

DOMESTIC RECIPES.

HOW TO MAKE AND USE BEEF TEA.—An ordinary glass jar, such as is used in canning fruit, with the glass cover laid over the top, is very convenient, but like all other receptacles, must be thoroughly cleansed and aired after using before using again. Scrupulous cleanliness is very essential. If in great haste, the juiciest portion of the beef held over a brisk fire until heated, but not cooked, and then squeezed hard through a perfectly cleansed lemon-squeezer, is an excellent way, and makes a palatable article with the addition of a little salt. Salt is the only seasoning usually allowed, but the patient's taste should be consulted, when not injurious. When the patient tires of these modes, scrape with a sharp knife enough lean, juicy beef to fill a pint bowl, add a little water, cover close and set in the oven and let it bake slowly. When about half done remove the cover and let it brown a little, then cover again and let it cook a while longer. Beef tea made after this last mode has been accepted in cases where all other ways have failed.

Never approach a patient with a spoon in the hand when about to give nourishment. Put just what you wish taken, and no more, in the daintiest and prettiest teacup in the house. Have the tea of just the right temperature, and let the patient drink it from the cup, but remove the cup from the room as soon as used; and, we would add, wash, scald and put it in its proper place. When more tea is needed, take another and entirely different cup. This seems a little thing, but the comfort of the sick must depend largely on little things, and who shall blame them if sometimes fanciful or unreasonable?

STARVATION IN THE NURSERY.—In an article headed "Starvation in the Nursery," the London *Lancet* calls attention to what it says is a fact established by daily experience—that large numbers of persons occupying decent positions in society systematically starve their children, in respect of that article of food which is the most essential to their nutrition. Even to very young and fast-growing children they give cocoa with water, and not always a suspicion of milk; corn-flour with water just clouded with milk; tea, oatmeal, baked flour, all sorts of materials, indeed, as vehicles of milk, but so very lightly laden with it that the term is a sham. The consequence of this misplaced economy is, that there are thousands of households in which the children are pale, slight, unwholesome-looking, and, as their parents say in something like a tone of remonstrance, "always delicate." Ignorance, no doubt, is often the cause. The parents do not know that, supposing there were no other reason, their wisest economy is to let their growing young ones have their unstinted fill of milk, even though the dairyman's bill should come to nearly as much as the wine merchant's in the course of the week. But in many, the medical paper is of opinion, the stint is a simple meanness, a pitiful economy in respect of that which, it is supposed, will not be open to the criticism of observant friends.

IRISH STEW.—One and a half pounds of canned meat, one and a half pounds of potatoes, half a pound of onions. Time required, about one hour. To make an Irish stew:—Wash one and a half pounds of potatoes well in cold water, and scrub them clean with a scrubbing brush. If the potatoes are not very good, or are in any way diseased, take a sharp knife, peel them, and cut out the eyes and any black specks about them; but it is much better to steam or boil them in their skins. Fill a saucepan with hot water, and put it on the fire to boil. Peel half a pound of onions. When the water is quite boiling put the potatoes in a steamer and sprinkle them over with salt. As the onions are to be eaten with the potatoes, put them in the saucepan of boiling water, and they can be boiled while the potatoes are being steamed. Place the steamer on the saucepan of boiling water,

and cover it down tight to keep the steam in. Let the potatoes steam and the onions boil for half an hour. Now open the tin of canned meat, take one and a half pounds of meat out of the tin and cut it in slices; take a fork and put it in the potatoes and onions to feel if they are quite tender; when they are sufficiently cooked take the potatoes out of the steamer, put them on a board, and cut them in slices; take the onions out of the saucepan, put them on a board, and cut them in slices; take a large saucepan, put in a layer of potatoes, then a layer of onions, then a layer of meat; sprinkle a little pepper and salt over each layer of meat for seasoning; pour half a pint of warm water into the saucepan, put it on the fire, and let the meat and vegetables simmer until they are thoroughly warmed through. For serving, turn the Irish stew out upon a hot dish.

KEEPING BUTTER.—Prof. Arnold is undoubtedly right in assuming that butter made from milk set in refrigerators will not keep so well as if the cream was raised in an atmosphere of nearly the same temperature as that in which the butter is kept. Such butter should be sold as soon as made, unless the dairyman has a cellar of unusual coolness, which is not the case with the average cellar. If a strong brine is put on top of the package it will help to lower the temperature a degree or two, and to preserve the contents. If the package is placed on a stone it will be cooler than if set on the ground. Shutting the hot air out of the cellar and keeping it free from dirt and decaying vegetables are most important things to be looked after. We had a half bushel of onions removed from our cellar this season because of the strong odor from them, which would, no doubt, have affected the butter. Butter is so very sensitive in these respects that every one of these little things must be considered if it is kept sweet and good. —F. D. Curtis, in N. Y. Tribune.

