

## Health and Home

A towel folded several times and dipped in hot water and quickly wrung out and applied over the toothache or neuralgia, will generally afford prompt relief.

To make creamed carrots put in a saucepan two tablespoonfuls of butter, and when it is melted stir in one spoonful of flour. Gradually add to this one cup of rich milk, and season with pepper and salt.

Quince Tapioca.—One cup of minute tapioca to a quart of water, cook in a double boiler until clear, add 1-1/2 cups of sugar and 1-4 teaspoonful of salt and 1 cup of quince juice; set away in molds and serve cold with cream.

For poisoning by acids, administer copious draughts of tepid water, or tickle the throat with a feather or something similar to excite vomiting. Then give warm soapsuds or magnesia or chalk dissolved in warm water, or wood ashes, soda, gruel, linseed tea, or rice-water, which ever can be reached first.

Bread and cheese: In the best households bread accumulates. Trim this stale bread as neatly as possible into squares. Make a sauce of a cupful of milk, half a cupful of grated cheese and two tablespoonfuls of melted butter. Lay the bread on a large baking dish. Pour the sauce over and bake until nicely browned.

When the atmosphere in a room has become close and impure, one may easily render it sweet and habitable by placing one-half ounce of spirits of lavender and a lump of salts of ammonia in a wide-mouthed fancy jar or bottle and leaving it uncovered. This makes a pleasant deodorizer and disinfectant, filling the room with a delicate perfume, which will be soothing to the nerves and senses.—Ex.

Orange Custard.—Juice of six large oranges (they should be well flavored and a trifle tart); four eggs beaten light; one cup fine sugar; one tablespoonful butter; half pint whipped cream. Put orange juice and sugar together in a double boiler; when these are warm, add the eggs, and stir till the mixture thickens like an ordinary custard. Put in the butter, and turn all into small custard-cups to cool. When ready to send to the table, heap whipped cream on the top of each. Serve small cakes with this dish.

Banana Fritters.—Beat the yolks of two eggs light, add one cupful of cold water, and beat into this eight tablespoonfuls of flour. If too thick add more water. Beat well, then add the sliced bananas. Fry in very hot lard. Drain the fritters from the lard, by laying them while hot on coarse brown paper. The paper absorbs the superfluous grease. Lay the fritters in a hot dish and spread with white sugar. A tablespoonful of sugar or molasses makes the fritters brown nicely when either is added to the batter.

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