



CONDUCTED BY LAURA WILLIS LATHROP.

### THROUGH THE HEATED TERM.

MUCH comfort may be gained during this period if a systematic adoption of ways and means for the exclusion of heat from our homes be pursued. During no month of the year is the heat so oppressive and so conducive to both physical and mental prostration as now; and all efforts to render it more tolerable will be well repaid in the general family comfort. It is advisable to make a special effort to rise earlier during this month that the blinds, windows and doors may be thrown open to admit the refreshing coolness of the early morning. Its tonic influence will reënforce us against the sultry atmosphere which is ushered in almost simultaneously with the fervid rays of the August sun.

If windows are provided with screens so constructed that they need not be removed at night, much inconvenience and the annoying ingress of flies and other insects is avoided. Those which slide up and down in the casing, or better still, those provided with a small slide at the bottom, allowing the passage of the hand in opening and closing blinds, are commended.

As soon as the air has lost its dewy freshness, close the blinds, and in the sleeping apartments, the windows also. These should remain closed during the entire day, and both blinds and windows be opened immediately after sunset, to admit the evening air now robbed of its fiery attendant. Of all plans known to us, we have found the one of *excluding heated air* most conducive to cool apartments. It should be unnecessary to say that the windows of sleeping rooms should be kept open sufficiently during the night to admit plenty of fresh air, care being taken to place the bed in a location insuring security from draughts.

Those having a decided antipathy to night air on the plea of its dampness, forget that warm air is more heavily laden with moisture in suspension, than a colder atmosphere. We

heartily second the sentiment of a celebrated authority, who strongly advocated the admission of night air as being the only kind of *pure* air available at *night*, and eminently superior to that rendered noxious by the exhalations of the unhappy victims of closed rooms, implanting as it does the germs of dread disease, and laying the foundation of a large percentage of the tuberculous cases so alarmingly on the increase. Dr. Brown-Sequard has recently made some experiments that show why the expired air of man and animals is so deadly. From the condensed *vapor* of expired air, he produced a liquid so poisonous, that when injected beneath the skin of rabbits, it produced almost instant death. His conclusions are that the expired air of man contains a poison more fatal than carbonic acid.

This subject of damp air carries us, next in order, to the cellar. The philosophy of cellar dampness is very simple if we but give it thought. Just as the moisture of the heated air of a room is condensed on the outside of a glass of ice-water, so does the moisture in the hot summer air, if admitted to the cellar, condense on its cool inner surface, and often to such an extent that it may be seen trickling down its sides. Mustiness and mold are sure to follow, poisoning the atmosphere of the rooms above, engendering diphtheria, typhoid fever and kindred ills. As the breath of life, then, depends literally upon the condition of the cellar, let the windows be closed during the day, opening them after sunset and reclosing them after sunrise. One will be well repaid for the trouble.

Heavy wire screens or grating before the windows will prevent the entrance of prowling animals. If your cellar is cemented or of stone, a rinsing of hot water and copperas or potash, will render it perfectly sweet and pure. Where this is not practicable, a thorough sweeping overhead and down the sides, and fumigating with sulphur will accomplish

the same result. Drains and cess-pools may be purified by flushing them with hot water and potash, or even common washing soda.

Flies will occasion little annoyance to the housekeeper, who, fortified by screens in windows and doors, takes care that no garbage shall collect without, while a systematic course of starvation for flies is pursued within. If tables are quickly cleared, dishes washed, floors swept, and everything eatable placed out of their reach, they will soon take their departure for more sumptuous quarters. An effectual and harmless mode of extermination is to sprinkle the room freely at night, with Persian insect powder, and close both windows and doors until next morning, when the flies, asphyxiated (not *poisoned* as some suppose), should be swept up and thrown into the fire.

The selection of food with a view to cooling effects is of the greatest importance. Nature has so provided a succession of fruits and vegetables in addition to the plentiful supply of fish, eggs, poultry and meats at this season. Meats should be used sparingly, choosing chiefly the lighter kinds, the system requiring cooling and healthful juices rather than carbonaceous food. Vegetable soups or *purées* should take the place of the heavier meat soups.

Fish, salads and eggs, served in a variety of ways are both wholesome and acceptable. Such articles as fish, flesh and berries, if placed on ice for preservation, should remain there until wanted for cooking.

Vegetables keep in very good condition for a short time, in a cool cellar. They should never be left in the wilting atmosphere of a heated kitchen.

Fruit should be placed on the table twice or thrice a day, if possible, and whether in its natural state, or prepared in some of the many delicious forms, should be thoroughly chilled. If one has not the facilities of refrigerator, ice, etc., a cool, well-kept cellar is not to be despised.

Melons, summer apples or pears are rendered delightfully cool if submerged in a pail of very cold water, placed on the cellar floor for a few hours before serving.

Numberless ways of adding to the comfort of the household — self included — will suggest themselves to the painstaking housekeeper.

