## The Home Circle.

MRS HARRIOT T. CLARKE, EDITOR

### "FLAG THE TRAINS."

[The last words of Engineer Edward Kennar killed between St. Johnsville and East Creek, N. Y., recently. "Boys, go back and flag the trains!"| Speeding over the Central road,

Pushing along with her breathing load, Swiftly the First Atlantic flew Close to the shore where the glistening, blue Picturesque Mohawk gently flowed. Quivering 'neath her mighty stress,

Vibrating as she swept away-First Atlantic, night express. Proudly on time her headlight flashed By East Creek, then onward dashed Out through the midnight's dusky gloom Rushing unconsciously to doom,

Humming a sharp, metallic lay,

Into a landslide wildly crashed. Madly caverting 'mid the clay, Lunging, her couplings broke away; Like steed with bit between her teeth Plunging she fell, and soon, beneath, Gasping, within the Mohawk lay,

Like the brave rider scorning fear, Striving to curb his steed's career, Till 'neath her feet he is flung in the fray, Under the splintered cabhouse lay, Mangling and bleeding, the engineer.

Writhing in his great death pains, Swiftly losing earthly chains, Duty to his brave heart clasped, Through his girgting life blood gasped: "Boys, go back and flag the trains! Noblest deeds spring from the bier; Death alone makes all things clear. Ye who love a hero's fame

Whisper tenderly the name; Edward Kennar, Engineer.

Nellie F. Neitl.

### MOTHERHOOD.

Ah, bird upon the nest, What flutters at thy breast? What thrills thy tiny round With faint, reluctant sound? What muffled stroke draws near Thou art so quick to bear?

Oh, mother-bird thou art Of every throb a part.
The top that shakes the shell
Thy being lifts as well,
For that which wakes wakes thee And is thy destiny.

This is thy self, thy life, Timid and trusting wife ! For this the sticks were laid, For this the nest was made, Thou at thy heart should be This happy mystery.

### Lighten the Work.

Have you ever noticed while on the street how many women you pass with tired, weary expressions on their faces? They may be laughing and talking pleasantly, to all appearance as happy as any one could wish, but their sweetest smiles cannot conceal the weary, wantof-rest expressions that are stamped upon their features. These may, in of society, which quite frequently are the causes of ill health, but the majority of them are housekeepers working. of them are housekeepers, working ing fat. kousekeepers, many of them mothers of large families. To all housekeepers, but more particularly to the latter class. does this article refer.

It is a duty you owe to yourself and family to lighten your housework as much as possible, so that your husband one cup of molasses, one-half cup of, and children may not be called upon to mourn the loss of wife and mother long before your natural time. Every year there are many women die from overwork, and most of them from unnecessary work. To be sure, this is not the disease set down as the cause of death on the certificate of the physician; there was probably pneumonia, typhoid fever or some other kindred disease, but could we get the opinion of the attending physicians, I have no doubt they would say that, were not the constitutions of many of these women debilitated by overwork, they would have been living to-day. It is, I think, admitted by most physicians that, unless the constitution is naturally weak, or weakened by excesses, the above dis-eases seldom prove fatal.

American women are not, as a rule, of as robust constitutions as those of other countries. Whether the women themselves are to blame for this or the climate of the country that (that, by the way, is made to mother a good many ills she had no hand in making), it is hard to determine, but that the American women are not strong is an established fact. You, then, knowing this, have no right whatever to abuse your constitution by excessive work where there is no necessity for it. Don't have white clothes for the little ones to play in, but if you do have them make them, ploin. Throw away all tucks and ruffles in everyday wear for yourself and children. Don't wear lace or linen collars every day. They are not worth the strength used in doing them up, and if sent to the laundry wear out in such a little while that they do not pay in the end. Use tourists' ruffling for every day. It cannot be washed but is very pretty, and when soiled can be thrown away in the end be much cheaper than collars that are washed every week. Particularly is this ruffling suitable to warm, butter, I cupfuls of sweet milk, three sent to the laundry wear out in such a little while that they do not pay in the gether with one quart of milk, lastly the well-beaten whites. Beat well and bake at once in waffle irons.

But Green's August Flower has done a woonderful work in reforming this sad business and making the American people a nation of dyspeptics.

