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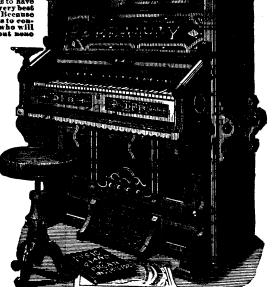
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CUSTARDS.—Beat six eggs, after adding six level tablespoons of sugar, one quart milk, and a little nutmeg grated. Bake in cups, or line a deep plate with paste and fill with the custard, and bake in a moderate

To Stop the Nose-Bleed.—A recent writer says that the best remedy for bleeding at the nose consists in the vigorous motion of the jaws, as in the act of mastication. In the case of a child a wad of paper should be placed in its mouth, and the child should be instructed to chew it hard.

WINGS FOR WINDOWS.—Chamois, or buckskin, cleans a window very nicely; but if the wings of turkeys, geese, or large fowls are saved and well dried, there is nothing better—far more economical than chamois, besides removing the dirt more effectually. With the wings all the dirt can be taken out of corners, and when done, there will be no lint on the glass.

THE BENEFIT OF BUTTERMILK.—A correspondent of the "Country Gentleman" says nothing furnishes a more wholesome beverage than buttermilk. I do not pretend to specify its action on the stomach, or the action of the stomach upon it, in assimilating its properties into the system; but I am satisfied that most persons would be greatly benefited by its constant use. Of course there are some systems that are adverse to it, just as there are to everything else. I have used buttermilk constantly for three or four years, and have been entirely free or four years, and have been entirely free from everything like sick headache, vertigo, foul stomach, etc. Besides it keeps the appetite in its normal condition.

CURING BEEF BY INJECTING BRINE.— The infiltration system of salting beef, by filling the blood-vessels with brine, is attractfilling the blood-vessels with brine, is attracting considerable attention in Australia. In some recent experiments at Brisbane, bullocks were treated as follows:—At the instant of killing, the animal's heart was laid bare, and incisions were made in both ventricles. Into the orifice of the left ventricle a pipe was inserted, and a stream of weak brine was forced through the blood-vessels, washing out all the blood. Pressure was obtained by having the brine in an elevated tank. After having the brine in an elevated tank. After the expulsion of the blood the right ventricle was closed by a clamp, and stronger brine was forced in until all the blood-vessels were full. In this way the distribution of were unit. In this way the distribution of the brine through every part of the meat is said to be complete and the curing perfect. It is proposed to send to the Sydney Exhibition a whole bullock thus preserved.

BRIGHT'S DISEASE.—The eminent Proand often is not recognized by the attending physician. He does not believe in the modern divisions into preserve in the modern divisions divisions in the modern divisions in the modern divisions and often is not recognized by the attending physician. He does not believe in the modern divisions into parenchymatous and interstitial nephritis, and thinks it better to adhere to the old view, that the disease is one and single, presenting itself, however, either in primary or secondary form, acute or chronic, etilogical or symptomatic. He finds in phthisis 16 per cent., in aortic disease 9, in pregnancy 6, in chronic skin disease 5.2, in general urinary disease 5.5, per cent. of patients have albuminuria. In alcoholism he found but 4.8 per cent., and expresses his doubts whether this plays such a role in causing Bright's disease as many have said.

have said.

How to Go to Sleep.—The Kansas City "Journal" tells how to woo sleep when one is restless: Sit down in an easy position, relaxing all the muscles of the body, and let the head drop forward upon the breast, as low as it will fall without forcing it. Sit quietly this way for a few minutes, freeing all the will power from the body, and a restless, drowsy feeling will ensue, which will, if not disturbed, lead to refreshing sleep. If the sleepless fit comes on in the night, one can simply sit up in the position described. Stiffness of any part of the body must be avoided, and it is well to bend the body forward after lying down, rather than keep it straight, or throw it back upon the pillow. The writer suffered several years from sleeplessness, caused by severe pain and nervousness, and was taught the above by a physician of great experience and ability, and found through it complete relief. Many persons similarly afflicted within the writer's knowledge have tried it, and always with good results.