same time.

Potatoes, beans, peas, and corn can be placed in the safe in any way they like, but large pieces of meat should be boiled for about half an hour, in order to allow the heat to penetrate to the center.

With a little preparation and use of common sense anybody will be able to prepare their food by this process, and thus save much fuel, labor and time.—Charles Omand in Detroit Free Press.

Leaving Home—Hints for Children.

Of the thousands of people who are straining every nerve to leave their children something, how many ever reflect that every man is as sure to leave his children something as the sun is to rise tomorrow morning? It may be an ample fortune in some cases, or a tendency to life long nervous depression in another, but an inheritance of some sort each parent is bound to entail on his offspring. Over the money inheritance he often worries himself into softening of the brain, but as to the inheritance of physical and mental qualities—the dyspepsia, ill temper, or dependency on the one hand, or the health, courage, culture and noble character on the other—these he thinks will take care of themselves, and there is just where the mischief lies.

Now, if every mother, for example, were only a Mother Carey's chicken, instead of a human being, she could safely adopt this leave alone course, and recommend it to the paternal Mother Carey's cook. These happy creatures have few parental anxieties. Their young inherit from them none but good and useful qualities. The first minute they are fledged they take straight to the water, and never to beer or whisky. As for flying, both impulse and power are so perfectly transmitted in their organization that they are rapt up bodily into the sky, and bent winging it over the deep. Born to swim, born to fly, born to eat fish, they simply set to work to do it, and so each little downy birdling starts out in life with an inheritance amply sufficient for a successful career of business, travel in foreign parts, and congenial social enjoyment.

Far different is it with human children. Every once in a while, indeed, one of them is born with an organization as marvelous as that of a Mother Carey's chicken, only of a vastly higher and more complex kind. Look, for instance, at that miraculous boy who has lately been entrancing Boston with his music. To the great ocean and the limitless sky ranges of Beethoven he took as in-

effectively as the seabird to the billows and the air. Still, even though a musical millionaire from the start, his careful father has felt it will never do to let him run wild. The boy is never allowed to get into bad musical company of the Jim Crow order. Few parents, however, transmit such an organization to their children. And yet they have transmitted one, and surrounded it with influences to call it out. The children will have to cope with it all their lives.

Why not think, then, of what has already been left the children, as well as of what may be left them in money, if business turns out well. If a father has bequeathed a child an irritable temper, why not, in mercy, try to bequeath him the example of a parent who has governed and controlled the same infirmity for a lifetime. The child inherits not merely what the parent inherits, but also the good or the bad use the parent made of such inheritances, the calmed or the inflaming influence of the life lived in the child's presence. There are people in plenty in the land who have succeeded in leaving their children money. What is wanted is more who succeed in leaving them intelligence, purity, self-control, the memory of a happy home, consecration to a high way of living.

A rare father who has not reason to look back with terror and remorse on a great many things he has already left his children, and for which they will have to be saints, indeed, if they ever "rise up and call his memory blessed."—Boston Herald.

English Servant Girls' Faults.

The modern servant girl does not know her work, and, worse luck, there is no one to teach her, and that is the plain truth of the matter. No public institution, however good, can really fit a girl for "domestic service." In a large institution a girl learns nothing of the difficulties and trials of a small establishment, where, instead of being a member of one large body, with distinct and clearly defined duties, she finds herself thrown on her own resources and obliged—most difficult task of all—to think for herself. I remember very well the experience of a friend of mine, who took a girl from a large "home," where orphans were taken care of and trained as servants. The girl came, a neat, gentle faced lass, respectful, willing and obliging, in short, a treasure, whom mistress and maids wore, for a wonder, unanimously praising. One day I missed her and asked the cause. "Oh, she has left; said the work was too hard."

Never, never again will I take a girl from one of those institutions. The girls are good, well trained in manners and mind, anything you like, but they are not taught to think. Why, then, do they not leave the nursery, brooms and pails outside the door, and when checked for it said naively: "Oh! I thought the girl whose turn it was to clear up would put them away." Another time nurse found her wandering around the nursery regions looking for the lift to convey the dirty boots and shoes downstairs to be cleaned, and she finally gave me warning, dissolved in tears, because she could not really manage the work, and on her return "home" I had a sharp reprimand from the matron in reply to mine, wondering "how I could think of overworking a child so shamefully!" because I asked her to do work all my other nurse girls had done easily, and which her successor, the daughter of an old servant, of her own free will, supplemented by taking the mending of some of the house linen upon her hands. Let my mistresses be prepared to teach their servants themselves they will not have good ones, or in fact servants at all in the real sense of the word.—English Paper.