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FLOUR GEMS.—One egg, one table-spoonful of sugar, two tablespoonfuls of butter, I is cupfuls of sweet milk, three

which are the most uncomfortable kind pan hot and buttered. Pour in and of neckwear for hot weather. With the bake quick. of neckwear for hot weather. With the exception of a few articles, don't iron but very slightly the plain clothes. Only the sheets of the spare bed need ironed all over. The rest need not be rice, same of sugar, small piece of butnone at all. Some people prefer to wear their underclothing rough dry, claiming that it is healthier. The neatest and best housekeeper I ever knew was an old lady who would never have her underclothing ironed on this score. She never used an iron pot or kettle light ware to answer the same purpose. She claimed that though tin would wear out quicker than iron, yet in the end it was cheaper, for it saved both time and strength. It saved time, for when in a hurry whatever she wished to cook could be done in one-half the time than if iron were used, and it saved strength, for in lifting from one part of the stove to the other it required very little exertion. Some may claim that the tinware is not conducive to health, but, however, if the tin is kept clean

on that score Don't have heavy furniture, more particularly in your dining-room or kitchen. Light furniture, both in color and weight, will save a great deal of unnecessary work. Dark-colored furniture shows every speck of dust that settles on it, and though there, would not be enough to harm anybody, yet the least speek is an eyesore to the housekeeper, who must keep continually at work to keep it clean. Light-colored furniture does not show dust in this way, and is much more preferable, and if light light brown. weight the lifting is a very easy matter. Get all the labor-saving articles you can possibly afford. You will, very likely, find some of little account, but there is some that is excellent, and it will be worth your experiment with the others to find the article you want. Above all things, don't cling to a certain way of doing things because your grandmother did it that way, when you can find an easier way of doing it. Do you suppose your respected ancestors would have done it the way she did if she could have known an easier one? Certainly not. Remember the world moves, and you are expected to move with it.

### CHOICE RECIPES.

EGG SLAW.-Chop finely some tender white cabbage. Let it lay in water half an hour before using. Drain all the water from it. To about three cupfuls of cabbage add a tablespoonful of sugar, one teaspoonful of salt, one of French mustard or of mixed mustard. After mixing well together, add two well-beaten eggs in a cup of boiling vinegar, a little cayenne and a tablespoonful of butter. Pour this over the cabbage; toss well together and serve.

HOMINY CROQUETTES .- To one quart of boiling water add a teaspoonful of salt; stir in gradually a heaping halfpint of the finest hominy; boil threequarters of an hour, and put it on the back of the range where it will remain some cases, be the effects of ill health hot an hour longer; then put in a large or too close application to the demands bowl and add the beaten yolks of two your wasted cheeks, and so improve

FRUIT CAKE .- Wash and drain well other. one pound of currants, chop coarsely one pound of rasins, chop or slice onehalf pound of citron. Beat five eggs and two cups of brown sugar together. then add to them one cup of butter, sour milk, one teaspoonful of spices to taste. Stir into this mixture six cups of flour, reserving one-half cup to mix with the raisins to prevent their settling to the bottom. Add fruit last.

STEWED TRIPE.-Cut the boiled tripe into small pieces and add three or four over, narrow, over. knit 7, over, narrow small onions; pour over the tripe and onions a little warm water. Let it cook slowly until both are tender and the water nearly boiled away. Then add milk sufficient to make a good gravy, a tablespoonful of butter made smooth in an equal quantity of flour, salt and pepper to taste, and boil three minutes.

COLD LEVON PUDDING .- One-half box of gelatine soaked in four tablespoonfuls of water for ten minutes; add a pint of boiling water, juice of two lemons, one cup of sugar. Strain and set away to cool. When cold, stir in the whites of three well-beaten eggs. A thin boiled custard or thick cream may be used to pour over the pudding.

of sour cream, one cup sour milk, one ped over the narrowed one, over, naregg, two tablespoonfuls of sugar or row, over, knit 6. molasses, one cup of flour, two cups of meal, one teaspoonful of soda, one teaspoonful of salt, one-half cup of rasins or dried fruit. Steam or boil two hours or more. Serve with sweetened cream.

RICE WAFFLES .- Boil half a pint of rice and let it get cold, mix with it onefourth pound of butter and a little salt, stir in one and one-half pints of flour, beat five eggs separately, add yolks to-gether with one quart of milk, lastly the well-beaten whites. Beat well and

sultry weather, as it retains its shape teaspoonfuls of baking powder, 21 cup-and is much cooler than linen collars, fuls of flour. Beat well, have your gem

present only at top and bottom. The ter and a little salt; stir occasionally on plain underclothing need get but a the stove until boiling hot, then put is slight ironing, and if the family is large, a slow oven and cook until of the consistency of cream.

