Scientific and Aseful.

THE skin of a boiled egg is the most effi-cacious remedy that can be applied to a boil. Peel it carefully, wet and apply it to the part affected. It will draw off the matter and re-lieve the sorequess in a few hours.

BLACKBERRY CORDIAL.—Simmer the blackberrier till they break, strain, and to each pint of juice put a pound of white augar, one-half ounce of cinnamon, one-quarter ounce mace; two teaspoonfuls cloves. Boil fifteen minutes.

PLAIN PUDDING SAUCE.—Take one table-spoonful of butter and two and a half of flour, and mix them thoroughly together, until quite smooth. Place on the fire and add enough bolling water to thin sufficiently, adding half a nutmeg, and sugar to taste.

BOILED RICE AND MINCED EGGS. - Wash and cook the rice in water till tender. Boil the eggs hard, and chop fine; mix with the rice, adding a little pepper, salt, and butter. Allow an egg to each person. The rice when cooked should not be too watery or too stiff.

—Food Reform Cookery Book.

CHEAP PAINT.—Three hundred parts of washed and sleved white sand, forty parts of precipitated chalk, fifty parts of resin and four parts of linseed oil are mixed and boiled in an iron kettle, and then one part of oxide of copper and one part of sulphuric acid are added. The mass is applied with an ordiadded. The mass is applied with an ordi-nary paint brush while warm. If too thick, it is diluted with linseed oil. This paint dries rapidly and gets very hard, but protects wood-work excellently.

wood-work excellently.

COLD WATER DRINKING.—Cold, baths of the skin are good, but it is doubtful if flooding the stomach on going to bed and on rising is not, on the whole, the most profitable form of cold bathing. Costiveness, piles and indigestion are uniformly relieved by this morning and evening cold douche. The quantity must be determined by each one for himself. Two or three swallow will do to begin with, but the quantity will soon grow to a tumbler full; and I have known persons to use much more with marked benefit. If wisely managed, every dyspeptic will be greatly improved by this cold stomach bath.

WOMEN AND SLREP.—Women: sleen by

stomach bath.

WOMEN AND SLEEP.—Women sleep by far too little. Sleeplessness is one of the most fruitful causes of the paleness and nervousness so characteristic of American mothers. You will excuse us, sir, but permit us to ask whether your wife is not still busy with the care of your family six hours after your day's work is done? And then, when your children cry at night, don't you turn over your lazy two hundred pounds for another good sleep, and lef that little, thin, pale wife get up and worry by the hour with the little ones? And now forsooth, you wish to know whether it is not bad for her to lie till eight o'clock in the morning. o'clock in the morning.

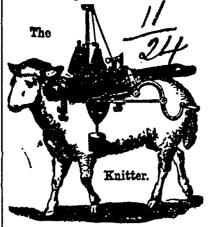
o'clock in the morning.

PANDOWDY.—Five moderate-sized apples, two tablespoonfuls of finely-chopped suet, three eggs, three tablespoonfuls of flour, one pint of milk, a little grated nutmeg. Mix the flour to a smooth batter with the milk, add the eggs, which should be well whisked, and put the batter into a well-buttered pie dish. Awipe the apples, but do not pare them cut them in halves, and take out the cores, lay them in the batter, rind uppermost; shake the suet on the top, over which also grate a little nutmeg; bake in a moderate oven for one hour, and cover, when served, with sifted loaf sugar. This pudding is also very good with the apples pared, aliced and mixed with the batter.

A LONDON PHYSICIAN of eminence gives

A LONDON PHYSICIAN of eminence gives it as his opinion that "in no instance is the it as his opinion that "in no instance is the sin of the father more strikingly visited upon his children than in the matter of tobacco smoking. The enervation, the hypochondriasis, the hysteria, the insanity, the dwarfish deformities, the consumption, the suffering lives and early deaths of the children of inveterate smokers, bear ample testimony to the feebleness and unsoundness of constitutions transmitted by those addicted to this permicious habit. By this a man injures his own health and that of his children. Ought not this consideration to man injures his own health and that of his children. Ought not this consideration to restrain every wise and good man from contracting or continuing such a senseless and destructive habit of self-indulgence?" Another eminent Loudon physician says: "I have constantly observed that the children of habitual smokers are, with very few exceptions, imperfectly developed in form and size, very ill or plain-looking, and delicate in constitution."

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