

HOUSE AND HOUSEHOLD.

CURING A COLD.

To get rid of a cold, says The Ladies' Home Journal, send to the druggist for a mixture containing sulphate of atropia, one hundred and fortieth of a grain; one hundred of quinine two grains, and bi-sulphate of sodium, five drops, to each. Take a dose once in two hours for three or four times, or until the throat begins to feel slightly dry. If this does not entirely relieve the symptoms, repeat the treatment the next day. Copy this prescription carefully, and use it with care as some of the ingredients are poisonous. There is no danger in using it if the directions are followed exactly. Before going to bed take a warm bath. The next morning sponge the body rapidly with tepid water, rubbing it hard until the blood circulates quickly and the skin is in a glow. Take more exercise than usual, and do not sit in a hot room with the windows shut. Mix a teaspoonful of cream of tartar in a tumblerful of water and drink it during the day. If there is constipation take a gentle laxative, as a rhubarb pill. It is very important that all the avenues of the body for carrying off waste matter should be wide open.

GOOD COUNSEL.

Remember, mother, to you is confided the most tender portion of the Lord's vineyard. If you discharge your duties well, then the labor of God's ministers becomes easy and pleasant, but if you fail to do so it becomes irksome and hard. I do not mean that you merely must teach your children the catechism; but by example and precept you should bring them up in the knowledge and fear of God. Let the atmosphere of the home be Christian, let the home be a sanctuary of gentleness and love; of temperance and sobriety; let it be free from boisterous words; let it be the sanctuary of conjugal and parental affection. Carry these words home with you to-day. I do not wish to impose heavy obligations upon you, but if the father and mother would gather their family together and have a short family prayer at night—I do not ask it in the morning—then will God's blessing rest on you, for He has promised that where two or three are gathered together in His name He will be in the midst of them. I implore you to consider what I say in the name of the Church; I ask it in the name of your own salvation, that you give a sound education to your children at home, inculcating Christian principles. The apostle says: "If one neglects his own household, let him be considered an infidel. Bring them up correctly, and then will your children glory in you; rejoice in being called your children and rise up day by day and call you blessed."

THE KITCHEN.

RICH WAFFLES.

Take three teaspoonfuls of sugar, three tablespoonfuls of butter, six eggs, one quart of milk and one and a half pounds of Hecker's self-raising griddle-cake flour. Flavor to taste. In preparing the recipe, mix the sugar and butter together first, then add the eggs and milk, and, after mixing these thoroughly, add the griddle-cake flour. Bake immediately.

PEPPER POT.

This delicious and savory stew soup is, indeed, almost a lost art. It is made, according to the old-time recipe as follows: Take a scrub or neck of mutton, a shin of beef, a knuckle of veal and a pound of salt pork. Break the bones and put all into a large iron pot, and cover with water. Add an onion cut up small, a piece of garden pepper two or three turnips sliced and a grated carrot. Place on a gentle fire and simmer slowly for about four hours, then strain through a sieve and return the strained liquor to the pot, and add to it a pound or more of tripe that you have previously boiled tender and cut into strips an inch or so long. Pare and slice thinly half a dozen potatoes and add these, with a dozen whole cloves, a large tablespoonful of mushroom ketchup, two dozen small flour or salt dumplings and a tablespoonful of mixed sweet herbs rubbed fine. Now place on the fire and simmer gently for an hour. Color a nice brown with a little caramel or burnt sugar or with browned flour. Sever very hot. A little lemon and sherry may be served with it if desirable.

HOW TO MAKE GOOD CORN BEEF SCRAPPLE.

Purchase a four-pound piece of corned beef, brisket, free of bone, with fat and lean mixed. Put it in a kettle that has a cover, and then pour over it sufficient water to cover it. Put the lid on the kettle and set it on your range or stove where it may cook very slowly for four or five hours, or until it is perfectly tender. Then take it out of the pot, and with the water in which it was boiled mix enough plain water to boil one breakfast cup of Hecker's hominy grits and two cups of yellow cornmeal; stir all well while cooking (about half an hour will do); while this is being done, cut the meat up in small, thin pieces (not chunks) about half an inch square; mix these pieces through with the mush while warm, and pour the same into flat pans; use a little black pepper and a little sage for flavoring. When cool, cut up in slices and fry.

To purify
Your blood
Take Hood's Sarsaparilla.

Mean Wills.

Husbands who profess to love their wives intensely, sometimes play them a very mean trick when about to depart for that better land where there is "neither marrying nor giving in marriage." One might suppose that a tender spouse, on the eve of being divorced by death from the partner of his joys and sorrows, would be governed in the disposition of his worldly goods by an earnest desire to render her earthly future a happy one. If he has a fortune to bequeath to her, why should he make a dog-in-the-manger will, providing that she shall enjoy it only during widowhood? What right has he to condemn her to a life of loneliness, under penalty of pauperism, in case she shall marry again? Husbands about to shuffle off this mortal coil, if you desire to be tenderly borne in mind of your relatives, don't deal with them after this contemptible fashion.—N. Y. Ledger.

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