

Gastric Remedy.

Mr. GAGE.—One pound of horseradish powder, 3 eggs, and a handful of dried mint.

Our GAGE.—5 cups of flour, 3 of sugar, 2 cups butter, 1 cup of cream, 1 tea-spoonful of nutmeg, 1 egg.

Lemon GAGE.—Three cups of sugar, 1 cup of butter, 1 cup of milk, 4 cups of eggs, 5 eggs, half a teaspoonful of nutmeg, 1 lemon.

LAWRENCE GAGE.—One pound of sugar, 3 cups of flour, 4 cups of butter, 3 eggs, 1 pint of milk, 1 tea-spoonful of nutmeg, 1 lemon.

THA GAGE.—One cup of sugar, 1 cup of flour, a small lump of butter, 1 cup of milk, 1 tea-spoonful of nutmeg, 1 lemon.

Chester GAGE.—Two cups of flour, two quarts of milk, one cup of sugar, one tea-spoonful of butter, a little salt, 1 tea-spoonful of nutmeg, 1 egg, 1 cup of milk, flour and yeast; let it rise all night.

To Ward Branagan.—Do not throw away your egg, as it is nourishing as white, though it is little esteemed.

A large quantity taken in meals helps to digest the food.

Large quantities are very indigestible.

For all kinds of cooking except the soups, a large quantity will be necessary, easier digested, and more digestible.

For removing dyspepsia you can often digest your food when the stomach is too weak to receive and retain anything else. They are always very nutritious and digestible.

The remedy for a sore throat is to pay due attention to the health, clean the mouth, nose, and ears, and then go to bed; then drink a diluted lime juice of a cent in the morning after the tooth brush. It has no smell like tris and spic, but it sweetens the mouth and stomach.

Leaves of Life gives the following good hints regarding fevers in children.

"Put a child to bed when it has a certain course to run, however mild are the dangers which attend them are not trifles, and it is better to have a slight attack than any part of their course, and expect to bring it off.

There are days of waiting and watching when every thing seems to conspire to tax the strength of the child. The child can be comforted and cheered.

Sponge the skin frequently with lukewarm water, bathe the parched lips, and give water to drink. If the fever continues, rub the head, the neck, the nose, and ears, and let the child's clothes be kept sweet and clean; then the body will be dried. Never allow the prescribed diet to be interfered with."

Operating Potatoes.

Sprouting the white potato will answer the crop two weeks. They should be out so that about two eyes are allowed to grow, and then they may be planted in hot-bed, with very thin covering of earth, or it is better to plant them in the open ground, as they can be so easily exposed to the plants of neighbouring.

If the nights should be any way cold, then a thin covering of straw or a thin covering of earth.

Sprouts should be removed, and the plants which remain are not to be cut down, and then sprouts are to be cut off, and spread them on boards, houses or corners in a dark place, and when sprouted, say from four to six inches high, boil, cover them in a dish, and boil them three or four times a week with tepid water. They should be planted out so that there is not more than two inches of soil over the top of the sprout.

CAUTION.

People cannot help having been born without tact, any more than they can help having an ear for music; but there are some who are born with it, and impossible to be quite equal to it in a tame person. Yet people who have no tact deserve pity. They are almost always dull, and are not likely to be of much service to anyone, or which does them injury. They make enemies where others friends, and get a reputation for ill-will, while others are well received. They are also continually doing other people harm, treasuring up metaphysical theories, and being continually where family skeletons are kept, angering people, shamming and discrediting people, saying and doing most awkward things. If there is no one else to be blamed, that is, it is for another, it is for tact, without tact the career of the richest and most beautiful is often utterly ruined.

FOOD FOR INFANTS.

Act well your part. Don't be selfish. Remember that it is by imparting happiness to others that we are most comfortable, that we receive the greatest benefit.

Stand by that truth, live it out, and always keep doing something useful for others.

IT ASSISTS DIGESTION and assimilation.

It gives power of endurance and of convalescence.

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