Not all Rose Colored.

"The man who goes to housekeeping after having lived in a boarding house most of his life, naturally rejoices at the change, because after all, there is nothing like putting one's feet under one's own mahogany, don't you know?" remarked a benedict; "but those who are not so privileged should not imagine vain things." The man of the house has a thousand more responsibilities than the man who boards, and these, in a measure, balance the advantages. For instance, it is not infrequently happens that the servant becomes obstreperous and has to be discharged.

"Then he finds that there is coal to carry up; that there are furnace fires to rake down and keep ablaze; that there are window shutters to shut, and that the milkman and the baker come at a disgustingly early hour in the morning, and that if he wants cream for his coffee and rolls for his breakfast he must get up and answer their knocks at the gate. He finds, too, that there are clocks that all the time demand winding, that there are people who seem to make it a business to ring his door bell and ask where Mr. Smith lives, and that there are a thousand and one little annoyances that Bridget used to do that he has to do now himself. Oh, yes; there are a good many things to mitigate the joys of housekeeping, especially when you happen to be without a servant girl."—Philadelphia Bulletin.

Hints for Those Who Travel.

The journey being over and the first resting place reached comes the unpacking. Now it will be seen if brains have been used in filling the trunks and all possible contingencies foreseen. We will hope so, and that the tired traveler will find all she needs without driving to the bottom of even one trunk. Now the housekeeping talent will come into play; everything that is left out of the trunk for future use will be put as nearly as possible in the same position in the baggage room that it would occupy in the familiar bed chamber at home. If handkerchiefs are usually kept in the left hand corner of the upper bureau drawer, if they go in the same place in the hotel bureau. Thus no time is lost in looking for things; we know by instinct where to go to find everything, and our tired heads are saved worry and trouble. But one caution on leaving the temporary resting place: Don't rely on "feeling sure" that a certain drawer or closet has not been opened. If the owner put nothing in there, perhaps the chambermaid did, and there is no thought so comforting, when seated in the train again, as to reflect that every spot has been examined before the room was left and that nothing remains behind.—Marie Gozaldi in Good Housekeeping.

Milk for the Babies.

The reason why human milk agrees so much better than other milk with infants is because it is so much diluted and the cheesy substance more soluble, and it is on this account that ass's milk succeeds so well; for all ordinary feeding cow's milk answers very well, provided that care be taken to have it as nearly like human milk as possible. Human milk contains little more than half the quantity of cheesy matter that is found in cow's milk, and hence the necessity of free dilution with water—that is, cow's milk should be mixed with half its bulk of pure tepid water. Dr. Baker finds that the following proportions of added ingredients approximate the proportions and properties of human milk and generally answer well, though sometimes more water is required during the first few weeks of infant life: Cow's milk, half a pint; water, the same quantity; a small teaspoonful, or sixty grains, of sugar of milk, and two grains of phosphate of lime; the addition of two teaspoonfuls of cream, if the quality of milk be good, but if poor or skimmed the quantity of

cream must be doubled. Thus modified, cow's milk is rendered very nearly like human milk.—Dr. Benson Baker in Medical Journal.

Faults of the Fashionable Waist.

To begin with, the waist is not a circle at all, but an oval; nor can there be any greater error than to imagine that an unnaturally small waist gives an air of grace, or even of slenderness, to the whole figure. Its effect, as a rule, is to simply exaggerate the width of the shoulders and the hips; and those whose figures possess that staidness, which is called stoutness by vulgar, covert what is really a quality into a defect, by yielding to the silly edicts of fashion on the subject of tight lacing. The fashionable English waist, also, is not merely far too small, and consequently quite out of proportion to the rest of the figure, but it is worn far too low down. I use the expression "worn" advisedly, for a waist nowadays seems to be regarded as an article of apparel to be put on when and where one likes. A long waist always implies shortness of the lower limbs, and from the artistic point of view has the effect of diminishing the height; and I am glad to see that many of the most charming women in Paris are returning to the idea of the directoire style of dress. This style is not by any means perfect, but at least it has the merit of indicating the proper position of the waist.—Oscar Wilde in Woman's World.

Mrs. Langtry's Neatness and Taste.

