

Scientific and Useful.

SPONGE CAKE.—three eggs, one cupful flour, one cupful sugar, three tablespoonfuls milk, one half teaspoonful soda, one teaspoon cream tartar; flavor to taste.

DRIPPING PAN.—Put a few drops of ammonia and a little water into the dripping pan after taking the meat from it. By the time that dinner is over, the pan will be as easy to wash as a teacup.

POLISHING COPPER VESSELS.—A copper vessel, badly tinned, Miss Severn found in the kitchen, which had never been properly cleaned and was covered with that deadly poison, verdigris. She had it cleaned with vinegar, rotten stone and oil.

SCOTCH SHORTBREAD.—Rub together into a stiff short paste two pounds of flour, one pound of butter, and six ounces of loaf sugar. Make it into square cakes, about a half inch thick, pinch them all along the edge at the top, dock over the whole surface of the cake and bake in a moderate oven.

TO RESTORE LACE.—An English paper says lace may be restored to its original whiteness by first ironing it slightly, then folding it and sewing it into a clean linen bag, which is placed for twenty-four hours in pure olive-oil. Afterwards the bag is to be boiled in a solution of soap and water for fifteen minutes, then well rinsed in luke-warm water, and finally dipped into water containing a slight proportion of starch. The lace is then stretched upon pins to dry.

EXERCISE.—The *Lancet* insists that girls should have more active exercise, and recommends fives, rackets, and lawn tennis as games for which no great space is required; the latter game might be taught systematically, just as cricket is to boys at public schools. To play these games with safety, however, stays and tight boots must be altogether discarded. Swimming, too, ought to be taught at all girls' schools, not merely because of the protection it affords, but also from its being in itself an admirable exercise, bringing into play all the muscles of the body.

TOMATO CATSUP.—One peck ripe tomatoes, one teacupful salt, half a teacupful black pepper, two tablespoonfuls ground cloves, two tablespoonfuls ground allspice, six small red peppers and four onions chopped together fine; half teacupful celery seed; wash and wipe the tomatoes, cut them up, and put in preserving kettle; add all the above ingredients, excepting the celery seed; boil two hours, stirring frequently; then remove it from the fire, and strain through a sieve; add celery seed and boil half an hour longer; before taking it from the fire add one quart good vinegar; bottle and seal.

DEFORMITIES.—A Manchester (England) physician, Dr. Crompton, who has made a study of the care of infants, gives some information of great importance to mothers, in regard to the common deformities known as bow legs and knock knees. He attributes the first mentioned distortion to a habit some youngsters delight in of rubbing the sole of one foot against that of the other; some will go to sleep with the soles pressed together. They appear to enjoy the contact only when the feet are naked. They don't attempt to make it when they are socked or slipped. The remedy is simply to keep the baby's soles covered. Knock knees the doctor ascribes to a different childish habit, that of sleeping on the side, with one knee tucked into the hollow behind the other. Here the preventive is to pad the inside of the knees so as to keep them apart.

PLAYING IN THE DIRT.—A wise man gives mothers this good advice in the New Haven "Register." As the warm weather comes on it will soon be timely—and, as the boys say, "Don't you forget it!" "The best plaything for your children is dirt. This teaching may not seem orthodox, but it is true, nevertheless. It is hard to see the clean dress of the morning wrinkled and bemired. It is hard to see the rosy cheeks and the dimpled hands that we dearly love to kiss, covered with dirt almost deep enough to plant potatoes. All this is annoying, but it is almost a necessity to the children's health. The earth is a good mother. From it we came; upon it we live; and to it we shall return. Children naturally love the earth. If they have no little spade they will improvise one from a stick, and dig in the garden. They will run their fingers in the dirt and stir it up, breathing the air that escapes. It seems to be almost instinctive with them. Fresh earth is their delight and mud-pies a luxury. It is well to dress your children in the morning for dirty work. A cheap calico apron and the oldest pair of shoes they have should go on. If it is pleasant let them play the whole morning in all the dirt and mud they like. They will have an immense amount of fun and come in with glistening eyes, rosy cheeks and hard firm flesh."

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