

No. 186.—NUMERICAL ENIGMA.

A 1, 2, 3, 4, 5, 6, 7, 8 is a 5, 6, 7, 8 that eats holes in a
1, 2, 3, 4.

Marblehead, Mass.

GEESSEL.

No. 187.—HIDDEN TREES.

1. As Henry is busy, I will not stay.
2. Mabel, mother wants you.
3. The pearl is found in the deep.
4. O, a kind man gave it to me.
5. Pass me a pin, Edith.

Auburn, N. Y.

ALICE L. WALLLEY.

Answers Next Month.

ANSWERS TO PUZZLES IN THE JANUARY NUMBER.

No. 183.

1. Still, till, ill.
2. Stripe, tripe, ripe.
3. Scold, cold, old

No. 184.

T R A C K
A R E N A
E D E N S
E A T E R R
D E T E R

HEALTH DEPARTMENT.

EVILS OF MOUTH-BREATHING.—The more eminent physicians are now agreed that many diseases are inhaled by mouth-breathing, especially malarious ones. Doctor Carl Sella lately delivered a lecture on this theme, in which he said that many ills that are ascribed to other causes are in reality due to the effects of this habit. Nature intended the nose to be used for inhaling and exhaling the atmosphere, and fitted it up for that purpose. The mucous membrane contains what are termed serous glands, which give moisture to the air as it is inhaled, while it is warmed and purified by its passage through the nose. When taken directly through the mouth into the lungs, the air is apt, by reason of its lack of moisture, impurity, or improper temperature, or all three, to act as an irritant, especially in the larynx, and in the air-cells of the lungs. Doctor Sella drew on the blackboard diagrams of the larynx and lungs to illustrate the points he made, and to show the character of troubles of this kind he had mastered. Owing to the imperfect oxygenation of air inhaled directly by the mouth habitually, there is often set up in the system a condition that gives the symptoms of dyspepsia, consumption, etc. The lecturer described the development of nasal catarrh and the diseased formations that ensue from it, and after speaking of the excessive pain that attended attempts to treat them with the knife or nitric acid, stated a simple process for burning these formations with an incandescent platinum wire, a plan which he declared to be painless to the patient, as the intense heat of the cauterizing agent destroys the nerves before they have time to communicate with the brain.

EATING STALE MEATS.—It may be laid down as a general principle that meat, fish, or poultry in a state of decay can-

not be eaten with safety, since symptoms of irritant poisoning have so frequently arisen from this cause. The absence of evil consequences after eating food which has undergone a certain amount of decay is doubtless due in many cases to the completeness of the cooking process; but this does not militate against the general rule that food in any stage of decay is unwholesome, and should be avoided. Of late years there have been many cases of poisonous symptoms arising from the use of canned meats. The cause appears mainly to have been improper methods of canning, or of the use of meat that was tainted before being canned. An examination of the outside of the can is our only available guide as regards this class of article. The head of the can should be slightly concave, whereas if it be convex it shows that decomposition has commenced within the can. Sometimes, through careless soldering, the preserved articles become contaminated with lead, and poisoning by this substance is the result.

USEFUL HINTS.

HINTS FOR MAKING INEXPENSIVE CURTAINS.—Oatmeal-cloth, unbleached sheeting, scrim, or Toile Colbert (which is very like milk-straining cloth), are all good foundations for the curtain; on any of these you may work a border in crewels. Red and pink roses, with leaves, with a few stems of light grass in gold floselle, make an effective garniture. The deep coarse lace, either antique or coarse torchon, should edge the curtains. Or you may make a border by cutting out some pretty flowers or birds from cretonne, and appliqué it upon the curtain, buttonholing the edges with silk to match the flowers, leaves, etc. Or, we have just seen a pretty set of curtains for a country-house (bed-room), made of unbleached sheeting, with a stripe of cretonne put across the top and bottom of the curtain—simply the wide stripe stitched on by machine—and it was most effective. Some of the cretonnes with wide Persian stripes in rich colors should be selected.

TO MAKE A LOOKING-GLASS FRAME.—The uses to which the pretty pine cones, acorns, etc., can be applied, are innumerable, and one of the prettiest is a looking-glass frame. Take a looking-glass in a plain deal frame, about fourteen inches long by ten wide (but the size is not material), with a ring at the back to hang it up by. Take off some of the larger scales from the fir cones, and glue them on as a border around the frame. Then add row within row, of nutshells, acorns, *very small cones*, and any other pretty wood treasures that may be handy, filling in the gaps and interstices with lichens and moss. The frame is sometimes finished off by varnishing; but the effect is much better if left unvarnished, though perhaps it will not look well quite so long. Picture-frames can be ornamented in the same way, and they, as well as brackets, etc., may have the foundations cut out of strong mill-board.

FIRESIDE GAMES.

