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In one minute the Cuticura Anti-Pain Plaster relieves rheumatic, sciatic, hip, kidney, chest, and muscular pains and weaknesses. Price, 30c.

HEALTH AND HOUSEHOLD HINTS.

Lettuce and Tomato Salad.—Place between napkins in an ice box the lettuce required after it has been carefully picked and washed. Peel the necessary number of tomatoes, and keep them cool. When this dish is desired at the table, dress the lettuce, and range it on a salad dish. Slice the tomatoes and place them in the centre of the same dish. Cover the tomatoes with French mayonnaise, and let the dish be served very cold.

Strawberry Acid: This will make a most refreshing drink for the sick as well as for the table. To one quart of good clear vinegar add a quart of berries. A little more or less of the fruit makes no difference. Let them stand 24 hours and strain, taking care not to squeeze the bag. Add more berries to the same vinegar, repeating the process three or four times, until the vinegar has fully acquired the colour and flavour of the fruit. It is better and has a fresher flavour if it is not cooked or sweetened until used. Then add sugar, water and crushed ice to taste.—Good Housekeeping.

Peach Meringue.—Three cups of new milk one cup of sugar, six or eight peaches, yolks of three eggs, one heaping tablespoonful of corn-starch, a small teaspoonful of vanilla, and a pinch of salt. Heat the milk in a custard kettle. Mix one-half cup of sugar with the corn-starch, and stir gradually into the beaten yolks. Beat the mixture slowly into the boiling milk, and cook ten minutes, stirring continuously. Pare and slice the fruit, mix with remaining sugar and pour into a pudding dish. When the custard is cold, add flavouring and salt, and pour it over the fruit. Heap upon the top.

Hopoff's researches on the digestibility of beef and fish, after different methods of preparation, show that both are more digestible in the raw state than when cooked. The longer beef is cooked, the more indigestible it becomes. After the same manner of preparations, except smoking, beef will, in general, be better digested than fish. Smoked fish is more digestible than raw or cooked. On the other hand, smoked beef is peptonized with more difficulty than it in some other condition, perhaps, because the digestion is impaired by the strong salting which precedes the smoking.—Medical Review.

One of the simplest methods by which micro-organisms can be removed from water, is by the addition of alum. Experiments carried out at Leeds, showed that the addition of one-half a grain of alum to a gallon of water, reduced the number of microbes by ninety-nine per cent., and the material has recently been used for purifying water on a large scale in America. It is found that in all cases after agitating water to which a small amount of alum has been added, an absolutely sterile liquid is obtained, though as many as twelve hundred microbes originally existed in a cubic centimeter (0.06 cubic inches).—Knowledge.

Summer Drinks: A healthful and pleasant drink for hot weather, particularly for those who are nerveless and languid, is Koumiss. Of course, you cannot get the Arabian article prepared from mare's milk, but a good article of cow's milk makes a good beverage. This is how it is made: Koumiss.—Scald one quart of milk. Dissolve one-quarter of a yeast cake in two tablespoonfuls of lukewarm water, add two tablespoonfuls of sugar, stir until melted, then add this to the scalded milk. Pour into jars which close tightly; place upright in a temperature of 70 degrees for 12 hours, then on the side in a temperature of 55 degrees for 24 hours.

Short Cake: One quart of flour, four teaspoonfuls of baking powder, one teaspoonful of salt, one heaping teaspoonful of sugar, three tablespoonfuls of butter, one or two eggs. If one egg, use one large cup of milk, and if two eggs use three-quarters cup of milk. Mix the dry ingredients together and sift the flour. Put in the butter for shortening. Beat the egg until light-colored and thick, add it to the milk, and then add it to the flour mixture. Divide it into four parts. Roll each part into a round cake the size of a pie-plate. Put one layer on the plate and spread it with a little softened butter. Put on the other layer and bake in a hot oven about twenty minutes. While warm, separate, and spread with berries and powdered sugar.

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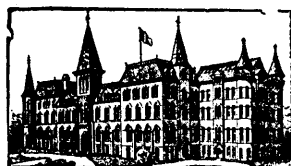


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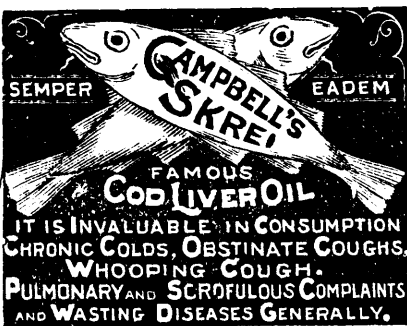
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