To her, Mrs. Langtry talk of having clothes cleaned is one of the funniest things in life, and you are inclined to scoff. Never you mind, she does it just the same, and you may hear her bragging now and then that such an article has been cleaned at least so many times. She trains her lady's maid to keep everything she has in the most exquisite order, and nothing escapes the most perfect care. She is not only neat by nature, but she knows how much less it costs to dress and dress well if everything is washed and mended and cleaned than it does to dress badly and carelessly. She never wears frills and ribbons, nor half the ugly things that are usually regarded as adornments; neither does she wear more than a single piece or so of jewelry. Her big turquoise ring and a moonstone pin set with diamonds are the only extent. Neither does she ever wear bonnets, and her hats are more than fifty to be counted, and she wears a single bunch of ribbon bows with perhaps the unusual frillery of a single quill run through them.—Fannie B. Merrill in New York Mail and Express.

The Women of Barbadoes.

The women dress in Barbadoes, for they imitate English ladies; but no dress can conceal the grace of their forms when they are young. It struck Pere Labat two centuries ago, and time and their supposed sufferings as slaves have made no difference. They work harder than the men, and use no tools, but carry their loads on their heads, and thus from childhood have to stand upright with the neck straight and firm. They do not spoil their shapes with stays, or their walk with high heeled shoes. They plant their feet firmly on the ground. Every movement is elastic and rounded, and the grace of body gives, or seems to give, grace also to the eyes and expression. Few things it cannot compensate for their color, which, now when they are free, is harder to bear than when they were slaves. Their prettiness, such as it is, is short lived. They grow old early, and an old negress is always ludicrous.—J. A. Froude.

Woman as a Collector.

The best collector that ever entered a Pittsburg business office or signed a receipt was a pretty woman—a sweet and self-reliant woman. It is true that she collected only for herself, being engaged in business, but she would have been equally successful if collecting for another. She has long since passed the portals of the unknown, but the easy victories she won are borne in mind. She never asked twice, she did not need to. A number of such women laboring as collectors would work a big change in many men's methods. It might not be a business that would suit every woman anxious to earn a livelihood, but it is quite certain that before the young woman of tact, winning ways and personal attractions those two interesting volumes, the check book and the pocket book, would promptly yield their coveted contents and the merchant's wail about "poor collectors" would not be heard in the city.—Pittsburg Bulletin.

Save the Pennies.

Many parents permit their children to spend for candy or toys every cent that is given to them. Others are content with restricting their children to save all their "pennies." In either case the parents exercise a deplorable ignorance of the true uses of money, spending with discretion, saving and giving. Even very young children can be taught, to a certain extent, the real value and best use of money. Wise parents will ever strive to impress upon their children the necessity of forming prudent habits of spending money to advantage, so that some article of utility or value is always obtained for it; the duty of exercising systematic and judicious charity, and that the greatest happiness that can be experienced upon earth springs from the practice of benevolence.—American Agriculturist.

Leath screens of Turkish red calico or unbleached muslin, neatly fringed on top, painted wooden frames, are most useful in the sick room, either to prevent draughts or moderate the heat of an open fire, which should always burn there if possible, as the most efficient ventilator yet devised.

Fog is an excellent cosmetic. To it is due much of the beauty of English complexions, and those who live in hot and dry climates must be doubly careful to guard against their desiccating effect if they would escape the appearance of mummies.

Where space is an object, a pretty fancy is to have the toilet mirror long and narrow, placed upright upon a shelf across a corner, about a foot from the floor, and another shelf above it, on which stands a quaint jar.

Women reared to luxury and afterward compelled to earn a livelihood often conceive the greatest fondness for their wig and wonder how they ever consented to live in idleness.

Mahogany furniture should be washed with warm water and soap; an application of beeswax and sweet oil upon a soft cloth, and polished with camellia, gives a rich finish.

A hornet's nest which has been deserted by the hornets, bound on the throat with a piece of flannel, will cure the most malignant sore throat.

By using hot, moderately strong soda water to clean them, the bristles of hair brushes will remain white and stiff for a long time.

To give a good oak color to a pine floor wash in a solution of one pound of copperas dissolved in one gallon of strong lye.

Jewelry is never so out of place as upon a baby.

SAFEGUARDS AGAINST THIEVES.

A Reformed Burglar Tells Householders How to Protect Their Property.

First of all, I may say that the household, especially if his house is situated in the suburbs, should count as next to nothing the protection afforded by the night policeman on his beat. I don't mean to insinuate that the night policeman neglects his duty. I believe, as a rule, he performs it as well as he can, and it may be pretty safely relied on that at each time he passes a row of villas he will cast the light of his bull's-eye over the front garden, if there is one, and over the house front, and the lower windows and street door. If there is no front garden, he will see that all is right and tight in the area as well. But his beat is a long one, and it is probable he will not pass that way again for an hour, or perhaps longer. So that if there is a job afoot all that those engaged in it have to do is to hide and see the policeman off, and they then know exactly how much time they have to get through their work before he can make his appearance again.