GAMES FOR WINTER EVENINGS.—We give a game or two more, for amusement on winter evenings. The "Magic Answer" is a game much liked. There are two ways of playing it, and it requires two confederates; one leaves the room, and the company decide upon the name of any person they please; on being recalled, the other confederate puts the question, and asks "Is it So-and-so?" naming a different

person each time. The answer is "No," until the right person has been named, when it is "Yes." The simple trick consists in always naming a person with white hair before the name of the person agreed upon. The correct answer creates much surprise as to how it has been arrived at. "Birds" is rather a funny game, if well played. Four or five ladies out of the company each choose the name of a bird, and whisper it to the gentleman who is to sell them. Any one of the company offers to buy a bird, and asks for the one he wants; the amusement consists in the badinage which passes between the birdseller and the purchasers, and the guesses as to which of the ladies is intended by the birds described; children and young people much enjoy this game, and the descriptions of the birds are made as *apropos* as possible. Some young people find amusement in games in which pencil and paper are required, such as "skeleton letters," letters written without adjectives by a clever member of the company, an adjective being afterwards supplied by each of the company in turn. When a letter is completed, it is read aloud, and never fails to provoke much merriment. Another form of letter-writing is to distribute a number of slips of paper to the company, who each write a paragraph, folded down, and pass it on to their neighbor, who also writes and passes it on. When the papers are filled up, and the letters finished, they are unfolded and read out. A game called "Rhymes" is also a favorite one. One of the party writes a line of poetry on a sheet of paper, folds it so as only the last word can be seen, and hands it to the next person, who adds another line to rhyme with the word seen on the paper—the poetry may be either original or not. When everyone has written something, the united composition is read, and is often very funny indeed. A cheerful game for a family-party, when tired of other things, is "What is my thought like?" A lady is told to think of a gentleman. She then asks the company: "What is the object of my thought like?" Each person gives an answer; the lady then names the person of whom she has been thinking, and inquires how or in what way the objects severally named are like him; and then follows the best reasons that can be given, and the more absurd they are, the greater the laughter occasioned.

FLOWER GARDENING.

LATE IN FEBRUARY transplant all hardy fibrous-rooted flowering evergreens (perennials) and biennials—that is, cuttings rooted from plants of last year, and sweet-williams, hollyhocks, perennial sun-flowers; also violets, primroses, polyanthus, daisies, pinks, monk's-hood, hepaticas, campanulas, etc.; but this can only be done when the weather is open and mild, and gives early promise of spring. So also evergreens, as laurustinus, laurels, and pyracanthus, may be transplanted; but they must be carefully done, and have a good ball of earth around them.

Cuttings can be made in February from strong shoots of the last year's growth of roses, and honeysuckles, and jasmines, and these will root well by October, and be ready for transplanting. Choose the strongest shoots, and do not cut them less than six inches long. Cut them with a knife, in a slanting direction; plant them in a moist situation, out of reach of frost; put each cutting half-way into the ground, which should have been well dug and raked. Beyond this there is not much to be done in small garden strips in this month; but where there is a green-house, the potting of plants should be carried on rapidly, according to the spaces capable of screening them from frost.

Moss can be cleared off a lawn in February, by drawing a fine rake over it two or three times. All bare places under trees and elsewhere should now be well scratched over with

the rake—seeds mixed with bone-dust should be sowed over the vacant places, and be well rolled in.

Edgings of box, of thrift, and house-leek (sedums), can be made, and dig all borders lightly with a garden fork.

OUR NEW COOK-BOOK.

Every Receipt in this Cook-Book has been tested by a practical housekeeper.

SOUPS.

Milk Soup.—Four large potatoes, two leeks, two ounces of butter, three tablespoonfuls of crushed tapioca, one pint of milk. Put the potatoes and leeks, cut in four, into a saucepan, with two quarts of boiling water and the two ounces of butter, a teaspoonful of salt and pepper to taste. Boil an hour, run through a colander, and return it to the saucepan; add the milk, sprinkle in the tapioca, and let it boil fifteen minutes.

Vegetable Soup.—One and a half pounds of beef to three quarts and a pint of water, one half-cupful of rice or barley, season with salt and pepper; put in a pot and boil steadily for two hours; then add parsley, one onion, two potatoes, one carrot, and tomato if you have it; if the water boils down, you can add more hot water.

MEATS.

To Make Raised Pies.—Take one and a half pounds of best lard, three-quarters of a pint of new milk; boil them together, stir the boiling mixture into four pounds of flour; knead the paste well, and set it down to the fire twenty minutes before using. To raise the crust of a pie, you must take your paste warm, roll it out, and mould it on a mould (a decanter will do in default of a proper one); when cold, take it off, and fill it with pork or veal, which must be cut about the size of dice, seasoned with white pepper, salt, and a little dried sage; put on the tops; and to make glossy, brush over with the white of an egg. Oak-leaves cut out of the paste and laid around the pie to form a wreath, and an acorn in the centre, will be found a great improvement.

A Nice Dish from Cold Beef, with Mashed Potatoes.—Mash potatoes, either in a plain way or with hot milk and the yolk of an egg, and add some butter and salt. Slice the cold beef, and lay it at the bottom of a pie-dish, adding to it some pepper, salt, and a little beef-gravy. Cover the whole with a thick paste of the potatoes. Score the potato-crust with the point of a knife, in squares of equal size. Put the dish in an oven, and brown it on all sides. When nicely browned, serve immediately. This, with an apple-tart or dumpling to follow, is a capital dinner for a small family.

Economical Stew.—Slice some cold beef or mutton, season the meat with pepper and salt, and dredge over it a little flour. Put it in a stewpan, with some of the cold gravy; or, if there be none left, add a little water. Slice an onion fine, and add to it also a few potatoes. Stew gently until the meat is quite tender. If there was no cold gravy, a little butter rolled in flour must be added a few minutes before the stew is served.

An Excellent Hash from Cold Poultry.—Cut the meat in pieces, put the trimmings and bones in a saucepan, with some pepper, salt, a slice of lean ham, and a little onion. Simmer this for half an hour, thicken it with a bit of butter rolled in flour, then put in the meat. Before serving, squeeze in a little lemon-juice.

VEGETABLES.

Salsify.—Throw each root, as you scrape it, into weak vinegar and water. Drain them, throw them into salted boiling water. When tender, drain, and let them cool. Cut the