

Some Facts About Eggs.

Eggs boiled twenty minutes are more easily digested than if boiled ten. They are dry and mealy, and are readily acted upon by the gastric juice.

The yolk of an egg well beaten is a very good substitute for cream in coffee. An egg will be sufficient for three cups.

Hoarseness and tickling in the throat are relieved by a gargle of the white of an egg beaten to a froth with a tumblerful of warm sweetened water.

Beat an egg fifteen minutes with a pint of milk and a pint of water, sweeten with granulated sugar, bring to boiling point, and when cold use as a drink. It is excellent for a cold.—'Vick's Magazine.'

Butter for Babes.

The 'Popular Science News,' in discussing the use of butter as a corrective of the constipation often found in infants and children, says: 'Acting upon the theory that the torpidity of the intestine in such cases is caused by excessive feeding, and is not a disease, he uses the butter as a mechanical laxative. He names as the advantages that children never refuse it, and that pallid cheeks grow rosy under its use. It has little effect after six years of age. From one-half to one teaspoonful is given to a child up to three months of age, and when regular bowel action is established it is then used only every second or third day. A child of five months to a year should have from one to three tablespoonfuls per day. The butter must be sweet and fresh, and it is important that it is not melted, since this changes its character.'

Using up Waste Paper

Newspapers, wrapping papers, etc., very speedily accumulate, and it is at times difficult to get rid of them. Yet they can be utilized in saving the coals, and that with very little trouble. Tear them up and soak them in plenty of cold water, until they are soft and pulpy. Then, with the hands, squeeze them into balls about the size of an orange. Put these on a shelf in your coal-house, or any other place that may be handy, and if, when making up the kitchen fire, a few of them are put on with the coals they make the latter last longer, and throw out a splendid heat.—'Our own Gazette.'

Habits of Children

Do not permit the children to form the habit of disputing and quarrelling with each other. It may be prevented, like all other bad habits, by watchfulness, particularly if the training is begun when the children are very young. Separation is the best punishment, breaking up the play and taking away the cause of the dispute. Children are social beings and do not like to play alone. They dislike solitude, and if they find it is invariably the result of quarrelling they will take pains to be more amiable so as not to be forced into it.—'Ladies' Home Journal.'

Selected Receipts.

Boiled Indian Pudding.—Warm together one pint of molasses and one pint of milk, add one pound of chopped suet, four eggs well beaten, one teaspoonful of cinnamon, half a nutmeg, and the grated rind of one lemon. Mix thoroughly and add meal enough to make a thick batter. Dip a pudding cloth in boiling water; wring it slightly, dredge with flour, and pour the mixture in. Tie up, allowing room for it to swell, and boil three hours. Serve with hot sauce.

Cinnamon Cakes.—Whites and yolks of two eggs, beaten up with one-quarter of a pound of sugar for half an hour. Add two ounces of powdered almonds, one-quarter ounce of powdered cinnamon and twelve pounded cloves. Stir into this mixture very gradually one-half pound of fine flour. Roll out into long strips and bake in buttered tins.

Hard Gingerbread.—Heat one cup of New Orleans molasses over a pan of hot water; add half a cupful of butter to it; when the butter has melted remove the bowl from the water; add one tablespoon of ginger; dissolve half a teaspoon of soda in a little boiling water; add it to the molasses; stir in flour to make a rather stiff dough; toss on a floured board; roll thin and bake in a quick oven.

Children's Sunday Afternoon

'Hearing a Bible story and learning a text should form part of the children's employment every Sunday afternoon,' says a writer in the 'Ladies' Home Journal.' 'However busy the mother may be in the week, she should take time on this day to gather her children about her and teach them herself. She cannot delegate this duty to the Sunday-school without serious loss to them and to herself. It is said that children nowadays do not know the Bible. They are so unfamiliar with it that Biblical allusions in conversation, or in other books, are not understood, and its language is strange to their ears. Only the mothers can remedy this, as the Bible is not read in the schools. The rising generation will never know their own sacred book unless the mothers bestir themselves and teach it.'

Teach Politeness

Children who are not obliged to be habitually polite to their elders and to one another, will not suddenly become well bred when strangers are present. They should be taught not to take the most comfortable seats nor the most advantageous positions, but to be observant and offer such little attentions to their elders. And such attentions should be acknowledged courteously. A home may have the elegance of high breeding, no matter how simple the surroundings.—'Ladies' Home Journal.'

The Use of Camphor

Camphor will remove white spots from hard or stained woods, made by a flower pot or vase of water. Rub well with spirits of camphor and then polish with oil.

Camphor placed in the piano every six months will keep it free from moths.

Furs and winter clothing are just as safe put away in camphor as with the disagreeable moth ball.

To disinfect a sick room, put a small piece of camphor gum on a little freshly ground coffee and light the gum with a match.

A Bright Kitchen

'I remembered your kitchen, where the sun seemed always to shine, no matter how stormy was the outside weather; so we had ours painted all over—top, sides, and floor—with a soft, creamy, yellow tint, and put enough varnish in the paint to make it clean as easily as a china plate. It would be rather a dark room but for this, as it has only one window, and a part of another in the door opposite. On bright days we drop the shades, the light is so strong; but on cloudy mornings we pull them up, and enjoy the wind in the trees, while still we rejoice in a sunny interior.'—'American Mother.'

Hot Milk

Hot milk is an admirable stimulant. Milk heated to above 100 degrees Fahrenheit loses for a time a degree of sweetness and density. But the promptness with which its cordial influence is felt is indeed surprising. Some portion of it seems to be digested and appropriated almost immediately, and many who now fancy they need alcoholic stimulants when exhausted by fatigue will find in this simple draught an equivalent that will be abundantly satisfying and far more enduring in its effects. This should be taken note of by all hard-working people.

Economical Shortening

The next day after cooking corn beef. I found the fat that had hardened in a cake on top of the liquor in which it had cooked was strongly tainted with beet and turnip, which had been cooked with it. I removed this fat, put it into an agate dish and let melt, also adding some ham fat, chicken fat and a little sausage fat that happened to be left over from previous cookings. Into the melted fat, I sliced some raw potato and let cook for a little time, then strained through a cheesecloth to remove all particles of potato or vegetable, and poured on boiling water, returned to stove and let boil a minute or two. Again it was removed and let cool, and the cake of fat that then formed on top of the water was free from all odor and as nice as butter for shortening purposes.—'N. E. Homestead.'

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