Speaking from my experience, and from that of others with whom I have been acquainted, I should say that at least a fourth part of the number of petty household burglaries that are successfully committed are assisted by servants. But speaking of ordinary work it is the female servants who are made useful, and that quite innocently on their part. Masters and mistresses have no idea what easy temptations many girls in service are, or how easily they are induced to betray the secrets of the house. There are only girls, but women, who are called maids, who are old enough to know better. A smart chap, with plenty of cash and with money to spend, has but to scrape acquaintance with the kind of servants I am alluding to when they are out for church on Sunday and meet them a few times afterward, and he can learn all he wants to know respecting the valuable stuff in the house and where it is kept, and the ways and habits of their employers and when they are at home and when away.

It is not often the burglar himself who in this way goes a-fishing for useful information. Generally speaking, he is not what may be called a "shades" man. He is very well in his own day, but he hasn't got the good looks or the commanding ways that go down with the men. This part of his programme is entrusted to the "sweetstuff man." He is an affable, well-spoken young fellow, very respectably dressed, and so respectable in his manner that even if he was caught in the kitchen with the servants at loaves where followers are rarely prohibited his appearance would disarm suspicion.

It should not be forgotten that the burglar has no particular desire in the pursuit of his calling to run his head into more danger than is necessary, and there is nothing that is so much to his liking as peep at work—getting in at attic windows that are screened by the roof parapet. Not one household in a score gives a thought as to the security of the attic window. He will live his foot on the door iron plate, with a patent lock on it, and a chain strong enough to hold an elephant fast a catch that can be opened with a bulldog is good enough for the attic window, and all the time as it is quite as easy to enter by one way as by the other, if the house happens to be empty. This is one of the opportunities the friendly are always on the lookout for. Nothing can be easier than to enter an unoccupied house at the basement, and once within all a man has to do is to walk upstairs and get out on to the parapet, and there, well screened from view by the coping he can creep on his hands and knees, and by means of the attic window get into any house he has a fancy for. If it is winter time, and after dark, he will have no difficulty in taking a set of the front windows before he makes the ascent, and so ascertaining which of the front rooms are occupied or if the family are at dinner. If the latter he can pretty sure that the servants are all down stairs, and he can explore the upper rooms without much fear of being discovered. This would be called in the profession tip top work, but it is a means by which householders lose a considerable amount of portable property, and it very rarely happens that the robber is caught in the act.

As regards house fastenings there is, in my opinion, nothing safer for windows than a long thumb screw in a socket, going right through the frame and deep into the sash on both sides of the window. I don't know if there have been any wonderful inventions in that way since I took an interest in such things, but I never saw a door fastener except the thumb screw that should give a workman a minute's trouble. For the street door there is nothing so good as a flat bar fastened to a pivot to the center, so that it will extend across the jambs and drop into slots made on the plan of a watch and chain screw. For window shutters the cheapest and best protection is a tightly hung bell on a coil spring. But better than locks, bolts and bars is a wiry little dog that, raising his, will open his pines and let all the house know if the moment he hears a suspicious noise at door or window.—London Telegraph.

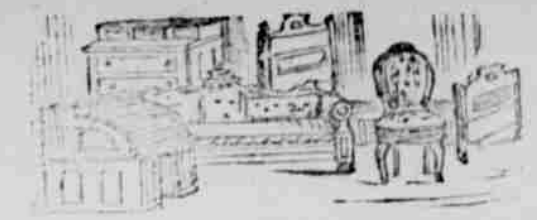
The Evil of Chewing Cloves.

When I smell cloves on a man's breath my first thought is, "That man is a fool." He thinks he is concealing the smell of whisky or some other vile smell, and he is only advertising it. There is another reason also why he is a fool. The oil of cloves, which is expressed from them by chewing them, is an active solvent of the enamel of the teeth. Any one who chews cloves will soon notice that it makes the teeth tender. That means that their enamel is disappearing, and the next step is a mouthful of decayed teeth, which all the odors of Araby the Best can never sweeten. When will people learn that the sweetest and rarest smell of all is no smell at all?—Chicago Journal.

Will Run for a Year.

A new thing out is a clock with ordinary works that will run for a year without attention. An electric battery concealed in the case winds up the clock from day to day, or week to week, as the need may be. Once in a great while the battery must be renewed, but that is all the care the clock calls for.—Chicago Times.

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