

The Home Circle.

MRS. HARRIOT T. CLARKE, Editor

REST

My feet are wearied, and my hands are tied
My soul oppressed—
And I desire, what I have long desired—
Rest—only rest.

'Tis hard to toil, when toil is almost vain,
In barren ways;
'Tis hard to sow, and never garner grain,
In harvest days.

The burden of my days is hard to bear,
But God knows best;
And I have prayed, but vain has been my prayer,
For rest—sweet rest.

'Tis hard to plant in Spring and never reap
The Autumn yield;
'Tis hard to till, and when 'tis tilled to weep
O'er fruitless field.

And so I cry a weak and human cry,
So heart oppressed;
And so I sigh a weak and human sigh,
For rest—for rest.

My way has wound across the desert years,
And cares infest
My path, and through the flowing of hot tears
I pine for rest.

'Twas always so; when but a child I laid
On mother's breast
My wearied little head, e'en then I prayed,
As now, for rest.

And I am restless; 'twill soon be o'er;
For, down the west.
Life's sun is setting, and I see the shore
Where I shall rest.

—Father Ryan.

Food and Drink in One.

There is somebody at our house who has lived for a long time on liquid food. Were I to put down in black and white the details of her malady, the long story of her physical privations and difficulties, it would make a morbidly harrowing tale. Perhaps unavoidable suffering, like this, is best forgotten, but there remains a kernel of experience which is worth keeping—the evidence of the fact that liquid food will support life indefinitely, and supply such a measure of strength as has enabled one woman (and she not naturally very robust) to go on with her work in a moderate but fairly efficient fashion for many years.

One of the objections to this combination of food and drink, as a permanency, is the lack of that variety which has so much to do with making food acceptable. One has to keep up a continual search for variations.

It is not a diet which any one would accept from choice, that is certain. But it is the unexpected which happens. Gunshot wounds, local inflammation, severe accident in many a form, come where they are least expected. Then there are times, as with nursing mothers, when liquid food, though not absolutely necessary, is highly valuable. Its real importance, in such situations, is doubtless, underrated. There are other cases, as in extreme prostration after severe illness or loss of blood, or in prolonged weakness from chronic disease, when the preservation of life depends immediately upon it. What need then of tact and skill in preparing and administering a condensed and easily assimilated nourishment! No wife and mother is fully prepared for her work without a thorough knowledge of the possibilities of liquid food. It is, with justice, required as an indispensable part of the training of the professional nurse.

Whenever drinkable food is a matter of serious importance, milk and beef tea are likely to be the main reliance. Physicians now give milk in almost all cases, and a small addition of lime water (a teaspoonful to a half pint) will render it acceptable in most of those cases where it is found to disagree.

Good beef tea may be made in several ways; one of the easiest and best is to cut the beef fine, and put it in a tightly covered dish or basin, and set it in a moderate oven for fifteen or twenty minutes. If needed very strong, add no water. Cover with water and season well upon taking up, and it will make a very good beef tea. In critical cases, the beef, chopped and placed in a bowl or soup plate under a layer of cracked ice, will furnish iced beef tea almost at once. This will sometimes be assimilated, a few drops at a time, when every other form of food is rejected. With convalescents, the beef tea may be varied agreeably by brownina the beef quickly in a pan with a little butter, then adding a small cup of water and setting the pan back to stand a few minutes in a moderately hot place, after cutting the meat in every direction to release the juice.

Both chicken and lamb make excellent broths. A full grown fowl is best for chicken broth. Joint it up small, cutting the back and breast each

into four pieces, add three pints of cold water to a small fowl, and put it on the back of the stove. Stir it occasionally, and let it simmer until the flesh drops from the bones. Strain off every drop of the broth and put it away to cool. It will make a firm jelly from which any fat must be scraped off with a knife. It may be seasoned and varied in many ways to tempt the palate. Celery salt heightens the flavor, and is generally liked. Cream makes it still better. Rice or macaroni cooked separately may be added for variety, or toast cut in dice. Tomatoes, peas or sweet corn are very good with chicken broth. If the broth is required clear, they may be carefully cooked separately, a little rich milk or cream added when tender, and this delicate vegetable sauce strained into the broth.

The neck and leg bones of lamb make a very nice nourishing broth. It may be made exactly like chicken broth, but it will bear a variety of vegetables, which may be cooked with it, putting them in when the meat begins to get tender. Green peas are especially good. Chocolate may fairly be called food drink. Broma is an excellent preparation for invalid use, digestible, nutritious and convenient. Made wholly with milk, it may be considered a complete food. It can be taken through a glass tube, without raising the head from the pillow, and in a case of critical danger, the patient's life may depend upon it. In such a case, within the personal knowledge of the writer, it was given as often as once in two hours for several days and nights. It is easily assimilated and soothing, rather than exciting, to the nerves.

