

Health and Home

Corn Fritters.—Grate corn from the cob, allow one egg and a tablespoonful of milk to half a pint of the grated corn, season with salt, pepper, and a little butter. Beat all together; have a frying pan of boiling fat on the fire, drop the mixture in spoonfuls at a time. When brown take up, drain, and serve very hot.

Cucumbers a la Creole.—Pare three cucumbers, cut them in pieces two inches long, remove the seeds, sprinkle with salt and pepper, place between two plates for an hour, then drain. Put in a saucepan, cover with brown stock, and set over the fire to simmer gently until tender. Take up, pile on a dish, pour the sauce around, and garnish with bits of lemon.

Cauliflower au Gratin.—Pick off the outer leaves, and break apart. Wash and put in a kettle of boiling water with a teaspoonful of salt, and set over the fire to boil until tender. Put a tablespoonful of butter in a frying pan, when melted add a tablespoonful of salt, mix smooth, thin with half a pint of milk, and stir until boiling, add four tablespoonful of grated cheese, with salt and a dash of cayenne. Pour over the cauliflower and serve.

Stuffed Tomatoes.—Take six or eight large ripe tomatoes, cut a slice off the end of each, take out the seed and pulp, sprinkle the inside with salt and pepper. Prepare a dressing of a teaspoonful of finely minced meat, mixed with the juice of tomatoes, a teaspoonful of bread crumbs, a slice of minced onion fried in butter, one beaten egg, with salt and pepper to season; fill the tomatoes with the mixture, put them in a baking pan, spread the tops with bits of butter, and set in the oven for half an hour.

Iron rust will disappear if a little cream of tartar is tied in the stained parts and the garments boiled a few moments in clear water.

Boiled water should be kept in clean glass bottles or jars, and tightly covered, for if exposed any length of time new germs will have generated in it.

The practice of wearing colored goggles to protect the eyes from the sun may easily be overdone. The eyes need light. Even at the seashore it will generally be found sufficient protection to wear a hat with a low projecting brim.

Never use pure glycerine on the skin; it is too strong alone, as it absorbs the moisture of the hands or face, and quickly burns and roughens the skin. It should be mixed with rose water, and then it can be used freely; but even then it is better to use it for the hands alone.

To keep flowers fresh allow cold water to run freely over their stems, removing any decomposed matter that may be adhering to them. Be careful not to allow the water to touch the petals. Then place the flowers in a bowl filled with strong soapsuds. In the morning replace them in fresh water after snipping a small portion from the end of each stalk. A few drops of ammonia in each vase will assist in keeping them fresh.

To remove freckles, mix one ounce of lemon juice, a quarter of a drachm of powdered borax, half a drachm of pulverized sugar, and let it stand in glass for a few days; then apply it and let it dry on the skin. Or apply with a linen cloth two tablespoonfuls of grated horse-radish mixed with a teaspoonful of sour milk. If a girl freckle easily she should keep this lotion and use it frequently, being careful not to allow it to touch her eyes.—July Ladies' Home Journal.

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