

Health and Home

Snow Pudding.—Three sour apples, pare and core and steam until soft; beat them with a silver spoon and set away to cool, then add white of one egg, and a cup powdered sugar, beat one hour. **Sauce.**—Yolk of one egg, one cup milk, half cup of sugar; let boil up, then remove from fire; flavor with vanilla. Serve cold.

Creamed Turnips.—Pare the turnips and cut in slices one-fourth of an inch in thickness, then cut the slices in strips like a match. Boil these in salted water half an hour. Drain them, place them in a dish, and cover with cream sauce, made by melting in a small frying pan one tablespoon of butter, adding to it one tablespoonful of flour; stir until smooth, and then add one pint of milk, stir it constantly until it boils, then season it with one teaspoonful of salt and a little pepper, and pour it over the turnip.

White Mountain Rolls.—Four cups flour, one cup milk, quarter cup butter, two tablespoonfuls sugar, one-third cake compressed yeast, half teaspoonful salt, white of one egg, beaten stiff; have the milk warm; add the butter (melted, warm, not hot), salt, sugar, yeast and flour; mix well; then the white of the egg, the last thoroughly mixed in with the hand. Let them rise over night; in the morning roll into shape, cut and fold over or make in any other form. Bake in a quick oven after they have stood an hour.

Virtues of Buttermilk.—The growing practice of utilizing the waste product of all manufactures has brought out the fact that buttermilk possesses many unsuspected qualities. A medical paper says its reputation as an agent of superior digestibility, has become firmly established. It is, indeed, a true milk peptone—that is, milk already digested, the coagulation of the coagulated portion being loose and flaky and not of that firm, indigestible nature which is the result of the action of the gastric juice upon sweet cows' milk. It is of great value in the treatment of typhoid fever, and being a decided laxative, it may be turned to advantage in other treatments.

In the West Indies a lemon bath is almost a daily luxury. Three or four limes or lemons are sliced into the water and allowed to lie for half an hour, in order that the juice may be extracted. A remarkable sense of freshness and cleanliness is given to the skin.

Paraffin, bath-brick, and whiting mixed to a paste is excellent for cleaning steel fire irons. Remove all stains by rubbing with this, and polish with dry whiting and soft dusters.

To keep insects from bird cages, hang a small bag of sulphur in the cage. This will not harm the bird, but it will keep away the vermin that collect, unless great care is exercised, in bird cages.

The colors of flowers may be changed by certain additions to the soil. Charcoal powder deepens the flowers of the dahlia, the rose, petunia, etc., carbonate of soda reddens hyacinths, and superphosphate of soda alters the hues or bloom of other cultivated plants.

Food is very cheap in Russia. Black bread, which, with vegetables, is the principal food of the working classes, costs barely 1-24 per pound; white bread is about 14 per pound; butter is 5d per pound, meat is from 3d to 8d per pound and other food in proportion.

Dr. Robert P. Lyle, of the Rotunda Hospital, Dublin, an old Coleraine boy, has just been appointed lecturer and examiner in obstetrics and gynaecology in the Durham University College of Medicine, Newcastle-on-Tyne.

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