

Many a useful life may be spared to be increasingly useful by cutting a cold short off in the following safe and simple manner:—On the first day of taking a cold there is a very unpleasant sensation of chilliness. The moment you observe this, go to your room and stay there; keep it at such a temperature as will entirely prevent the chilly feeling. In addition, put your feet in water, as hot as you can bear, adding hot water from time to time for a quarter of an hour, so that the water shall be hotter when you take your feet out than when you put them in; then dry them thoroughly, and put on warm, thick woollen stockings; and for twenty-four hours eat not an atom of food, but drink as largely as you desire of any kind of warm tea, and at the end of that time, if not sooner, the cold will be effectually broken, without any medicine whatever.

Those who are liable to cold should bear in mind, that the system is rendered more susceptible after the taking of liquid refreshments. When there is much liquid in the system, the perspiration is increased, and there is greater risk if the body has to be exposed. Half a dozen cups of warm tea may be very beneficial after a cold has been taken, but there is no reason why you should take them before setting out in damp wind; nor, indeed, should any one depend on spirits as a preventive. Proper clothing and brisk exercise will enable any one to withstand the attacks of wind and rain, provided the body be temperately nourished and the mind kept buoyant.—*Medical Journal.*

#### PAINTING AND COLOR OF COUNTRY HOUSES.

Genuine white lead is one of the dearest of paints. It is not economy which leads us to adopt it. We scarcely know any thing more uncomfortable or injurious to the eye, than to approach the sunny-side of a house in one of our brilliant mid-summer (and we may say mid-winter) days. It is absolutely painful. We think the color of all buildings in the country should be of those soft and quiet shades called neutral tints, such as fawn, drab, gray, brown, stone-color, etc.; and that all positive colors, as white, yellow, red, etc., should be avoided. A very slight admixture of a darker color, is sufficient to remove the objections to white paint by destroying the glare of white, the only color that reflects the sun's rays. Caution is necessary not to have the buildings too dark and sombre.—*Abridged from Downing's Horticulturist.*

#### HOW TO MAKE GOOD TEA.

Boil rain water and pour upon your tea, letting it steep from one to two minutes if you wish to realize the true taste of the "plant divine." Well, river, or spring water, in many parts of the country is strongly impregnated with lime, which acts chemically upon the tea leaf, and greatly deteriorates, or destroys its fine aromatic flavor. In fact, water, containing lime, or much vegetable matter in solution, has more or less effect upon all kinds of cookery. Besides, it is highly injurious to the health of most persons.

**To Cleanse the Teeth and Improve the Breath.**—To four ounces of fresh prepared water, add one drachm of Peruvian bark, and wash the teeth with this water in the morning and evening, before breakfast and after supper. It effectually destroys the tartar on the teeth, and removes the offensive smell arising from those that are decayed.

**Feeding Stock.**—Never feed stock so well in the early part of winter that it can not be fed better toward spring. Never feed young stock so well that it can not be fed better as it advances in years.

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