Tea and coffee, although habit sometimes makes them almost indispensable, are of less value as food. It is true that one may do a good deal of work upon coffee, but it is, probably, at a severe cost to the system. It is more useful to the nurse than to the patient. In an emergency, when every power is at its utmost strain, strong coffee is an invaluable stimulant. Recuperation must come later.

Oysters and clams, mushrooms, and the succulent vegetables, are all good articles of diet to those who have to depend upon broths and liquids. Anything salient, which gives a decided change, becomes precious.

Eggs, with their numberless modes of cooking, come next in importance to milk and meat. Custards and plain puddings of the various cereals—tapioca, sago, etc.—are so simple and nutritious, as to be valuable food for the delicate eater, and we must not forget that sugar has, in itself, no little value. If there is any mechanical difficulty in swallowing, these should be lightly baked, and then be made almost fluid. Over-baking makes almost any preparation with milk and eggs tough and stingy.

There are various patent foods and special preparations of grains that are of very considerable nutritive importance, and are easily swallowed and assimilated. Those of the Health Food Company are especially excellent, and will be prized in almost any family by both sick and well. Gluten, their patent preparation of wheat, is especially valuable for its effect upon the bowels, the regulation of which, in morbid conditions of the system, is so difficult and so important. A daily bowl of gluten, which may be made extremely palatable with milk, with or without eggs and sugar, is better than any medicine.

Various small things, that we hardly consider for their food value, also take on a new importance in the eyes of an invalid hampered in this way. Bonbons, ices and creams, fruit jellies, and desserts prepared from gelatine, are no longer mere luxuries. They are seriously considered now as helping to make up the aggregate of fuel for the flame of life. It is when common blessings depart, that we know how good they are!

DOROTHY.

CHOICE RECIPES.

Feather Pudding.—Three eggs, two and one-half cups of sugar, a piece of butter the size of an egg, two cups of sour buttermilk, one teaspoonful of soda, flour enough to make a thick batter, flavor with lemon or nutmeg. Make sauce of sugar and butter, and flavor with lemon. Add a pinch of salt with pudding.

How to Cook Vegetables.—Potatoes and many other vegetables are much nicer steamed than boiled. It is a common idea that it requires no skill to cook vegetables; but many a dinner is spoiled by neglect in this department. Cook them till done, season well, use plenty of butter, and serve them hot if you wish them to be good. In order to

boil vegetables of a good green color, put them on in boiling water and boil very fast; do not cover them, and take them out as soon as done or the color will change. To boil them green in hard water, use a little carbonate of soda; put into the water before the vegetables are put in.—The Home Farm.

Onions for Croup.—A lady who speaks from experience says that probably nine children out of ten who die of croup might be saved by timely application of roast onions, mashed, laid upon a folded napkin and goose oil, sweet oil, or even lard, poured on and applied as warm as can be borne comfortably to the throat and upper part of the chest and to feet and hands. The great thing is to apply the remedy in time.

How to Clean Oilcloths.—To ruin them—clean them with hot water or soap suds, and leave them half wiped, and they will look very bright while wet, and very dingy and dirty when dry, and soon crack and peel off. But, if you wish to preserve them and have them look new and nice, wash them with soft flannel and luke warm water, and wipe thoroughly dry. If you wish them to look extra nice, after they are dry drop a few spoonfuls of milk over them and rub with a dry cloth.

Cheap Fruit Cake.—Very nice and long-keeping cake can be made cheaply by substituting candied apples and hickory nut meats in place of citron and Zante currants, raisins, etc. To prepare the apples, take tough sour apples, pare and core, cut in half quarters, let them soak in maple syrup twelve hours, then put them over a slow fire to stew or simmer—not boil—till they look clear and amber colored; then lay the pieces—they ought to be whole, that is, not stewed to pieces—on a plate, sprinkle them with sugar thickly and dry them. For cake, take one pound of candied apples, a cup of hickory nut meats, and five ounces of salt fat pork, chop fine; add to it one cup of maple syrup, one cup of sugar, yolks of three eggs; spices—cinnamon, nutmeg and allspice—a teaspoonful of each; one teaspoonful of soda dissolved in water; flour enough to make a stiff batter.

Slang Among Young Girls.

I have a few words to say about the immoderate use of slang among young girls. I think that some of the new-coined words of the present day express a great deal more forcibly certain assertions than the plain, simple English words would. But what I object to is the use of the words that have scarcely any connection with the subject being spoken of. It is amazing to hear grown women who have been brought up well using what I call vulgar language; but as it is used so very commonly no one seems to think anything about it, unless their ears are extremely sensitive to such words. I have recently heard of a club formed by little girls from 10 to 14 years old to break themselves of using any slang whatever. These same little girls belong to extremely conscientious, Christian families, and I was rather astonished that they should need such discipline; but they are carrying it so far as to question whether hello should not be cast out, as they claimed it was just as easy when they saw each other to say good morning or some such address. The punishment they inflict upon themselves is to put a black bead on a string for every word they catch themselves using and wear the string, too. Now, wouldn't it be quite a good idea for any of the family to form a club, either of grown folks or young girls, or both, and impose a fine on every word used, and take the sum at a stated time and use it for some charitable purpose? I know it would be quite humiliating to many of us to find when watching or being watched for every slang word or phrase what a very immoderate use we make of them. I think in conversing we unthinkingly use some of no meaning at all. It is strange that a person who uses considerable slang in talking rarely uses any when writing. I really think if we only thought about what we are about to say we would be a little more careful of our choice of words.—Cleveland Plaindealer.

