

Health and Home

Soft-boiled eggs require three minutes for cooking, hard five; very hard, to be used for salads and the like, 15 minutes.

There is nothing that so promptly cuts short congestion of the lungs, sore throat or rheumatism as hot water when applied promptly and thoroughly.

Apple Eggs—Pare and core a convenient number of apples, leaving them whole; fill with sugar, and pour over water; then place in oven; when nicely baked take eggs, prepared as for omelette, pour in and over the apples, and return to oven for about ten minutes; grate over them nutmeg, and serve hot.

Fruit Cake—Here is a recipe for fruit cake that is "moist and not bitter," and will be found just right: One cup butter, 2 cups sugar, 4 eggs, 1 cup sour milk, 1 tablespoon soda, 1 pound chopped raisins, $\frac{1}{2}$ pound currants, $\frac{1}{4}$ pound citron, 1 tablespoon each of cinnamon, cloves and allspice, 3 good-sized cups flour. Bake with slow fire.

Welsh Rabbit—This is a new recipe for Welsh rabbit, and is indeed very good. Slice $\frac{1}{2}$ pound cheese finely, place in a stewpan and pour over it 2 tablespoons rich cream. Add 1 teaspoon mixed mustard, season with salt and pepper to taste, stir over a moderate fire until all is smooth and the consistency of cream. Have nicely buttered toast ready on a hot dish, cut in squares and cover each square with the mixture. Brown in a quick oven and serve at once.

Queen Victoria's Favorite Soup—One cup of cold roast chicken, chopped as fine as powder, a pint of strong chicken broth, a cup of sweet cream, half a cup of bread or cracker crumbs, 3 yolks of eggs, 1 teaspoon of salt, $\frac{1}{2}$ teaspoon of pepper. Soak the crumbs in a little of the cream. Bring the broth to boiling point and add the meat. Break the eggs, separating the yolks and whites. Drop the yolks carefully into boiling water and boil hard; then rub to a powder and add to the soup with the cream and the seasoning. Simmer ten minutes and serve hot.

A simple mixed diet is usually the best one for nervous persons. A good deal of fat, if well digested, is usually of assistance. Only experiment will show what oily food will agree best, whether cream (whipped), cream and milk, fat mutton chops, sandwiches of fat salt pork or fat boiled ham, eggs, especially the yolks, cod-liver oil, or butter. It should be in some uncombined form, for pestry and cake, though containing much oily matter baked up with flour, are not easily digestible. Condiments and spices, tea and coffee, wine or beer, and much meat are to be avoided. Cocoa is of value, if it agrees. Fresh air and regular exercise, also much sunlight, should be considered as an essential to digestion, and so to diet. Oil baths are excellent.

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