

Scientific and Useful.

SPLENDID APPLICATION FOR WEAK EYES.—Add two grains of sulphate of zinc to one ounce of rosewater. Sponge some of this mixture, diluted with a little cold water, into the eyes several times a day. Its strengthening properties are great.

VERY GOOD SHORT CRUST FOR FRUIT TARTS.—To every pound of flour allow three-fourths pound of butter, one tablespoonful of sifted sugar, one-third pint of water; rub the butter into the flour after having ascertained that the latter is perfectly dry; add to sugar, and mix the whole into a stiff paste, with about one-third pint of water; roll it out two or three times, folding the paste over each time, and it will be ready for use.

FAT.—In most families many members are not fond of fat; servants seldom like it, consequently there is often much wasted; to avoid which, take off bits of suet: fat from beefsteak, etc., previous to cooking; they can be used for puddings. With good management there need not be waste in any shape or form. It is quite as well to keep it for soap fat. Let everyone make their own soap; they will then put fat to a much better use than making puddings with it.

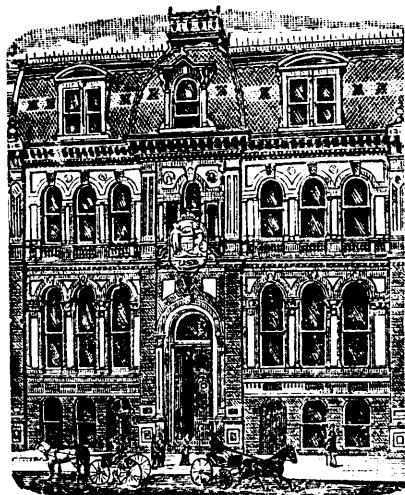
CORN-STARCH PUDDING.—One pint sweet milk; whites of three eggs; two table-spoons corn-starch; three of sugar and a little salt. Put the milk in a farina-kettle, or in a small bucket; set in a kettle of hot water on the stove; when it reaches the boiling point add the sugar; then the starch, dissolved in a little cold milk; lastly, the whites of the eggs, whipped to a stiff froth; beat it; let it cook a few minutes, and pour into a mould. For sauce, make a boiled custard as follows: Bring to a boiling point one pint of milk; add three tablespoonfuls sugar; then the beaten yolks thinned by a tablespoonful of milk, stirring all the time till it thickens. Flavour with lemon or vanilla, and set to cool.

THE TIME FOR SLEEP.—Sleep obtained two hours before midnight, when the negative forces are in operation, is the rest which most recuperates the system, giving brightness to the eye and a glow to the cheek. The difference in appearance of a person who sits up until twelve is quite remarkable. The tone of the system, so evident in the complexion, the clearness and sparkle of the eyes, and softness of the lines of the features, is in a person of health kept up at a "concert pitch" by taking regular rest hours before twelve o'clock, thereby obtaining the "beauty sleep" of the night. There is a heaviness of the eye, a sallowiness of the skin, and absence of that glow in the face which renders it fresh in expression, and round in appearance, that readily distinguishes the person who keeps late hours.

TREATMENT OF HOUSE-PLANTS.—In watering plants in rooms, discretion must be used. Cactus, cereus and, in fact, all the so-called succulents require but little water in winter; simply enough to keep them growing. Callas and all that class of aquatic or semi-aquatic plants will bear watering to saturation. As a rule, smooth-leaved and hard plants require less watering than pubescent and soft-leaved plants. Many small pots require water every day, sometimes twice a day—they dry out so fast—unless plunged into some moist material. The difficulty with amateurs is, they usually give small pots too little water and large pots too much. Until the true habit and necessities of a plant is learned, it is better that it dry sufficiently to droop a little rather than that the soil be kept saturated. Over saturation kills more plants than too much dryness.

GRAHAM FLOUR.—To have gems in perfection one needs to have good Graham flour. And to have good Graham flour the true way is to take the very best wheat and have it ground without bolting. Many farmers live conveniently near to a corn mill, but have no flouring mill except at a distance. Such farmers can have their wheat ground at any common corn mill, and can have bread which is far better than that made from fine flour. Graham flour that is sold at grocery stores is often a poor article. Very frequently there is twice the amount of bran that there would be if none had been added over and above what came out of any given quantity of ground wheat. If families would live more on gems or bread made from unbolted flour, they would be far healthier. Children, by having material for bone growth, would have fine and largely developed forms, and their teeth would remain good for a great length of time. The phosphate which is in the bran of wheat, and a most important element to a complete diet, we are largely deprived of when we eat bread made entirely from fine flour.

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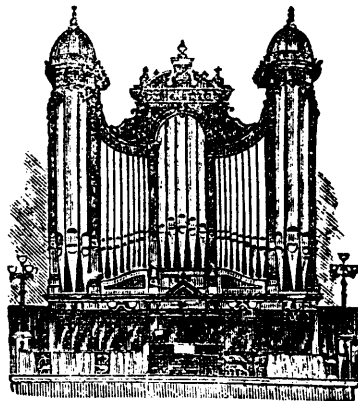
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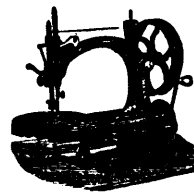


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