

Health and Home.

HINTS FOR HOUSE-CLEANERS.

We give below a few hints which may prove useful to house-keepers:

Soot falling on the carpet from open chimneys, or from carelessly handled stove-pipes, if covered thickly with salt, can be brushed up without damage to the carpet.

A little spirits of turpentine added to the water with which floors are washed, will prevent the ravages of moths.

When carpets are well cleaned, sprinkle with salt and fold; when laid, strew with slightly moistened bran before sweeping; this, with the salt, will freshen them wonderfully.

Fuller's earth, mixed to a stiff paste with cold water, spread on the carpet, and covered with brown paper, will in a day or two remove grease spots; a second application may be necessary.

Spirits of ammonia diluted with water, if applied with a sponge or flannel cloth to discolored spots in carpets or garments, will often restore the color.

A paste made of whiting and benzin will clean marble, and one made of whiting and chlorid of soda, spread and left to dry (in the sun if possible) on the marble, will remove spots.

Paint splashed upon window-glass can be easily removed by a hot solution of soda.

Use kerosene and bath-brick or lime, to scour zinc, tin or copper; wash in hot suds, and polish with dry whiting.

To give glass great brilliancy, wash with a damp sponge dipped in spirits, then dust with powdered blue or whiting, tied in a thin muslin bag, and polish with chamois cloth.

A flannel cloth dipped in warm soapsuds, then into whiting, and applied to paint, will instantly remove all grease and dirt. Wash with clean water, then dry; the most delicate paint will not be injured, and will look like new.

One pound of copperas dissolved in one quart of boiling water will destroy foul smells. Powdered borax scattered in their haunts will disperse cockroaches.

Plaster of Paris mixed with gum arabic water makes an excellent white cement, but must be used immediately, as it hardens quickly. A mixture of five parts gelatin to one of acid chromate of lime, applied to broken edges, which should be pressed together and exposed to the sunlight, makes an insoluble cement.

To whiten walls, scrape off all old whitewash, and wash the walls with a solution of two ounces of white vitriol to four gallons of water. Soak a quarter of a pound of white glue in water for twelve hours; drain and place in a tin pail, cover with fresh water, and set the pail in a kettle of boiling water. When melted, stir into the glue eight pounds of whiting, and water enough to make a mixture as thick as common whitewash. Apply evenly with a good brush; if the walls are very yellow, blue the water slightly by squeezing in it a flannel bag containing some powdered blue.

To clean matting, wash with a solution of one pint of salt to four gallons of water, and wipe dry immediately.

To clean oilcloths, wash always with warm milk. One in six months scrub with hot soapsuds, dry thoroughly, and apply a coat of varnish. They will last as long again.

A little kerosene added to stove-polish improves the luster. Apply while the iron is warm.

To remove spots from furniture take four ounces of vinegar, two of sweet oil, and one of turpentine; mix and apply with a flannel cloth.

Gum camphor wrapped in paper and laid around sugar barrels will disperse ants.

THE PRIME OF LIFE.

Between the age of 45 to 60, a man who has properly regulated himself may be considered in the prime of life. His matured strength of constitution renders him almost impervious to an attack of disease, and experience has given soundness to his judgment. His mind is resolute, firm and equal; all his functions are in the highest order; he assumes mastery over his business; build up a competence on the foundation he has laid in early manhood, and passes through a period of life attended by many gratifications. Having gone over a year or two over 60 he arrives at a standstill. But athwart this is the viaduct called the turn of life, which, if crossed in safety, leads to the valley of "old age," round which the river winds, and then beyond, without boat or causeway, to effect his passage. The bridge is, however, constructed of fragile material, and it depends how it is trodden whether it bend or break. Gout and

apoplexy are also in the vicinity to waylay the traveler, and thrust him from the pass; but let him gird up his loins and provide himself with a fitter staff, and he may trudge on in safety and with perfect composure. To quit metaphor, "the turn of life" is a turn either into a prolonged walk, or into the grave. The system and powers having reached the utmost expansion, now begin either to close like a flower at sunset or break down at once. One injudicious stimulant, a single fatal excitement, may force it beyond its strength, whilst a careful supply of props and the withdrawal of all that tends to force a plant will sustain it in beauty and vigor until night has entirely set in.

DANGER OF FLIES IN THE EAR.—Dr. A. J. Pedlor, of Truckee, Cal., writes to the *Pacific Medical and Surgical Reporter* a description of a case which fortunately is of rare occurrence. He says: On the 11th of June, I was consulted by John R., a stock drover, who complained of excessive pain and violent noise in his left ear. He said, "A fly entered my ear five days ago, but I got it out in two minutes." Ten hours after removing the insect, pain set in and rapidly increased. The old-time remedies of filling the ear with warm water, oil, &c., failed to remove anything, and gave no relief. Inserting a speculum, and illuminating the ear with a Troeltsch mirror, the cause of his suffering was plainly visible. A number of moving worms, or maggots, were seen imbedded in the canal, close to the drum. Careful use of the syringe for one hour resulted in removing one maggot, about three lines in length. The ear was then filled with carbolized almond oil, containing morphia sulph. A cotton plug being inserted, the patient went to bed. During the night four more maggots were dislodged, and the following morning I removed the sixth and last one by aid of the syringe. This last one was fully six lines in length. Three came away dead—the effect of the carbolized oil. These wriggling usurpers were evidently hatched from eggs deposited by the "fly," during its brief sojourn in the ear. The drum was intact, though intensely hyperemic. Daily use of astringent drops, and protection from the air, speedily restored the parts to health.

THE SCIENCE OF LIFE.—How few of us acquire this science until we are old enough for life to have lost half its charms! The science of life consists in knowing how to take care of your health, how to make use of people, how to make the most of yourself, and how to push your way in the world. These are the things which every body ought to know and which very few people do know. How never to get sick, how to develop your health and strength to the utmost, how to make every man you meet your friend, how to attach a few people to you as your bosom-friends to be relied on in every case, how to earn money and save it, how to behave just as you ought to behave amid all the contingencies and unforeseen happening of life, how so to live down your past if it is of such a character as to demand being lived down, how to manage yourself as to escape the entanglements of bad women and sincere friends, how to provide yourself, if you wish to do so, with a wife that will not be a burden and shame to you all the rest of your life, how to approach old age gracefully, so that you will not be a grief and reproach to yourself or others, how to make use of past errors and crimes, so that they may prove a help rather than a hindrance to you in the future; all these and many other things are to be included in the science of living, and the pity is that we only appreciate that science at its true value when the bloom of life is gone.

HYGIENIC BISCUITS.—An exchange gives a recipe for making a biscuit which shall accord with advanced hygienic ideas concerning the composition of flour, &c. On a baking board put two pounds of oat meal and two pounds whole wheat flour, ten ounces of good salt butter, one-half ounce carbonate of soda, one-fourth ounce tartaric acid, and four ounces of sugar. All should be weighed carefully; the butter should be the best that can be procured, and the soda should never be used without the acid. Mix all together. When the butter has been well rubbed into the flour, add buttermilk, mixing with the hand till of a pasty consistency. Knead just as little as possible, to keep the double light. Roll out; cut with biscuit-stamp to the required size, prick with marker, and fire in a moderately quick oven. In the absence of a stamp cut with a lid; and if no marker is at hand use a common fork. In rolling out the biscuits little or no fresh flour should be used; otherwise the brownish color of the biscuit will be lost. When firing in the oven, biscuit trays should be used. Any wireworker will make one. If these directions are followed, a most palatable, agreeable, and nutri-