

Health and Home

If carbolic acid has been swallowed, large quantities of olive oil should be taken by the sufferer. After this administer an emetic.

If a particle of lime enters the eye, mix a little vinegar with water—about one-fourth of the former to three-fourths of the latter. Bathe the eye with this, allowing the fluid to make its way beneath the eyelid.

Egg Salad.—Put the crisp leaves of a head of lettuce in a salad bowl, and add four sliced hard-boiled eggs. Sprinkle a dozen minced capers over the whole and add a plain dressing made of one saltspoon salt, one-fourth saltspoon pepper, one tablespoon oil. Mix and add to salad, toss the lettuce lightly and add one tablespoon of vinegar. Serve.

There are now six sanitariums in Germany at which consumptives are treated by constant exposure to air at a low temperature. Currents of cold air are allowed to pass through the bedroom at night, and during the day as much as possible. The pure cold air quiets cough, lessens temperature, arrests night sweats, improves appetite, and modifies or arrests the course of the disease.

Favorite Gingerbread.—Take 1 full cup molasses, 1-2 cup sugar, 1 egg, some shortening the size of an egg (melted), then add salt, with any spice or flavor you like, and 1 spoon soda, then add 2 1-2 cups sifted flour and no more. Now stir well together and, lastly, pour over and stir in a cup of boiling water. Bake in sheets. This recipe, flavored with vanilla and put in layers with chocolate, is very nice. Or add fruit and you have a nice light fruit cake.

Orange short cake.—One cup of butter, two cups of sugar, three cups of flour, one cup of sweet milk, four eggs, two teaspoonfuls baking powder. Cream butter and sugar and gradually the eggs, well-beaten, the milk, and, last of all, the sifted flour. Bake in three jelly-cake tins. When cool spread each layer first with a thick stratum of grated coconut, then with inch-bits of ripe oranges. Sprinkle all plentifully with powdered sugar. Serve with whipped cream, if desired.

Oatmeal Shrub.—To make an excellent drink for an invalid, place in a large pan a quarter of a pound of fine fresh oatmeal, six ounces of white sugar and half a lemon out into small pieces. Mix with a little warm water; then pour over it one gallon of boiling water, stirring all together thoroughly, and use when cold. This makes a most refreshing and strengthening drink. If preferred, raspberry vinegar, citric acid, or any other flavoring may be used instead of the lemon. More oatmeal may be used if desired.

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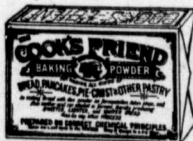
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