

Health and Home.

Puddings when steamed do not require so much liquid in them as when baked. The dry air of the oven dries them; steaming keeps them moist.

Glass spoons are advisable for the taking of medicines which may tarnish silver. Still better are the glass tubes, which keep powerful drugs from contact with the teeth.

Drink less—breathe more. Eat less—chew more. Clothe less—bathe more. Ride less—walk more. Sit less—dig more. Worry less—read more. Preach less—practice more.—EX.

Indian Griddle Cakes.—One quart buttermilk, one tablespoonful of butter melted, two eggs, two tablespoonfuls of soda, a pinch of salt; make a thin batter with two-thirds Indian meal and one third wheat flour.

A new and very satisfactory use for lemons is to cut them and rub tarnished brass, iron, and lead remain on for a short time; then remove with a damp cloth, and you will be pleased with the result so easily obtained.

Eat Carefully.—A sick headache is often caused by eating too much and too rich food, and taking too little exercise. Substitute a simple, plain meal and a desert of fruit for too much meat and too many rich dishes. Take exercise. Nature abhors lazy people, and still more laziness accompanied by gourmandizing.

Best Time to Take Medicine.—According to Professor Moritz, writing in a German medical periodical, the most speedy absorption of a drug into the human system is secured by administering it with water on an empty stomach. In many cases, he says, a definite effect will thus be produced, when no effect would be perceptible from the same dose administered shortly after taking food. Food taken immediately after medicine retards the absorption of the drug.

Musical Don'ts.

The London Musical Herald offered a prize and certificate for the best set of twelve don'ts for pianists. The prize winner, Miss Janet Lawson, sent the following:

- Don't thump.
- Don't begin to play until you are ready.
- Don't count to your playing, but play to your counting.
- Don't jerk your hand when you put your thumb under.
- Don't play one hand after the other.
- Don't play with your arms.
- Don't keep the pedal down all the time.
- Don't gallop over the easy part and then stumble over the more difficult.
- Don't neglect posture when practicing.
- Don't nod your head when you play an emphatic note.
- Don't pass over a difficult bar until it is mastered.
- Don't be late for your lesson.

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