WHITE CARE.-Two cups of sugar, one cup of butter, five eggs beaten very light, one cup sweet milk, 31 cups of flour, two tablespoonfuls of cream of when she could get a tin or some other tartar and one of soda. Flavor with bitter almonds or vanilla.

> MOCK SAUSAGE.-Soak dry bread in water. Take as much cold meat, chopped fine, as you have bread. Mix, and season with salt, pepper and sage. Make into small cakes and fry in hot lard.

BEEF CAKES .- Cut cold beef in slices and soak in vinegar over night, then dip in beaten egg seasoned with salt there is very little danger to be feared and nutmeg, roll in dried bread crumbs and fry in butter to a nice brown.

> GINGERBREAD.—One cup of molasses, one-half cup of butter, two tablespoonfuls of water, one teaspoonful of soda, flour enough to mould. Roll out thin and bake in a quick oven.

> milk, one grated coacoanut, four well-

### The Work Box.

Cast on 4 stitches and knit across

1st row-Knit 1, over twice, knit 2 together, knit 1.

2d, 4th and 6th rows-All plain except the second of the made stitches, which seam.

3d row—Knit 3, over twice, knit 2. 5th row—Knit 1, over twice, narrow, knit rest plain.

7th row-All plain. 8th row-Slip and bind until but 4 stitches remain.

### Pretty Luce.

Cast on 15 stitches and knit across

1st row-Dnit 3, over, narrow, knit 1, over, knit 5. ! 2d row-Knit 6, over, knit 3, over

narrow, knit 3, over, narrow, knit 1, 3d row-Knit 3, over, narrow, narrow, ver, knit 5, over, knit 6. 4th row -Bind off 4, knit 1, over, nar-

row, knit 3, narrow, over, narrow, knit over, narrow, knit 1. 5th row-Knit 3, narrow, knit 1, over, narrow, knit 1, narrow, over, knit

6th row-Knit 3, over, knit 1, over, slip 2, knit 1, pass the slipped stitches over the knitted one, over, knit 4, over

narrow, knit 1. Begin at first row to repeat.

If you wish to restore the bloom to rilla. This remedy will benefit you more surely and speedily than any

## Leaf Insertion.

Cast on 19 stitches and knit across plain.

1st row-Slip I, seam I, narrow, knit 2, over, narrow, over, knit 3, over, narrow, over, knit 2, narrow, seam 1, knit 1. 3d row and every alterhate row seam

3d row-Slip I, seam I, narrow, knit 1. over, narrow, over, knit 5, over, nar-row, over, knit 1, narrow, seam 1, knit 1. 5th row-Slip 1, seam 1, narrow,

seam 1, knit 1. 7th row-Slip 1, narrow, over, narrow over, knit 9, over, narrow, over, narrow knit L

9th row-Slip 1, knit 1, over, narrow over, knit 3, slip 2, bind 1 over the oth er, seam 1. narrow, knit 3, over, narrow over, knit 2.

11th row-Slip 1, knit 2, over, narrow over, knit 2, slip 2, bind 1 over the other seam 1. narrow, knit 2, over, narrow over knit 3.

13th row—Slip 1, knit 3, over, nar-row, over, knit 1, slip 2, bind 1 over the other, seam I, narrow, knit I, over narrow, over, knit 4

15th row—Slip 1, knit 4, over, narrow, over, slip 2, bind 1 over the other, seam narrow, over, narrow, over, knit 5. 17th row-Slip 1, knit 5, over, nar-

STEAMED INDIAN PUDDING .- One cup row, over, slip 1, narrow, pass the slip-

18th row-Seam across.

## InBrief. And to the Point.

Dyspepsia is dreadful. Disordered liver is Indigestion is a fee to good nature, The human digestive apparatus is one of the most complicated and wonderful things in

existence. Is is easily put out of order.
Greasy food, tough food, sloppy food, bad
cookery mental worry, late haurs, irregular
habits, and many other things which ought
not to be, have made the American people a

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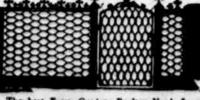
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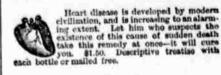
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