

Health and Home

For neuralgia apply hot, dry flannels, as hot as can be borne.

Chocolate, as a modern commercial article, differs from cocoa in this, that it is a mixture of cocoa powder and sugar, but without starch.

Eggless Cookies.—Two cups of sugar, one cup each of milk and butter, half a teaspoonful of nutmeg, half a teaspoonful of soda, and flour enough to roll.

When a child chokes insert the forefinger into his mouth, and try to hook out the offending morsel of food or other object. Hit him smartly on the back at the same time.

A little powdered borax or ammonia in the water you wash with helps to cleanse the skin thoroughly. Dry powdered borax on the soles of the feet and in the armpits is drying and destroys organisms.

Cornstarch Cake.—One cup each of butter and sweet milk, and half a cup of cornstarch, two cups each of sugar and flour, the whites of five eggs beaten to a stiff froth, two even teaspoonfuls of baking powder. Flavor to taste and bake in gem tins.

Plain Gingerbread.—One cup each of dark cooking molasses and of sour cream, one teaspoonful of soda dissolved in a little warm water, a teaspoonful of salt and one heaping teaspoonful of ginger. Make about as thick as cup cake. Serve warm.

Rock Cream.—Boil one teacup of rice in milk until very tender, sweeten it with powdered sugar, put it in a dish and dot with square lumps of currant jelly. Beat the whites of five eggs until very stiff, add five tablespoons of powdered sugar, a tablespoon of rich cream and flour with orange flower water. Pile high over the rice to give it the appearance of snow.

Hominy Croquettes.—To a cupful of cold boiled hominy add a teaspoonful of melted butter, stir well, then add gradually a cup of milk, stirring and mashing the hominy until it becomes a soft, smooth paste. Then add a teaspoonful of white sugar and a well beaten egg. Roll into oval balls with floured hands, roll in beaten eggs, then in bread crumbs, and fry in lard or drippings.

Britons should drink more coffee; so says the Lancet. Nowadays we only consume 12,000 tons a year, or, one infers, one pound of coffee to ten of tea; "yet coffee, when properly treated, is a most excellent and wholesome article of diet." To be "properly treated" it should contain plenty of milk and sugar, which, added to the nutritive qualities of the coffee berry, "affect the human economy in a peculiarly agreeable and beneficial manner." There is nothing whatever to forbid its habitual use in moderation, whether with meals or at other times.

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