### Some Excellent Dishes.

**GREEN CORN PIE.** — To one quart of sweet corn, cut from the cob, or canned, add one quart of cold boiled veal cut, in small cubes. To the stock in which the veal was boiled, add one tablespoonful of butter and a teaspoonful of flour rubbed together. Season highly with pepper and salt, let come to a boil and set aside to partially cool. Line the sides of an earthen baking dish with a *rich* baking powder or biscuit crust, pour in the veal and corn, and cover with the gravy. If there is not enough to cover, add a little water, or better still, sufficient milk or cream. Cover with a top crust, having an opening in the center; bake three-quarters or a whole hour, according to oven, which should be rather moderate. Spring chicken may be boiled tender and added in place of veal. Either is delicious.

**CURRY OF LAMB OR MUTTON.** — Put three tablespoonfuls of butter into a kettle with an onion chopped fine. Stir over the fire until the onion becomes a light straw color. Then add three pounds of lamb or mutton, cut into pieces about two inches square. Cover the kettle tightly and set it back where it will simmer slowly for an hour, stirring occasionally. Now add three teacupfuls of water and a cupful of stewed tomato. Stir thoroughly and place where it will cook slowly for another hour if lamb, and somewhat longer for mutton. Add a teaspoonful of curry powder mixed with two tablespoonfuls of water. Season well with salt, add a pinch of pepper, simmer for twenty minutes and serve with boiled rice. Veal is excellent served this way. Those who are not fond of curry powder may cook the dish as directed, omitting that. Curries are very wholesome in hot weather.

**RICE SOUP.** — This is made by using mutton stock which has been cooled and skimmed, adding a half teacupful of rice which should be soaked for a couple of hours, before adding, in lukewarm water. Season with salt and pepper. This is especially healthful in warm weather. It is an excellent diet for children afflicted with bowel complaints, often controlling obstinate cases without the aid of medicine, especially when a change of diet is indicated. Omit the pepper in these cases and add a slight grating of nut-

meg, if agreeable. It is well to serve this soup once or twice a week in hot weather.

**TOMATO SOUP.**—Put one tablespoonful of butter into the kettle with one heaping tablespoonful of chopped onion. Stir over the fire until the onion is straw-colored. Add one tablespoonful of flour, stir a minute longer and then add one quart of tomatoes—already stewed—and two teacupfuls of hot water, one tablespoonful of sugar, one teaspoonful of salt and a scant half teaspoonful of pepper. Simmer ten minutes, strain and pour over a half teacupful of cracker crumbs.

**TOMATO SALAD.**—Peel tomatoes (without scalding), using a very sharp knife. Cut in thick slices, and arrange upon a bed of lettuce leaves. Pepper and salt to taste. Pour over them either a mayonnaise dressing, as given in previous numbers, or a cooked salad dressing.

**COOKED SALAD DRESSING.**—Four eggs well beaten, four tablespoonfuls of vinegar (weakened by adding same amount of water), four tablespoonfuls of melted butter. Put these ingredients into a stew-pan, set in a vessel of boiling water and stir until as thick as very thick cream—do not allow it to bubble. Remove from the fire and add one teaspoonful of salt, one-fourth teaspoonful of pepper and one tablespoonful of mixed mustard. Some like double the amount of mustard. Oil may be used instead of butter. Either will keep for weeks in a cool place. Fine for salads of potato, lettuce, celery, string-beans, or almost any form of salad. A tablespoonful of chopped onion, combines well with almost any vegetable in a salad.

**DAINTY BREAKFAST MUFFINS.**—Two eggs and two tablespoonfuls of white sugar, beaten together. One and a half cups of

sweet milk, one teacupful of white corn meal, two cups of flour with two teaspoonfuls of baking powder sifted together. Add one level teaspoonful of salt, and one tablespoonful of melted butter. Bake in gem pans fifteen minutes.

**FRIED TOMATOES.**—Remove a thin paring from each end of a half dozen nice tomatoes, then divide into slices about half an inch thick. To a cupful of cracker crumbs, or grated bread crumbs, add a finely chopped onion, and salt and pepper sufficient for seasoning. Fill the interstices of the tomato with this stuffing, and fry a rich brown in butter or fresh pork gravy, or half of each. A delicious side dish.

**IMPERIAL PUDDING.**—Boil together in a double boiler half a cup of rice and two cups of sweet milk. When done add a cup of sugar, four tablespoonfuls of rich strawberry juice, and half a box of gelatine which has been soaking for two hours in a cup of cold water. Stir well together and place in a pan of broken ice, stirring occasionally. When cold add two cups of whipped cream, beaten to a froth. Pack in a pudding mould, and set away to harden on ice. When ready to serve turn it out upon a flat dish and heap strawberry sauce around it. This forms a delicious cold pudding. Orange juice may be used for flavor, and orange jelly broken into irregular pieces, may ornament the base.

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This department is open to queries, and correspondence on domestic topics. All communications should be plainly written, one side of the paper only.

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                  HOUSEHOLD DEPT.                   LYNN, MASS.

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If you are a thrifty housewife, you should have a rag-bag, and I will tell you how to make one. Take a strip of material the size of an ordinary chair-back, linen or woolen stuff will do; embroider it at one end and fringe it, turn over the other and work it to match, so that two rows of fringe and work

appear one above the other. Sew a piece of muslin at the back to make the bag and some rings at the top, through which run cord; hang it inside a cupboard, and put in your rags. If you do not want them or the money they will bring, sell them for the benefit of the poor.