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To tighten and strengthen the gums, wash the mouth three or four times a week with a little tincture of myrrh in cold water. About one part of the former to three parts of the latter.
CuSTARDS.-Beat six eggs, after adding six level tablespoons of sugar, one quart milk, and a ittle nutmeg grated. Bake in
cups, or line a deep plate with paste and fill cups, or
with the custard, and bake in a moderate with
oven.
To Stop the Nose-Blerd.-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 besides removing the dirt more effectually. of corners, and when done, there will be no of corners, and wh
lint on the glass.
The Benefit of Buttermile,-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 assimi-
lating its properties into the system ; but lating its properties into the system; but I am satisfied that most persons would be greatly benefited by its constant use. Of verse to it, just as there are to everything else. I have used buttermilk constantly for three or four years, and have been entirely free from everything like sick headache, vertigo, foul stomach, etc. Besides it keeps the ap petite in its normal condition.
Curing Beef by Injecting Brine.The infiltration system of salting beef, by filling the blood-vessels with brine, is attract ing considerable attention in Australia. In some recent experiments at Brisbane, bullocks were treated as follows :-At the instant o 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 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 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 Professor Bamberger has contributed a very ressor Bamberger has contributed a very
able study of this disease to the Pesth "Med. Presse." He believes that it is very much more frequent than is generally supposed, 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 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 Iorm, acute or ethrenic, etilogical or symptomatic. He
chen chronic, entiogical or symptomatic. Fis
finds in phthisis 16 per cent., in aortic disease 9 , in pregnancy 6 , in chronic skin disease 9 , in pregnanca
ease 5.2 , in general urinary disease 5.5 , per ease 5.2 , in general urinary disease 5.5 , per
cent. of patients have albuminuria. In alcoholism he found but 4.8 per cent., and holism he found but 4.8 per cent., and
expresses his doubts whether this plays such a role in causing Bright's disease as many a role in
have said.
How to Go to Sleep.-The Kansas City "Journal" tells how to woo sleep
when one is restless : Sit when one is restless: Sit down in an easy
position, relaxing all the muscles of the body, and let the head drop forward the 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 well to rather than keep it straight, or thrown, 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.

