



BLUE GLASS MANIA.

No better confirmation of the assertion of a cynic, that people "love to be humbugged," has been recently afforded than in the blue-glass delusion, which has in some sections acquired almost the character of an epidemic.

Being their confidants upon such grounds as these, hundreds of people have recently been led to make a trial of the blue-light method of treating disease. Quite a business has been established in the manufacture of blue or cobalt glass.

It is not surprising that numerous "cures" are reported as having resulted from the use of this new remedy. Every new remedy can boast of as many "cures."

For the purpose of testing the value of the blue light when compared with ordinary light, we had one of our four sun-bath rooms at the Health Institute arranged for the use of the blue light according to the most approved fashion.

LUNGS AND VOICE.

No one can keep the body and mind vigorous for any great length of time in impure air. And the most impure air is that which is filled with emanations from the human system.

hygienic laws To cultivate the brain while we neglect the vital system is as absurd as to furnish a powerful engine to a frail boat.

TEST FOR VINEGAR.—We have frequently been asked for some simple and practical method of testing the purity and strength of vinegar. Of course, to ascertain just what and how much adulteration is in vinegar, a chemical analysis is necessary.

SMALL FEET.—Why it should be desirable to have a small, weak foot, any more than a small and weak brain, it is not easy to conceive. For the purpose of having such small feet, not a few wear boots one or two sizes too small, and about two-thirds of the width of the foot it is would be at the ball if allowed to spread as it does when standing without the confinement of the boot.

GLASS FROM IRON SLAG.—For some time there has lain on our desk a pamphlet setting forth the merits of a patented process for making glass from common furnace-slag, a material which has heretofore been practically useless and which accumulates in such masses in the neighborhood of every large furnace that it is difficult to remove or place it where it will be out of the way.

of an iron front, or a marble front, supported by iron pillars and plate glass, is the best. The iron heats readily, and bends when it heats. While the fire, if accessible is within control, it serves to keep the firemen and the water away and when it has done this service and the fire has become unmanageable within and threatens all the neighborhood, the tottering columns and bulging front still serve to make the labors of the firemen at once dangerous and unavailing.

ACCOMMODATING WALL-PAPERS.—What may possibly prove to be a most valuable idea is reported from Germany. New wall-papers have been suggested which will adjust themselves to the light within the room, growing lighter and brighter as the room darkens, and on the other hand, getting darker in proportion as the room is illuminated.

DYNAMITE IN AGRICULTURE.—This substance, dangerous as it is, has been used successfully for some years in clearing land, and now it is applied by the Duke of Sutherland in Scotland, and by Dr Hamm in Austria, to loosening the soil for agricultural purposes.

GAS-BURNERS.—Each ordinary gas-burner in a room consumes eleven gallons of air each minute, that is to say, it robs it of such vital principle as is requisite for our lungs in breathing. Ventilation is always necessary, and more especially when gas is being burned.

—The London Spectator says.—The American papers have been more than usually imaginative lately on the subject of the stimulus given by blue rays to the growth of plants and animals. A blue glass house will, according to their theory, double the size of plants kept in it, and a few blue ray baths cure the worst spinal complaints.

—Prof. Young makes some interesting statements in the Popular Science Monthly regarding the distance of the sun from the earth. If some celestial railway could be imagined, the journey to the sun, even if our trains ran sixty miles an hour, day and night and without a stop, would require over 110 years.

—Tungstato of soda, says Nature, has been much talked about lately as valuable, when mixed with starch, for rendering muslin dresses unflammable. Prof. Gladstone and Dr. Alder Wright have both brought it before audiences at the Royal Institution, Dr. Wright showing its efficacy by having a muslin dress so prepared for one of his assistants to wear, in which he walked about over flames.

made in the preparation. No doubt the exact conditions under which the tungstato is reliable will be a subject for farther investigation.

Men and women who are compelled to work all day in crowded shops or rooms, ought never to neglect the practice of taking an hour or two hours' exercise daily in the open air, in order if possible to undo the evil worked by the vitiated air they have breathed.

DOMESTIC.

LADIES SHOES.—There are few changes in the styles of ladies' shoes. Each year brings into more general use comfortable broad shoes that have full wide soles with extension edges, these prevent crowding, and leave the foot in its natural symmetrical proportions.

BLACK BEAN OR MOKE TURKLE SOUP.—One pint of black beans soaked overnight in cold water. Strain off the water in the morning, add fresh cold water and an onion with ten cloves stuck in it. Boil till the beans are very tender, then strain through a colander, add beef stock or not as is convenient, boil up, season with pepper and salt, and serve with slices of lemon or not as you fancy.

POT ROAST.—Meat of any kind, beef, chickens, prairie fowl or pigeons may be cooked in this way. Slice an onion and a few slices of pork, and put in the bottom of a kettle. Place on top whatever meat is to be cooked, add just water enough to stew it. Be careful not to use too much water. It can be easily added if it cooks away, but it spoils the dish to be obliged to take any out. Keep turning the meat and let it stew or roast slowly till brown, and tender, then take out the meat, strain and thicken the gravy, pour over the meat, and serve hot.

APPLE PIEFS.—Make a light, tender crust, as for finest pastry. Prepare fine-flavored apples, stew soft, sweeten, season, and strain. Roll out two large sheets of pastry on separate boards. Put on a spoonful of apple in little spoils all over one sheet, spread over this the other sheet, which should be a trifle larger than the under one, then cut with a biscuit cutter wherever there is a bunch of sauce—only cut them large enough to have a good rim. If too much sauce is put on it will stew over and make the puffs look untidy. Press down the edges with some pretty stamp, or with a fork, if that is most convenient, to keep the juice in. If the pastry is light and tender these are very nice.

STOCK FOR SOUP.—Take lean beef and cold water in the proportion of one pound of lean beef to one quart of water. Put it in a soup-kettle over the fire. When it boils add a cup of cold water. That brings the scum to the top, which must be carefully skimmed off. Then place the kettle over a moderate fire, where it can simmer slowly four or five hours. This stock may be used for all soups in which meat broth is required. By adding to it, for thickening, barley, rice, eggs, macaroni or vermicelli, it will be transformed to either of these soups—rice, barley, sago, &c., or by adding tomatoes, or a can of fresh, we have good tomato soup. Serve with neatly cut bits of toasted bread.

TO CLEAN GLOVES.—Just a few words about glove-cleaning, if you please. But I want to say first that I have found it the truest economy to buy either very light or very dark kids because the former can be cleaned again and again, and made to look as well as when new, and the latter never require cleaning at all. The medium shades I have never been able to cleanse to my satisfaction. I never pay over a dollar for light, and half a dollar more for dark kids. Now for the cleansing process, which is the one, I find, after trying every other known way. Pour a little benzine (don't be too saving of it into a saucer, take one of the gloves and wash it as you would a handkerchief, giving the soiled spots special attention. Squeeze, hurry now, lay the glove on a clean cloth and rub it with another cloth toward the finger tips until dry. Proceed as above with the other glove, using fresh benzine, then run both to a cloth and hang them up in a window or door till the scent disappears. Have the wiping cloth clean, turning it about frequently for clean spots, don't rub too hard, either in washing or drying never put the gloves on the hand, rub (in drying) quickly and evenly to avoid streaks, and do the whole job as quickly as possible. It takes only ten or fifteen minutes of my time, and my gloves always look splendidly. Of course I do not allow them to rival the color of the store before I wash them. Now just try it, sisters, and see if you don't say, with me, that it is cheaper to wear light kids than almost any other kind of glove. The work should never be done by artificial light for fear of fire.—Household.