

Health and Beauty

Filing the finger nails daily will keep them the right length and is better than cutting.

Three parts of white vaseline and one of bismuth makes an old and well-known ointment for skin diseases.

To soften the shampoo water and aid in removing the oil of the hair add a teaspoonful of borax to the water.

Red vaseline applied daily with a small camel's hair brush will darken and increase the growth of both eyelashes and eyebrows.

Rose water, five ounces; glycerine, one-half ounce, and lemon juice, one ounce, makes a whitening and healing lotion for chapped hands.

When walking keep the chest elevated and breathe deeply through the nose. A long walk may then be taken without exhausting effects.

Nuts should be eaten in the winter time. They are extremely rich and nutritious, vegetarians using them in place of meat and butter.

If the finger nails are brittle and break when manicured, put the finger tips in olive oil or a little melted vaseline before cutting them.

Colored and scented soaps are not considered as sanitary as the white soaps, both coloring and scent being often added to disguise impurities.

Diluted glycerine is better for the skin than the pure form. The pure glycerine will burn and wrinkle the finer skins and should be applied sparingly.

For liver spots apply a lotion of twenty grains of trichloric acid and eight ounces of rose water. To permanently remove the spots internal treatment should also be taken.

Care should be taken when manicuring the nails that the surrounding cuticle or scarf skin is not broken. If this is done the painful and annoying hang nails will not result.

Almond meal cleanses the face and leaves it in a smooth condition. Mix a small quantity with rose water, massage the whole face with this, afterwards rinsing off with tepid water.

To whiten the hands soak them for twenty minutes in warm soap suds, dry, rub with lemon juice, and when this is absorbed, with cold cream; sleep in loose kid gloves. A great change will soon be noticeable.

Hair can be curled constantly on the iron without injury, providing the iron is not too hot. If the hair is well curled immediately after shampooing the curl will remain in longer, the ordinary head of hair retaining it for a week.

A good carriage of the body is desirable. Hold the chest elevated, shoulders back, and hips back until they support the torso, carrying the weight as much as possible on the balls of the feet. When standing the weight should always be on the balls.

To get the weight on the balls of the feet practice the following: Holding the body straight and firm, sway forward and back from heels to toes, keeping the knees firm; next, with the weight on the balls, sway from side to side; lastly, rise upon toes eight times without touching heels to floor.

After exercising or bathing when the pores are open and the skin is in a glow, do not rush out into the open air or into sudden changes of temperature. Severe colds are taken unless good judgment is exercised at such times.

Do not sleep where the eyes will receive the light. Even moonlight is injurious to the eyes. The bedroom should be provided with two sets of shades; the white or light shade next the glass and a heavy green inner shade to perfectly darken the room and keep all light from the eyes at night.

When one would retain a youthful appearance and an unwrinkled skin all lines in the face should be gone over with cold cream before retiring for the night. When the skin seems loose and relaxed put a tonic or astringent in the wash water. A few drops of aromatic vinegar or a little tincture of benzoin is recommended for this purpose.

Avoid excessive use of all condiments, pepper, mustard, etc., as they will in time destroy the digestion.

Salt water acts as a tonic on the skin. Gently spatted on the face, it will help make the cuticle firm.

For a burn take the white of an egg. By excluding all air and forming a covering over the burn the pain is instantly relieved.

Hard water should not be used on the face. If living where soft water cannot be obtained add a pinch of borax or a handful of oat or almond meal to the wash water.

Tender feet should be bathed in alum water. If colored hosiery is worn have the soles and heels white. Tender feet are made more sensitive by the dyes used in the stockings.

For grimy finger nails cut a lemon and rub them thoroughly in the juice and pulp and wash with warm soap and water. If the grime is not removed repeat the lemon treatment.

Cold cream should remain upon the face until thoroughly absorbed, to get the best results. In massaging have the strokes firm but soft, unless massaging for reduction of flesh, when pressure is used in the strokes.

A dry, harsh skin needs a cold cream and almond oil. If the skin is red and oily leave all creams alone and first apply an astringent or a paste of almond meal. Do not put creams and oils on a skin already too oily.

Household Hints

COCOANUT TAFFY.

Boil one pound of white sugar and two gills of water together, while boiling stir in two ounces of butter. Boil until it will pull between the fingers, and add three ounces of grated cocoanut. Pour out to cool, mark in squares.

POP CORN PUDDING.

Pop some corn nicely, then roll it as fine as you can. One pint of the corn to one quart of sweet milk; add a small piece of butter, one teaspoonful of salt, beat two eggs with enough sugar to sweeten the milk; mix all together. Bake for twenty minutes.

STEAMED BROWN BREAD.

Stir well together three cups of corn meal, two cups of rye meal, one cup of flour and one of molasses; add one-half a teaspoonful of saleratus, a little salt and enough milk or water to mix rather thin. Pour this mixture into a tin pudding-boiler, tie the cover (securely on, and boil four hours.

RICE MUFFINS.

For a dozen muffins, stir into a pint of milk one teaspoonful of salt, a cupful of butter, two well-beaten eggs and two cupfuls of flour. Beat together very thoroughly, fill hot muffin rings, and bake in a hot oven for thirty minutes.

SCALLOPED CHEESE.

In a buttered baking dish alternate bread crumbs with layers of thin slices of cheese. To the crumbs add celery salt or chopped celery, pepper and small pieces of butter, crumbs last. Add a well-beaten egg, and one-half pint of rich cream. Bake in a hot oven. Whoever likes cheese will surely enjoy it in this way.

FIG CAKE.

