



INSOMNIA.

Errors in Diet Which Cause Indigestion and Result in Loss of Sleep.

As is well known, any disturbance of the digestive organs affects the amount of refreshment which sleep ought to afford. The Boston Medical Journal notes as follows some causes which ultimately produce insomnia through indigestion:

First, errors are made as to the quantity of food taken. An excess causes an embarrassment to the digestive organs; decomposition and flatulence set in under unmoistened microbial rule. Putrid and more or less toxic gases and ptomaines are generated, and a bilious condition supervenes. That insomnia should attend such a state of things is not surprising. The remedy for this is to reduce the daily rations to the physiological standard. The necessity of eating slowly and deliberately is apparent, as rapid eaters are more than likely to overeat. Second, poor food may engender insomnia by inducing anemia or starvation of the vital organs. It cannot be too much insisted upon that the daily fare contain an adequate mixture of albumen, fats and carbohydrates.

Indigestible food produces essentially the same evils as excessive amounts of food. Under this head may be ranked improperly cooked food, unripe fruit, pastries, hot bread, fried pork, confectionery. Foods which alone are digestible may become indigestible if too many kinds are eaten at a meal. The idiosyncracies of the individual must be respected and articles found indigestible avoided. Much depends upon muscular work done. Thus haymakers on the salt marshes need food hard of digestion, so as to yield up force during many hours; food such as baked beans and pork, boiled beef and cabbage and mince pie. These people sleep well in spite of their hearty fare. The rich diet upsets the brain workers, the persons of sedentary habits.

Sunlight and Health.

Houses in places otherwise unexceptionable are often so closely overhung with trees as to be in a state of humidity, owing to the prevention of a free circulation of air and a free admission of the sun's rays. Trees growing against the walls of houses and shrubs in confined places near dwellings are injurious also as favoring humidity. At the proper distance, on the other hand, trees are favorable to health. On this principle, according to Hall's Journal of Health, it may be understood how the inhabitants of one house suffer from various ills as the consequence of living in a confined, humid atmosphere, while their nearest neighbors, whose houses are otherwise situated, enjoy good health; and even how one side of a large building fully exposed to the sun and a free circulation of air may be healthy, while the other side, overlooking shaded courts or gardens, is unhealthy.

Punctuality in the Sickroom.

Punctuality in giving medicine and meals is of the utmost importance. A serious relapse may be caused by the food being delayed. Should there be any hitch in its preparation, do not let the patient be kept waiting, but substitute some other food, and above all never take up anything of which there is any doubt as to its freshness. Taste outside the room everything before offering it. No pains should be spared in serving food up in pretty guise—clean table napkins, garnishing of parsley, lemon or beetroot, an extra rub to the glass or silver; anything, in short, may be pressed into service to set off the appearance of what is not attractive to the eye.



KITCHEN EXPERIENCE.

Why Household Cloths Vanish Fast—Culinary Emergencies Anticipated.

A young housekeeper is often puzzled by the frequent necessity for new dusters, glass cloths, etc. If she were to inquire closely into this she would probably find that the dusters or cloths were often thrown away as rags long before they had reached that condition, having been used for purposes for which they were unsuited.

Experienced housekeepers have learned to keep each household cloth solely for the use for which it was intended, but careless servants will take the one that comes first to hand in any emergency, and the duster is sometimes used indiscriminately to wipe knives, flatirons, etc., or to supply the place of a securing flannel or even as a kettle or iron holder. Kitchen cloths are maltreated in the same way, being frequently scorched or burned into hoags by being used in hitting a hot baking tin from the oven. Glass and china cloths last much longer if they are spread out to dry after being used than when they are carelessly thrown into a heap, as is often done when they are put aside to be washed, or thrown hastily over the back of a chair. The mistress of a household will save

herself much trouble and not a little worry if she keeps a small store of the articles most needed in a household ready for use when wanted, such as an extra scouring flannel, dishcloth, wash leather, scrubbing brush. When these are lacking, as the work has to be done, some other article will be taken as a substitute, although it is certain that the thing thus taken will be rendered unfit for further use.

