

SWEETBREADS AND GREEN PEAS.—Pare four or more heart sweetbreads, parboil until firm, cool and press in a cloth between two tin sheets, with a weight on top; when cold fasten with a darning needle fine strips of fat pork on the best side; put sliced carrot in a saucepan with lard trimmings and aromatics (a bunch of herbs); add the sweetbread, the larded side uppermost; moisten with white broth to half their height; put a buttered paper over, boil briskly, and then cook in a moderately heated oven for about forty minutes, taking care to baste the larding frequently, and glaze of bright light brown colour strain and free the gravy of its fat and reduce to a demi-glace sauce; pour a garnishing of green peas in a dish, range the sweetbreads in a circle over this, with the best one on the centre; glaze with the reduced gravy and serve.

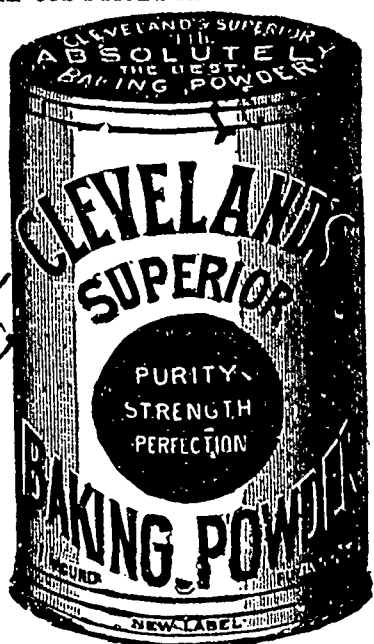
HYGIENIC VEGETABLES.—Celery acts upon the nervous system, and is a cure for rheumatism and neuralgia. Tomatoes stimulate the liver, and spinach and the common dandelion (prepared in the same way) have a direct effect on diseases of the kidney. Onions, garlic and olives promote digestion, by stimulating the circulatory system, with the consequent increase of saliva and gastric juice. Raw onions are also regarded as a remedy for sleeplessness, and the French believe that onion soup is an excellent tonic in cases of debility of the digestive organs.

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The heart is a wonderful little pump which does us yeoman's service; but we are apt to treat it very ungratefully. We slow it down with antipyrine, and hurry it up with ammonia baking powders, and get ourselves in a nervous condition, which keeps it going irregularly.

and then we complain that there is something the matter with our heart. It is a wonder that it does not "stop short never to go again" long before it does.

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W. C. MACDONALD,
Actuary.

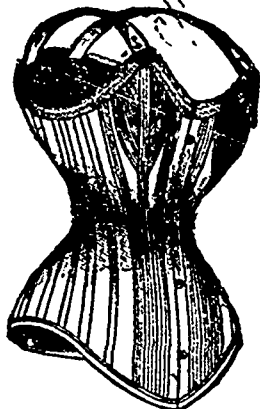
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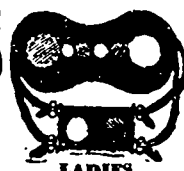


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