Take a cupful and a half of powdered sugar, half a cupful of butter, a cupful and a half of milk, the whites of eight eggs, three cupfuls of flour, two small teaspoonfuls of baking powder, and add a pound of figs cut up and put in the same way that citron is used. Add the well-beaten whites of eggs last. If the figs are not perfectly fresh, cut them up in a bowl and pour a little water over them before commencing the cake. Flavor the frosting with vanilla.

BOILED CUSTARD.

A housewife noted for the excellent flavor of her boiled custard, a delicacy particularly in favor during the holiday season and as a refreshment for winter gatherings, recommends the following recipe: One egg, one pint of milk, half teacup of sugar. While the milk comes to a boil beat the egg and sugar together, thin it with a little of the milk, then pour slowly into the boiling milk, stirring the while, until it thickens and flavor to taste. If eggs are scarce use half and thicken with corn starch or flour. Do not boil too long or it will curdle. If made very sweet it makes a good ice cream.

SUGARED POPCORN.

Popcorn parties are in as great favor in the rural districts now as they were when our grandfathers and grandmothers were young, and will form a pleasant diversion for many gatherings of young people during the winter months. A good way to make sweet, or sugared, popcorn is the following: Put into an iron kettle one tablespoonful of water and one teacupful of white sugar; boil until ready to candy, then throw in three quarts of corn, nicely popped, and stir briskly until the candy is well distributed over the corn. Remove the kettle from the fire and stir until each grain is separate and crystallized with the sugar. The fire should not be too hot, as the corn is likely to be scorched while crystallizing. The sugar should be entirely dissolved before the syrup boils. Nuts of most any kind may be prepared in the same way.

TO ROAST CHESTNUTS.

Use the large French variety, and puncture each one with a pen-knife point. Boil for ten minutes hard, then drain and immediately put them in a hot oven—spread over the bottom of a dripping-pan; bake for ten minutes, roll in a hot napkin and serve.

SALT RISING BREAD.

Take a pint of new milk, set on the stove and stir in corn meal and let heat, not boil, until thick as mush. Set in a warm place over night. In the morning it will be light. Put a gallon of flour in the bread bowl, pour in the mush and mix with warm water, add a teaspoonful of sugar and a pinch of soda. Make a stiff batter, cover and keep warm. In an hour or two it should be light. Work in flour to make dough, let rise, mold in leaves, put in greased pans, let rise and bake. This makes the sweetest and most wholesome bread a family can use.

TWO PUMPKIN DISHES.

A toothsome pumpkin marmalade is made by first preparing the pumpkin as if for cooking and then weighing, then to every pound of pumpkin allow one pound of sugar, an orange or a lemon. With a coarse grater grate the pumpkin and put into kettle with the sugar, the grated rind of the orange or lemon and

the strained juice. While letting it cook slowly stir well until a smooth, thick marmalade is the result. Pour into glasses while still hot and pour over the top a covering of melted paraffine or seal air-tight and tie a paper over the top and keep in a cool place.

A delicious pumpkin pie is made by using one cup of stewed pumpkin, one of sugar, two eggs, a pinch each of cloves, cinnamon, allspice and nutmeg, mix with one cup of sweet milk and bake with one crust.

NEW RECIPE FOR COOKIES.

A very nice plain cookie is made with one cup of butter, one cup of sugar, a couple of eggs, three tablespoonfuls of sour milk, one small tablespoonful of soda, salt and nutmeg and flour to roll into a sheet.

White cookies are made with a couple of eggs, a half cup of butter, one cup of sugar, nutmeg, three-quarters of a cup of sour milk or cream, half teaspoonful of soda, flour to roll thin and bake in a quick oven.

A delicious crisp cookie is made by creaming a cup of butter and a half cup of light brown sugar; add a teaspoonful of vanilla and one well-beaten egg; slowly stir in two cups of flour and mold lightly with the hand. Take out a small portion of dough, each time, roll to the thinness of a silver dollar, cut with a cutter about the size of a silver dollar and bake in a moderate oven until a golden brown color is obtained.

Palatable ginger cookies are made with a cup of Louisiana molasses, one cup of brown sugar, two cups of thick, sour cream, one heaping cup of butter, two eggs, three teaspoonfuls of soda, two tablespoonfuls of ginger and flour to make a soft dough. The butter and sugar should be beaten to a cream, after which add the eggs beaten light and then the molasses, cream and soda stirred together, the ginger and the flour; roll out very thin, cut in small cakes and bake in a quick oven.

CARROT PUDDING.

One cup suet, one cup raisins, currants, brown sugar, grated carrots, grated potato, 1½ cups flour, teaspoonful baking soda; steam three hours; eat with sauce.

FEATHER CAKE.

One cup sugar, one-half cup butter, two cups flour, three eggs, three teaspoonfuls of baking powder.

SALAD DRESSING.

Butter size of egg, one teaspoonful mustard, two teaspoonfuls flour, one teaspoonful pepper, one-half teaspoonful salt, one cup vinegar, one egg beaten with one tablespoonful sugar; boil and stir well.

CHOCOLATE ICING.

Four tablespoonfuls of sugar, five tablespoonfuls grated chocolate, water enough to moisten, set over tea kettle until dissolved, then set it on the stove till it begins to bubble, then spread on cold.

JOHNNY CAKE.

One cup corn meal, one cup flour, a little butter and lard, one-half cup of brown sugar, one teaspoonful of soda, one cup sour milk; with or without eggs.

FRUIT CAKE.

Two cups flour, pinch of salt, one cup brown sugar, one lb. currants, one lb. raisins, one and one-half oz. peel, two eggs, spice to taste, one-half cup butter, one-half cup sour cream, one-half teaspoonful salt; beat egg separately.

Eat none but union bread.