

Health and Home

Ginger Cookies.—One cup each of sugar, molasses and butter, one egg, one tablespoonful of vinegar, one tablespoonful of soda, dissolved in boiling water, mix like cookie dough, rather soft, and bake in a quick oven.

Cheese Pudding.—Four tablespoonfuls of grated bread crumbs, the same of grated cheese, two eggs, mustard, pepper and salt, beat yolks with small cup of milk, and put in a pie dish, beat whites to a froth and put in with a good sized lump of butter. Bake twenty minutes and serve hot.

To learn to breathe properly, inflate the lungs and walk for five paces, keeping the mouth shut and breathing through the nose, increasing the five paces to ten, and then to fifteen or more. Follow this up by taking several long breaths after getting up in the morning, and again before retiring.

To make corn dodgers, scald one quart of white cornmeal just enough to moisten; do not make it too wet. Beat one egg, and add to it four tablespoonfuls of milk; add it to the cornmeal. This should now be a thick batter. Drop by spoonfuls on a greased pan, and bake in an oven until a golden brown.

Squash Biscuit.—One pint of flour, one heaping spoonful of baking powder, pinch of salt, two tablespoonfuls sugar, butter size of egg, worked into the flour; two-thirds cup finely sifted squash; moisten with sweet milk to squish; cut like biscuits; cut round and fold together; bake in hot oven fifteen or twenty minutes.

Salt in Sweeping.—An intelligent housekeeper uses a dime's worth of coarse salt each cleaning day. She scatters the salt by the handful on the floor of each room to be swept, and at intervals on the stairs and halls. The salt absorbs the dust in sweeping, imparts a freshness to the colors in the carpet and assists in the cleansing of the apartment.

Onions are an excellent remedy for catarrhs and coughs. For this purpose they are chosen very large, cut in four and stewed in a covered pot with a little sugar or candy; they should be left to stew slowly and for a long time; strain and bottle the juice, cork the bottles tightly and keep them in a temperate and dry room. A teaspoonful of the juice every two hours will be found very efficacious for bad colds.

Luncheon Muffins.—For a dozen muffins use a pint of flour, half a pint of cream or milk, an egg, a tablespoonful of butter, and a half teaspoonful of salt. Mix the flour and baking powder. Beat the egg and sugar together. Melt the butter, and, after adding to the beaten egg and sugar, beat the mixture for a minute. Now add the salt and milk, and finally the flour and baking powder. Mix quickly, and, after putting into buttered muffin pans, bake in a rather hot oven for twenty-five minutes.

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