THE HOUSEHOLD.

Diet in Typhoid.

"I consider milk (boiled previously) mixed with lime water, or any effervescing alkaline water, such as Apollonaris, Vichy, or Seltzer, the best drink during the fever. This, and the juice of fruits, grapes, oranges or lemons is the best. In convalescense, after fever, to these may be added small quantities of any of the farinaceas, wheat (semolina), barley, maize flour, boiled thoroughly with milk and water, and a little cream. In these cases the patient sometimes has a strong fancy for some particular article of food, and I have never known harm arise when it is partaken of in moderation. But small quantities, frequently repeated, must be the rule. A poached egg, with toast, is often fancied; and in cases of great exhaustion, and much wasting, this may be allowed two or three times in the 24 hours. Change of air and change of residence are of great importance in these cases, for there is generally some local cause for the disorder. Carbolic acid, largely diluted, must be sprinkled about the room occupied by the patient, and sulphur must be burnt in the room to purify the air. Coffee must also be burnt in the room to destroy any odor. The evacuations of the patient must be instantly removed. The treatment of these cases is simple enough where a knowledge of hydropathy is possessed."

Good Hints.

There are some little household hints which seem almost too trifling to give, but which, nevertheless, might make scene days more pleasant, freer of annoyance if known. For instance, we all know how disagreeable is the odor of cabbage or turnips when cooking; so disagreeable, in fact that many housekeepers dispense with their use rather than make the house so uncomfortable. But the evil can be remedied almost entirely by dropping a lump of charcoal in the water in which these vegetables are boiled. When boiling greens, tie a large lump of bread (the size of a hen's egg) up in a clean cloth and put it into the kettle. It will absorb all offensive odor.

Never put ginger snaps in a jar while they are hot; take them from the tins and lay them on plates to cool, otherwise they will steam and become moist and will not be crisp and brittle; other cookies will not need so long a cooling process, and cake which you wish to keep a week or ten days is improved by being wrapped in towel while it is still in the tin; let it stand in this way, two or three hours.

The Dishcloth.

Another very desirable thing is a clean dishcloth. For it is indisputable that dishcloths are not always as sweet-smelling as might me. In fact, to keep them free from any suspicion of taint requires daily care. There should be squares of hemmed towelling (those of knitted cotton are good) sacredly consecrated to this purpose, especially where children or "help" do any or all of the dishwashing. Hired girls are prone to be careless upon this point, liable to take any cloth that comes handy, and I have known as many as half a dozen rags to accumulate, all smelling of—typhoid fever!

The dishcloth should be carefully washed in hot water after each usage, frequently adding a little soda; should be wrung as free from water as possible and spread or hung in a manner to dry rapidly, and every week be thrown into the family washing to receive a thorough cleansing and boiling.

Education for the Kitchen.

The next great step must be to do something for the art of cookery; and the friends of genuine social improvement may congratulate themselves that the progress of education is beginning to take effect on this important department of domestic life. Cooking-schools are springing up in many places in this country and in England, and the English are taking the lead in organizing them as a part of their national and common school system. Of the importance, the imperative necessity of this movement, there cannot be the slightest question. Our kitchens, as is perfectly notorious, are the fortified entrenchments of ignorance, prejudice, irrational habits, rule-of-thumb and mental vacuity; and the result is that the Americans are liable to the reproach of suffering beyond any other people from wasteful, unpalatable, unhealthful, and monotonous cookery. Considering our resources and the vaunted education and intelligence of American women, this reproach is just. Our kitchens are, in fact, almost abandoned to the control of low Irish, stupid negroes, and raw servile menials that pour in upon us from various foreign countries. We profess to believe in the theory of education, and are applying it to all other interests and industries, excepting only that fundamental art of the use of food to sustain life, which involves more of economy, enjoyment, health, spirits, and the power of effective labor than any other subject that is formally studied in the schools. We abound in female seminaries and female colleges, high schools and normal schools, supported by burdensome taxes, in which everything under heaven is studied except that practical art which is a daily and vital necessity in all the households of the land.—*Prof. Youmans, in Popular Science Monthly.*

Sweeping.

In sweeping, do not scrub your broom into your carpet as if you were sawing a pine board, but sweep lightly and carefully, and you will get the dust together as well, and save making half the dust, besides saving a great deal in the wear of the carpets. Many housekeepers wonder why their carpets do not last as well as their neighbor's, which were put down at about the same time, or why this carpet does not wear as well as a previous one of the same kind, and the wearer gets the blame, when nine times out of ten, it is the sweeper who it to blame. We don't see how much smart help is in other ways, if she digs her broom into the carpet in that pitching, scrubbing way which so many do, we begin to feel nervous, and wish the "help" was somewhere else, for we know how soon the carpet will begin to show it. Nothing in the world sooner spoils good pictures nice, than dust. It gets into the craks and corners, where it can not be got out, so that we think it best to always dampen the broom before sweeping. Some people wear out the broom all on one side. Nothing is more suggestive of carelessness than this. When sweeping, hold the broom nearly straight up and down, and brush rather than sweep, being careful to keep the longest side next the carpet. A broom kept straight will last three times as long as one allowed to wear out all on one side.

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