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### HEALTH AND HOUSEHOLD HINTS

Rapid eating is slow suicide.  
Happy children are almost invariably healthy children.  
Sleeping in a cold room established a habit of bathing through the nose, never with the mouth open.  
Do not put a coin between the lips. It passes through all manners of hands, and may easily carry disease.

A severe paroxysm of coughing may often be arrested by a tablespoonful of glycerine in a wineglassful of hot milk.

To compel a child to eat anything against which its palate naturally rebels is a cruelty at the moment, and is likely to produce evil results later on.

Dairy salt sprinkled over the carpet will effectually lay the dust and will prevent the sweeper from using the carpet too roughly, and it will make the colors bright and last longer.

Yellow Cake.—One cup of granulated sugar, one-half cup butter, yolks of five eggs, one-half cup of milk, two and one-half cups of flour, one teaspoonful of baking powder, flavor.

A good tonic for hair is salt water. Put a teaspoonful of salt in a half-pint of water and rub a little on the scalp every day with a small soft cloth. The effect at the end of the month will please you.

In ironing shirt bosoms, collars and cuffs, a small piece of wax, dissolved in the hot starch, will give a good gloss if the articles are well rubbed with a clean, not too hot, iron. Beeswax will do if the white is not at hand.

Health and Perspiration.—Perfect health is impossible without free perspiration. Perspiration is one of the methods adopted by nature to get rid of superfluous or waste material. To facilitate this delicate system of drainage the skin is perforated with pores. What is forced through them should be removed for excellent reasons. This cannot be effectually accomplished without frequent bathing.

The Fruit Diet.—Fruits are generally healthful, they cool the blood, and, by their aperient qualities, aid in digesting other foods, but they do not agree with all systems; in that instance they produced a sour stomach, ferment instead of being digested, cause irritation and often produce eruptions on the skin. Unripe and decayed fruits are not eatable, but good fruits are generally wholesome. A well person must know what to eat and what not to eat to remain so.

Birthday Cake.—The following recipe will tell how to make a nice birthday cake for a child: Cream together one cup of butter and three cups of sugar; the yolks of four eggs beaten thoroughly with one cup of sweet milk; then add slowly four cups of finely sifted flour, three teaspoonfuls of baking powder, a little spice, a cupful of seeded raisins, and lastly, the well-beaten whites of four eggs. Put into a rather shallow cake tin and bake in not too hot an oven. Just before putting in the oven, drop in the ring, thimble, and the sixpence.

Dutch Pudding.—Boil a piece of the neck of the beef until perfectly tender, and the bones come out easily. Take it up on a tray, let it cool, then pick in pieces. Skim the grease off the liquor and pour the latter into another vessel; after cleaning the kettle, return the meat and liquor; when it boils thicken with sifted meal until it is like mush. Cook till well done, stirring constantly to prevent scorching. Season with salt, pepper and sage. Turn out in pans or crocks, and when cold slice and fry brown like sausage. This is fine and very convenient for breakfast.

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