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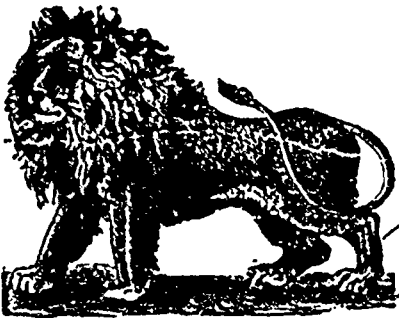
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APPLE DUMPLINGS.—Pare and core fine, juicy apples that will cook quickly; then take light bread dough, cut into round pieces half an inch thick and fold round each apple until well covered. Put them into a steamer, let them rise, then set the steamer over a pot of boiling water, and steam until done. Fry them with a fork. Eat with cream and sugar, or butter and sugar, or maple syrup.

CHESHIRE SOUP.—The following is a very old Cheshire recipe for a good and inexpensive soup. It dates back as far as the sixteenth century: Put a hock of beer into a gallon of cold water, simmer it gently for six hours, taking care that it is well skimmed. Put in some thyme, sweet marjoram and celery, all tied in a bunch, as also a couple of onions cut fine. Skim off all the fat, and season with pepper and salt and a little ketchup. By omitting the above seasoning this soup may be turned into all kinds of soup by adding the vegetables to give the flavour required.

SICKNESS AMONG FARMERS.—There is undoubtedly as much sickness among farmers and their families as among any other class of people. We would hardly expect this, with their advantages of fresh air and good food, rarely obtained in a large city. Why are they sick? What are the causes? Among others, a physician gives the following: 1. Farmers, as a rule, resume their labours too soon after meals. 2. Farmers generally do not pay enough attention to bathing. 3. Kitchen and other drainage is often disposed of too near the house. 4. Unclean cellars and untrapped cellar-drains are often sources of disease in the farmer's family. 5. There is a disposition on the part of some farmers to plant too many trees around the house. 6. The location of a dwelling on a malarious site is often the cause of periodical fever.

VIRGINIA MUFFINS.—One quart flour, one teaspoon salt, one tablespoon sugar, one tablespoon butter and lard mixed, one tablespoon well mashed Irish potato, three well-beaten eggs, one-half teacup home-made yeast. Rub the butter and lard into the flour, then the mashed potato; salt and sugar should be sifted with the flour. Pour into this the eggs and yeast, and make into a soft dough with warm water in winter and cold in summer, and knead thirty minutes by the clock. If wanted for an eight o'clock winter breakfast, make up at eight the night before. At six o'clock the next morning make the dough into twelve round balls without kneading, and drop into well-greased tin baking cups. These cups should be smaller at bottom than at top, and must be three and one-half inches deep. Grease the hands and pass them over the top of each muffin; set them in a warm place for full two hours, and then bake. The depth of the cup is important, because, if properly made, they rise to the top, or nearly so, and would be heavy if baked in the shallow cups commonly used.

THE GASTROSCOPE.—Dr. Mikulicz, of Vienna, has invented an instrument for illuminating and inspecting the inside of the living human stomach. Recently he exhibited his apparatus, upon which he has bestowed the title of "gastroscope," to the leading professors of the medical faculty at the Poly-klinik, and performed some interesting experiments with it upon a female hospital patient suffering from chronic dyspepsia. It consists of a tube fitted with a set of minute but powerful reflectors at one end, and connected at the other with an electric battery, by which a brilliant light is projected into the stomach requiring inspection. This tube was passed down the subject's throat, and remained there for fully twenty minutes, during which time the Viennese professors were enabled to diagnose the condition of every part of the mucous membrane thus lighted up and revealed to their gaze. The gastroscope is considered likely to render invaluable services to the cause of electro-endoscopic investigation, which for some time past has been prosecuted with ardour by eminent Austrian pathologists.

ART AND OIL.

The Norfolk (Va.) "Virginian" of January 16th, 1881, refers to the remarkable cure effected by St. Jacobs Oil in the case of Professor Cromwell—known the country over for his magnificent Art Illustrations—who had suffered excruciating torments from rheumatism, until he tried the Oil, whose effects were magical.

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