Every housekeeper has gone through the experience of the unexpected guest who drops in to luncheon or dinner, on a day when the quantity provided for the meal is only just sufficient for the family. The visitor may be a dear friend, but it is difficult to give a really cordial welcome; the hostess feels the shortcomings of her table too keenly. In view of such an accident, a tin of soup (oxtail or mock turtle is the best), a box of sardines, a tin of apricots or other fruit, one of condensed milk, are useful things to have in reserve; with their aid additions can be very quickly made to the meal.

Ornamental and Useful Bags.

The very decorative bag shown in the cut is intended for a workbag to be carried on the arm when required.

It is in pale peacock blue silk and cord to match, intermixed with gold. The firm base and triangular tabs are of dark peacock blue plush, enhanced with ivy leaves in applique and bullion work.



DECORATIVE WORKBAG.

Useful and pretty bags for fancy work or "catchalls" can be made of saten or cretonne, with a fall of antique lace below the drawstring and two inside pockets. A convenient size for these bags is 16 inches wide by 13 deep.

Suitable bags for soiled linen are of coarse linen with a deep hem at the top, reaching almost to the drawstring, and the whole dotted over with embroidered stars or detached daisies of good size. The outline of the flower is of one color and the filling (which is merely herringboning from side to side of the petal) is of another color.

Receipts for Using Cherries.

Cherry soup: Brown some flour in butter, stir in water to thin it, put in some black cherries with a few cloves, let them boil to a mash, strain and add a little sugar, with equal parts of white wine and water. A pound of cherries to a quart of liquid will prove sufficient. After straining, break some of the stones and put the kernels into the soup; add also a few whole cherries toward the last and simmer again, only long enough till the latter are softened. Place a few delicate sippets of toasted roll in a tureen and pour over the soup.

Cherry compote: This is usually served in small glass dishes or saucers, with sponge cake or dessert biscuits (handed). Take the stones and stalks from a soup plate full of large red acid cherries, add a few red currants. Boil together till soft in a pint of water, half a pint of white wine, with about six ounces of sugar. Strain, sprinkle with a little lemon juice and white sugar before serving and put in a cool place, or ice if desired.

Cherry water, a summer drink: Pulp one pound of ripe red cherries in a mortar; turn the mass into a basin, add one pint of clarified sirup, the juice of three lemons and a sufficient quantity of water. Pass it through a sieve, ice and it will be ready for use.

Egg Lemonade.

The Housekeepers' Weekly gives this receipt: Two eggs, sugar as desired, juice of one large lemon, one cup of snow or pounded ice. Put the yolks, sugar and lemon juice together, beat them well, and add the well beaten whites of the eggs with the snow or ice; beat the whole well together and add water enough to make a pint. Drink through a glass tube or a straw.

Blackberry Bread.

Stew the blackberries and sweeten to taste. Butter some slices of stale bread with crusts cut off. Then put a layer of the buttered bread in the bottom of serving dish and pour over it hot stewed fruit. Repeat until dish is full or fruit used. To be eaten cold, with cream.

Styles in Silverware.

Perforated borders and broken edges, the one or the other, finish all silverware.

Long silver roasting forks are made with twisted silver handles.

Matchsafes of four thin ivory slabs are held in a framework of silver.

Sets of individual peppers have broad round bodies and cylindrical heads.

Small silver card trays have perforated bottoms, as well as perforated borders.

The rattan finish is given to the bowl of large spoons.

Candle shades of finely perforated enamel are to be had.

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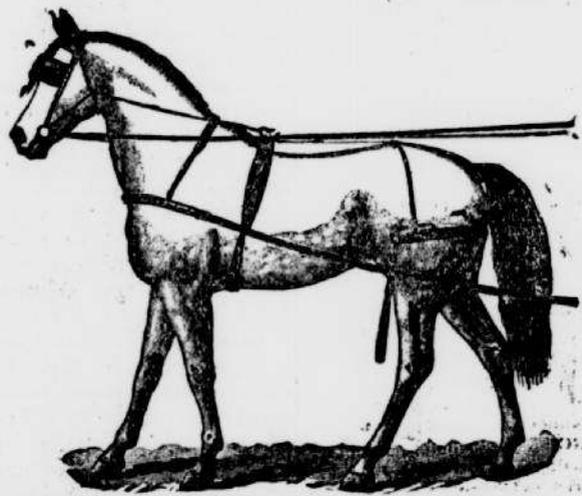
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