RICE PIE.—Take cold rice, cooked in milk; add sufficient cream to make quite thin; mash it with a wooden or silver spoon till free from lumps. Beat up four eggs very light, yolks and whites separately; sweeten to suit your taste, and pour in the eggs, the whites last; stir well; cover a deep custard or pumpkin pie-plate with pastry, pour in the rice, and bake, but not long enough to make the custard watery. Rice pie should be made thick, and eaten when fresh, but not till after it is cold. Children are fond of it, and may be allowed as much as they wish.

APPLE SAUCE PIE.—Take mellow, tart apples, pare, core and stew till the pulp is free from lumps, and mash fine. To every pint of the sauce add a teaspoonful of butter, one teaspoonful of ground cinnamon and beat all together. Line a pie-tin with crust and fill in the sauce. Cut strips of pastry and decorate the top of the pie; bake in a moderately hot oven. When the crust is done the pie will be ready to remove from the oven. To be eaten warm with a dressing of sweetened cream dipped over it.

GRAHAM MUFFINS.—Dissolve a half cake of yeast in a little warm water, scald a quart of milk and pour it into two quarts of graham flour, stir well, and let it cool sufficiently, then put in the yeast and a spoonful of brown sugar, make a very thick batter, which will heap on the spoon; set to rise over night. In the morning have a good hot oven, butter your rings and the pan well with cold butter, fill the rings two-thirds full, let them stand a few minutes in a warm place, then put into the brick oven and bake half an hour.

APPLE JOHN.—Pare, quarter and core enough apples to fill a three or four quart crock. Make a batter a little thicker than for pancakes; put a layer of apples on the bottom of the crock, then pour over some of the batter; then another layer of apples, then batter, and so on, until all is used; then put a thick soda crust on the top, and bake for three hours. To be eaten with a sweet sauce. Very nice.

THE THREE BILLY GOATS GRUFF.

Once upon a time there were three billy-goats, who were to go up to the hill-side to make themselves fat, and the name of all the three was "Gruff."

On the way up was a bridge over a burn they had to cross; and under the bridge lived a great ugly Troll, with eyes as big as saucers, and a nose as long as a poker.

So first of all came the youngest billy-goat Gruff to cross the bridge.

"Trip, trap, trip, trap!" went the bridge.

"Who's that tripping over my bridge?" roared the Troll.

"Oh! it's only I, the tiniest billy-goat Gruff; and I'm going up to the hill-side to make myself fat," said the billy-goat, with such a small voice.

"Now I'm going to gobble you up," said the Troll.

"Oh, no! pray don't take me. I'm too little, that I am," said the billy-goat; "wait a bit till the second billy-goat Gruff comes; he's much bigger."

"Well, be off with you," said the Troll.

A little while after came the second billy-goat Gruff to cross the bridge.

"Trip, trap! trip, trap! trip, trap!" went the bridge.

"Who's that tripping over my bridge?" roared the Troll.

"Oh! it's the second billy-goat Gruff, and I'm going up to the hill-side to make myself fat," said the billy-goat who hadn't such a small voice.

"Now, I'm going to gobble you up said the Troll.

"Oh, no! don't take me, wait a little till the big billy-goat Gruff comes; he's much bigger."

"Very Well! be off with you," said the Troll.

But just then came the big billy-goat Gruff.

"Trip, trap! trip, trap! trip, trap!" went the bridge, for the billy-goat was so heavy that the bridge creaked and groaned under him.

"Who's that tramping over my bridge?" roared the Troll.

"It's I! the big billy-goat Gruff," said the billy-goat, who had an ugly hoarse voice of his own.

"Now, I'm going to gobble you up," roared the Troll.

"Well, come along! I've got two spears, And I'll poke your eyeballs out at your ears; I've got besides two curling-stones, And I'll crush you to bits, body and bones."

That was what the billy-goat said; and so he flew at the Troll and poked his eyes out with his horns, and crushed him to bits, body and bones, and tossed him out into the burn, and after that he went up to the hill-side. There the billy-goats got so fat they were scarce able to walk home again, and if the fat hasn't fallen off them, why they're still fat; and so—

"Snip, snap, snout,
This tale's told out."

LECTURE TO BOYS ON SMOKING.—Boys if you were German boys and should be caught smoking you would be locked up. In Germany the government has become anxious about the injurious effects of tobacco on the physique of the soldiers in coming days, and in order to rectify in some measure the evil, has ordered the police to arrest all under 16 found smoking on the streets, and to have them punished by fine and imprisonment. This will have a beneficial influence in more ways than one. According to reports resulting from government investigations among the boys attending the Polytechnic schools of Paris, a clearly defined line has been discovered between the smokers and the non-smokers, the latter being decidedly superior to the former in general scholarship and in mental vigor. The poisonous nicotine, so far counteracted in the adult smoker by the resisting forces of his matured physical constitution, lays hold of the forming nerve tissues of the young, and does its injurious work without hindrance. Smoking cannot be put down by act of Congress, but it would be a great improvement if the German custom of apprehending all under 16 found smoking in the streets could be put in force.