

## Dr. Clark on Alcohol.

In an address recently delivered in London, Dr. Andrew Clark, for twenty-five years physician to the London Hospital, gave utterance to the following sentiments well worthy of consideration as coming from a man whose opportunities for observation have been so ample as to enable him to form reliable opinions on this subject.

He first stated that alcohol is a poison, like arsenic, strychnia, and opium, and in nine cases out of ten it produces distinctly injurious effects upon those who use it.

"As to the influence of alcohol upon work, Dr. Clark encouraged his hearers to try the experiment of total abstinence, and observe the result in regard to work. Let them, however, try it fairly, and not allow themselves to be deterred from it by the evil prognostications of friends. He was certain that if this experiment were tried, each individual present would come to the conclusion that alcohol was not a helper of work, but on the contrary a hinderer.

"Now as to the effects of alcohol upon disease. He went through the wards of his hospital to-day and asked himself how many cases were due to natural and unavoidable causes, and how many to drink, and he came, after careful thought, to the conclusion that *seven out of ten owed their ill-health to alcohol*. He did not say that these were excessive drinkers or drunkards—in fact, it was not the drunkards who suffered most from alcohol, but the moderate drinker who exceeded the physiological quantity. The drunkard very often was an abstainer for months together after a period of intemperance, but the moderate drinker went steadily to work undermining his constitution, and preparing himself for premature decay and death. He had no means of finding out how many victims alcohol claimed each year, but certainly more than three-fourths of the disorders of fashionable life arose from the drug of which he was speaking. Finally, Dr. Clark dwelt upon the heredity of the alcoholic taint, and closed by saying that sometimes, when he thought of all this conglomeration of evils, he was disposed to give up his profession, to give up everything, and to enter upon a holy crusade, preaching to all men everywhere to beware of this enemy of the race."

## An Appalling Fact.

Mrs. Lucy Stone Blackwell talks plainly to the ladies. She says "the waste of time, the waste of strength and health which women accept on account of fashion is appalling. The shoes of women have pegs for heels, half way under the foot, on which they walk with a tottering, hobbling gait, like Chinese women. Frills, fringes, cords, straps, buttons, pull-backs and flounces, supposed to be ornamental, but which have no other use, burden and deform even our young girls. If the rising generation is to be healthy, there must be a return to the simpler as well as more becoming styles. We need artists who can devise simple and beautiful dresses, which shall secure to the wearer the free and untrammelled use of the whole body."

**FOR WEAK AND INFLAMED EYES.**—Take epsom salts and water, in the proportion of one teaspoonful of the salts to one-half tumbler of water, or milk and water, and bathe the eyelids every few minutes until the inflammation has abated. It is harmless, soothing, and cooling, and I consider it an invaluable remedy.

**COUGH SYRUP.**—An ounce each of flaxseed, stick licorice, slippery elm, and thoroughwort. Simmer these all together in one quart of water till the strength is extracted, then strain and add one pint of the best molasses, and one-half pound of loaf sugar. Simmer again twenty minutes. This syrup has been used for years in cases of every kind of severe coughs, with perfect success. Enough cannot be said in favor of it.

**TO REMOVE MOTH PATCHES.**—Put a tablespoonful of flour of sulphur, better still of lac sulphur, ground, as being more finely comminuted, in a pint bottle of rum. Apply to the patches once a day, and they will disappear in two or three weeks. The moth patch is a vegetable fungus, and sulphur is a sure destructive.

## HINTS FOR THE HOUSEHOLD.

**BROILED CHICKEN.**—Clean and split open the chicken, and broil it on the gridiron over a clear fire. Sprinkle with salt and pepper, spread it with the best fresh butter, and serve on a hot platter with a few sprigs of watercress around it. Serve lettuce salad with it. Dress the salad with oil, salt, pepper, and vinegar.

**CHICKEN PIE.**—Take two full-grown chickens (or more if they are small), disjoint them, and cut the backbone, etc., as small as convenient. Boil them, with a few slices of salt pork, in water enough to cover them; let them boil quite tender; then take out the breast-bone. After they boil, and the scum is taken off, put in a little onion, cut very fine, not enough to taste distinctly, but just enough to flavor a little; rub some parsley very fine when dry; or cut fine when green; this gives a pleasant flavor. Season well with pepper and salt, and a few ounces of good fresh butter. When all is cooked well, have liquid enough to cover the chicken; then beat up two eggs, and stir in, also some sweet cream. Line a five-quart pan with a crust made like soda biscuit, only more shortening; put in the chicken and liquid; then cover with crust the same as the lining. Make an opening for the steam to escape. Bake till the crust is done, and you will have a good chicken pie.

**DAFF CAKE.**—Four and a half tea cups of flour, two and a half cups sugar, one-half cup butter, one cup of sweet milk, five eggs, three teaspoonfuls baking powder, cream, butter, and sugar; beat the eggs separately; bake in gem pans.

**GOLD AND SILVER CAKE.**—One cup of butter, two of sugar, one of sweet milk, four of flour, two teaspoonfuls of cream tartar, one of soda and four eggs; take the whites for silver cake and the yolks for the gold.

**MOUNTAIN DEW CAKE.**—One cup sugar, one egg, one tablespoonful butter, flavor with lemon, two-thirds cup of milk, two cups flour, three teaspoonfuls baking powder; bake in four jelly tins; put frosting between the layers.

**FEATHER CAKE.**—One cup sugar, one cup milk, one tablespoonful butter, one egg, two and one-half cups flour, two teaspoonfuls cream tartar, one teaspoonful soda. Flavor to taste with nutmeg or lemon.

**FRENCH CAKE.**—Five tumblers sifted flour, three of white sugar, one-half tumbler butter, one tumbler milk, one teaspoonful soda dissolved in a little water; mix well; beat three eggs, yolks and whites beaten separate, one teaspoonful nutmeg; beat all well for ten minutes; bake in a moderate oven.

**LEMON PIE.**—Two lemons, three eggs, two cups sugar, two tablespoonfuls melted butter; beat the yolks of the eggs and the sugar together; add the rind, grated, and the butter; pour into the crust and bake in quick oven; then beat the whites of the eggs into a froth; add three tablespoonfuls pulverized sugar, spread over the top smoothly and let it brown slowly.

**GREEN CORN PUDDING.**—Grate a dozen ears of corn; season with a teaspoonful of salt and half a saltspoonful of white pepper; add the yolks of four eggs, beating them well in; two tablespoonfuls of butter, warmed; a quantity of milk, and last, the whites of the four eggs, well beaten. Bake in a moderate oven for an hour, covering with a piece of letter paper if it brown too quickly.

**GREEN CORN FOR WINTER.**—Cut the corn from the cob (raw) before it gets too hard; to each gallon of cut corn add two scant tea cups of salt, pack tightly in a jar (don't be afraid of getting the jar too large), cover with a cloth, put a heavy weight to keep the corn under the brine which soon forms; now the most important part is to wash the cloth every morning for two weeks or the corn will taste queer. If the corn is too salty, freshen before cooking. This is as good as canned corn, and is much easier put up. I put tomatoes in jugs and seal with good corks and sealing wax; get a large funnel, and you can put up as fast and much as you please.—Ex.