

culatation. Wrap him in dry blankets and rub your very best, under the blankets if possible. Rub upwards. Put warm bricks, bottles of hot water, etc., to the pit of the stomach, the arm-pits, the thighs, and the soles of the feet. When he begins to revive, give him something stimulating and let him go to sleep.

IN CASE OF SUFFOCATION by foul air, treat the patient in the same way as above, excepting that the clothes need not be removed, and, in addition, apply plenty of cold water to the head.

SELECTED RECIPES.

CUCUMBERS.—Cucumbers make a nice relish if sliced the long way, and fried as you do squash or egg-plant.

GRATED CUCUMBER.—Take large green cucumbers and grate them, and let them drain in a colander for several hours to get rid of the green juice. Season to taste with salt, pepper, and grated onion; put in vinegar enough to cover them—the best and strongest vinegar should be used. Put them in a bottle without cooking, and seal closely.

CABBAGE.—Cabbage, to boil, should be cut into pieces about as large as a very small tea-cup (the flavor is much finer than when boiled whole, and they do not take so long to cook when cut up); cut again before dishing, and add a small piece of butter and salt.

POULTRY.—Poultry that has been kept too long, and has an unpleasant smell, can be made fresh and good by putting powdered charcoal in a cloth, tying it up, and placing it inside the fowl for about two hours before cooking. If the cloth absorbs it readily, remove it, and put a fresh piece, with more charcoal in it, in the fowl. When the weather is warm, and poultry likely to spoil, as soon as the animal heat has left the fowl sprinkle powdered charcoal over it to prevent its becoming tainted.

ORANGE CREAM.—Pare the rind of a Seville orange very thin, and squeeze the juice of four oranges, and put it, with the peel, into a saucepan, with one pint of water, eight ounces of sugar, and the whites of five eggs, well beaten. Mix all together, place it over a slow fire, stir it in one direction till it looks thick and white, strain it through a gauze sieve, and stir it till cold. Beat the yolks of the five eggs very thoroughly, and add them to the contents of the saucepan, with some cream. Stir all together over the fire till ready to

boil, pour it into a basin, and again stir it till quite cold before putting it into glasses.

ORANGE AND COCOANUT MERINGUE.—In cases where it is not convenient to have a cooked pudding, a simple and delicious meringue may be made as follows: Take one dozen sweet oranges, peeled and sliced, one grated cocoanut, and half a pint or more of powdered sugar. Spread a layer of the orange in a glass dish, scatter the cocoanut thickly over it, sprinkle sugar over this. Then put on another layer of orange, with cocoanut and sugar above, as before. Fill up the dish in this way, having cocoanut and sugar for the top layer.

TO PICKLE GREEN TOMATOES.—Slice thin, in separate plates, green tomatoes and onions—allow half a dozen of large, green peppers to one peck of tomatoes. Take a large earthen or wooden bowl and lay in a layer of tomatoes and a layer of onions, sprinkling in a tablespoonful of salt to each layer; continue this until you have packed together all you wish to pickle. Then turn a large plate or clean dry board over the tomatoes, and put some heavy weight—a stone—on top and let it stand till morning; then drain off all the salt and juice, and pour over boiling vinegar, strongly spiced with cinnamon, cloves, and very little allspice and ginger, which should be tied in a little bag, and removed when the vinegar is poured over; cover close and let them stand a week, when the vinegar should be poured off, the pickles thoroughly drained, and cold vinegar poured over the tomatoes. Some chop the onions pretty fine after they are drained from the salt.

PICKLED NASTURTIUMS.—Gather the seeds when green and not fully grown, and drop them into vinegar as you pick them. When you have a sufficient quantity scald the whole in vinegar and bottle them or soak them twelve hours in brine—then drain and pour over boiling vinegar, with whole peppers and allspice. They are often used as substitutes for capers; and the flowers and young seeds are used in salads.

PICKLED CAULIFLOWER.—Select the most perfect; break off the flowers, as they would naturally part. Put a layer of them in a jar and sprinkle over salt; then another layer of cauliflower; then salt and so on. Let them soak two days; then wash off the salt and let them drain well; then pack in a jar or bottle, and pour over boiling spiced vinegar. In a few days, if necessary, heat the vinegar again, and pour over them, and cover or cork closely.