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For The Children.

A FINE STORY.

A whale of great porosity
And small specific gravity,
Dived down with much velocity
Beneath the sea's concavity.

But soon the weight of waters
Squeezed in his fat immensity,
Which varied—as it ought to—
Inversely as his density.

It would have moved to pity
An Ogre or a Hessian,
To see poor Spermaeeti
Thus suffering compression.

The while he lay a-roaring
In agonies gigantic,
The lamp oil out came pouring
And greased the wide Atlantic.

(Would he had been in the navy,
And cruising there! Imagine us
All in a sea of gravy,
With billow oleaginous.)

At length old million-pounder
Lay in a bed of coral,
Gave his last dying flounder,
Where I pen this moral:

MORAL.

O let this tale dramatic
Anent this whale Norwegian
And pressures hydrostatic
Warn you, my young collegian,
That down compelling forces
Increase as you get deeper;
The lower down your course is,
The upward path's the steeper.

OUR LETTER BOX.

Aunt Hetty wonders if the girls have forgotten her or if they are so busy at work and play that they have no time to give to the Circle. No one can blame our young folks for spending much time out in the beautiful fields, but after this little reminder we shall expect to get a box full of letters, all the better for having had a little rest, and we are sure many have missed the cheerful little letters during the past two weeks. Aunt Hetty has missed them, and so have some other older ones, who love to live youth over again in this way. "The Old Boy" is one of those who never intends to grow old in heart and soul. Where is our little "chicken" girl, who promised to let us know all about her luck in raising some, and how it was best done.

Happy Valley owns a dear little girl, who sends a very good letter. The little story about the birds is interesting. How pleasant to watch the habits and actions of animals, especially of birds. There are some kinds of birds who never do build nests, but who go about stealing the work of some more industrious birds; sometimes hard battles are fought. We once watched some bluebirds driving out little wrens from the eaves of our house. Oh! but the feathers flew, but the dear little wrens kept their little home, and would sing so sweetly every morning about 3 o'clock. Every year for a dozen years there has been these same sweet songsters there, and we cannot help but think they are the same family. Last fall, for some reason, the last brood of little ones seemed to come out late; all the other birds had taken flight to some warmer climes, and this pair staid to see their little ones get able to fly. The father and mother bird seemed to be very anxious and worried—finally one day four little birds came down from the eaves and sat on the clothes line, all in a row; the rain fell, and they looked forlorn and pitiful. Papa and mamma bird got one on each side and spread their loving wings as far as possible over the little ones; next morning the cat got one, and the rest got into a tree, where for several days the old birds were kept busy enough filling the little mouths that were always open. Oh! how anxious and worried these parents seemed—flying about seeming to be trying to encourage the little ones to learn to fly quickly; they chattered and scolded and coaxed them from clothes line to tree. They acted as if they knew they had a sympathizing friend in Aunt Hetty. Finally at the first sunny day all took a southerly flight, and we will warrant the next year mamma wren planned better and had her family ready to fly when the rest of the neighbor wrens got ready to go. Francis must give another of his good letters soon.

HAPPY VALLEY, June 22, 1886.

Editor Home Circle:

With pleasure I write to Circle once more. I am a small boy ten year old; I am going to school now; our school will be out next Friday; our teacher's name is Mr. Lloyd Spicer. I think you wanted to know how I got my wild geese to stay with me; I got it from my friend, he caught it and put it in a pen

for a few days, then I got it and it staid with our tame geese. I will tell you of some birds; one day when I was visiting my friend, Mrs. Wigle, she told me that she put up a box for birds to live in; there were two bluebirds who made them a nest in the box, and then came a sparrow and the two male birds fought till the male sparrow killed the male blue bird, and Mrs. Wigle clubbed the sparrow away, but one evening the old bluebird flew out of sight and in a few minutes she came back and with her a male, and then she set and hatched her young. We have got six little China geese. There is going to be a celebration at Harriaburg, Oregon.

Yours sincerely, FRANCIS BELTS.

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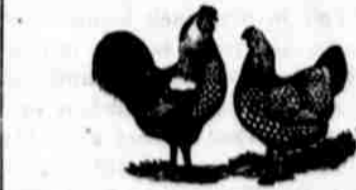
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