

Scientific and Useful.

SUGAR CANDY.—Six cups of sugar, one of vinegar, one cup of water, one spoonful of butter, one teaspoonful of soda dissolved in a spoonful of boiling water. Boil altogether without stirring for half an hour; flavor with wintergreen, or to the taste, and cool on plates or pull in the old style of molasses candy.

OYSTER PIE.—Make a crust by working flour into mashed boiled potatoes with a little salt. Lay a deep dish with it, insert a small tea-cup in the middle to hold the juice in, and to hold up the upper crust. Put in the oysters with a little pepper and butter, and dredge in some flour. Cover with crust, make a large slit in the top and bake an hour.

IMPORTANCE OF A CLEAN SKIN.—Most of our invalids are such, and millions of more healthy people will become invalids, for the want of paying the most ordinary attention to the requirements of the skin. The membrane is too often regarded as a covering only instead of a complicated piece of machinery, scarcely second in its texture and sensitiveness to the ear and eye. Many treat it with as little reference to its proper functions as if it were nothing better than a bag for their bones. It is this inconsideration for the skin that is the cause of a very large proportion of the disease of the world. If, as claimed by some scientists, four-fifths, in the bulk, of all we eat and drink, must either pass off through the skin or be turned back upon the system as a poison, and that life depends as much upon these exhalations through the skin as inhaling air through the lungs, it must be of the most vital importance to keep the channels free.—*Hartford Times.*

SINGULAR PLAN OF COUNTER-IRRITATION FOR STINGS.—The Southern dray, to cure a toothache, will put a piece of red pepper in his eye. We had always taken literally his explanation, that he "soon done got enuff to do with that eye, dat dar war'n't no time to think of de tooth." But according to Dr. Lucas, of the Bombay army, the proceeding is rational, after all. This writer describes a similar treatment for scorpion stings. He says: "The sting is at first like a sharp prick from the point of a needle or a finely-pointed nail, and in a very few seconds it assumes a very agonizing form, as if innumerable pins and needles were thrust into the part. It then shoots up the limbs, along the course of the main nerve-trunk, and is afterward of a dancing and most excruciating nature, reaching its climax in from three to five minutes. When a pinch of powdered alum is put into the eye (the eye of the affected side being preferable), the pain of reflected irritation ceases almost instantly as the conjunctival mucous membrane begins to smart, the local pain, perhaps less severe than before, gradually subsides after some hours, and its disappearance is, I am inclined to think, expedited by firm and steady pressure. In regard to the *modus operandi* of the alum cure, I will refrain from saying anything beyond that it probably acts by distracting pain and irritation elsewhere."

KEEP WARM.—This admonition simple in words, is daily becoming more difficult in practice, as the noon-day shadows acquire unwonted length, and the deeper shades of night prevail during about two-thirds of the twenty-four hours. Now the sunshine by day and the fire-side by night are sought for and enjoyed. But it is not however to the sun, nor to the cheerful hickory fire upon the hearth, that the farmer is indebted for the warmth of his body. These outside influences, pleasant as they may be, are merely natural and artificial means, made use of by us to prevent the heat which each one produces for himself and in himself from being too quickly abstracted by surrounding objects, and thus becoming lost to our perception and useless to our comfort. The internal heat of our bodies in health is about 99 deg. F., and can neither be augmented nor decreased except in the slightest manner without causing great derangement of the animal functions. This heat is caused by the slow combustion in the lungs of about ten ounces of carbon daily, the oxygen of the air there combining with it, and the carbonic acid thus produced being expired night and day; the combustion warming our blood, and through it our whole bodies, which are thus kept at a uniform temperature. Nature intends that this great amount of heat thus generated shall be diffused through the surrounding air, and without this means of dissipating the excess we should suffer severely from our own fires. During the winter the fierce blasts will be ever ready to rob us of our natural heat, and we must all be careful not to allow any more wind to reach our bodies than we can avoid, and also we should, especially in farm houses, close every useless aperture, allowing only enough air to pass in and out, to give us the needed supply of oxygen, and to remove the carbonic acid gas so poisonous to breathe.

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