

Health and Home.

Croquettes.—Boil until very tender chicken or veal. To two pounds of meat add three raw eggs, butter, salt, pepper, nutmeg and onions, a little celery salt is good. Add the juice boiled down to about one-half cup, thickened a very little. Make into small pyramidal forms, roll in egg and cracker and fry in hot lard. Serve hot.

A sandwich that has been seen at afternoon teas this winter is made of celery and cheese. The celery used should be the whitest and crispest part of the stalk, chopped very fine. It is then made into a paste with cream cheese, seasoned well with salt and white pepper, and used between thin slices of brown bread. If the mixture shows a tendency to crumble instead of forming into a paste, a little thick sweet cream may be added.

Plain Pudding.—To a pint of rich, fresh buttermilk, add two tablespoonfuls of cream, one teaspoonful of dissolved soda, a pinch of salt, and flour enough to make a very stiff batter. Turn into a well-buttered mould part of the mixture, then add some bits of jelly then some more of the batter, then jelly, placing it evenly over the surface, and lastly covering and finishing with the butter. Steam two hours or until it bursts open at the top. Eat with sauce.

Cream Pie. Butter the size of an egg, one cup of sugar and two eggs stirred together. Add one-third of a cup of milk, two cups of flour with two teaspoonfuls of baking powder stirred in before sifting into the mixture. Bake in two pie tins for two pies. For the filling, one pint of milk, taking out enough to wet 1 1/2 cup of flour, and scald the rest; two-thirds cup of sugar, and yolks of two eggs, stir the filling mixture together and boil for three minutes. When cold, flavor with lemon or vanilla and spread between the upper and lower crusts when cut smoothly apart. Put frosting over the top if desired. This makes two delicious pies.

The Sun Versus the Doctor.

Where the sun does not go, there will go the doctor. All sorts of diseases, from consumption down, are mitigated or cured by sunlight and pure air. Watch for the sun, for life and health dwell in the sun's beams; and when it is shining, open every window in the house until it goes down again. There is every reason to believe that the germs of such diseases as scarlet fever, diphtheria, typhoid fever, and other such deadly enemies, are entirely destroyed by strong sunlight. Not only, however, has the sun the power of making germs die, but it is equally endowed with the potency of making men live. Let every woman and child make sure that not only themselves, but also their children and their servants, shall have the fullest opportunities of taking in unlimited quantities of the inexpensive, life-giving sunshine.—The Hospital.

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