

The Household.

How to Iron Cuffs and Collars.

Have ready some irons very hot, only just not to scorch. And let there be enough irons not to have to wait for a second when the first is cool. Those must be very clean and with a good polish. To insure the latter have a piece of beeswax, and when the iron is taken off the fire rub it over the beeswax, and then rub the iron on a crushed salt and it will run smoothly. Now on the ironing sheet lay a clean, smooth cloth; a handkerchief will do. Lay a collar on this, fold over part of the handkerchief, and iron quickly from one end to the other two or three times to dry it a little. While still steaming take off the handkerchief, stretch the collar with the hands, and iron briskly on the right side straight across. If the iron is not hot enough, or the collar too dry, the starch will stick. When the right side is smooth, without creases, turn it on the other side and iron more slowly so as to dry it thoroughly. The irons require constant renewing, as the damp cools them quickly. If any starch appears on the iron it must be scraped off with a knife before going back to fire. If you do not want shirts or cuffs to blister and wrinkle when buttoned do not make the first, or beaded starch, to stiff, and rub it in well. Of course you know that they should always be dipped in cold starch, i. e., clear starch mixed thin with cold water, before ironing.

How to Wash Woolen Blankets.

Select a bright, sunny day, with a brisk breeze, so that they may dry rapidly. Have the water as hot as the hands will bear, and dissolve the soap in the water, avoiding rubbing it on the blankets unless very soiled spots render it imperative. After rubbing it through this water, thoroughly rinse through two waters or the same temperature of the rubbing water. Wring as dry as possible; then let some one take hold of each end of the blanket and pull evenly and strong to bring it to its former size before drying. Pin as evenly as possible on the line, and let it become perfectly dry. Treated in this way no ironing is necessary. The secret of washing flannels without shrinking is to have all the water the same temperature (and after long experience I prefer hot to lukewarm water), and also to thoroughly rinse all soap from the blanket.

Receipts.

STIRRED BREAD.—One quart flour, two large teaspoonsful baking powder, two teaspoonsful salt, two eggs, and sweet milk to make a stiff batter; bake in a loaf in a biscuit tin. To be broken, not cut, and eaten hot. Water may be used instead of milk by adding a spoonful of butter.

Tomato soup made of canned tomatoes: One pint of canned tomatoes and one quart of boiling water. As soon as this boils add one small teaspoonful of soda; then add one pint of milk, and salt and pepper to taste. After this boils, sift in the crumbs of eight butter crackers rolled fine.

POVERTY CAKE.—Soak three cups of dried apples over night, in the morning chop them fine, add two cups of molasses, and cook slowly one hour; when cooled a little add one cup sugar, one of raisins, one of thick sour cream, two eggs, one teaspoonful of soda, flour to make a stiff batter, spice, and bake slowly. Freezing is a great improvement.

TO COOK CAULIFLOWER.—Take off the outer leaves and separate the cauliflower into little branches. Put into a saucepan with a little salt and cover with cold water. Boil until soft, when drain off the water, put in a gill of milk thickened with a little flour, a piece of butter as large as a walnut, and a sprinkling of pepper. Boil up again and serve hot.

ORANGE SHORTCAKE.—To make a delicious orange shortcake slice orange and sprinkle with sugar an hour or two before using. To a quart of flour add two teaspoonsful of baking powder and rub into it two teaspoonsful of butter or sweet lard, moisten with cold water to a soft dough. Roll, bake in pie tins, split open and put oranges between. Eat with sweetened cream.

STRAWED CHEESE.—Cut half a pound of cheese into thin slices. Take a clean stewpan and put in the cheese with a small

wineglassful of beer, older, or wine, and stir over the fire till it is melted. Beat up the yolks of two eggs and a small teaspoonful of dry mustard and a very little cayenne pepper; stir for two minutes over the fire and serve very hot spread upon toast. Do not let it burn, and if the cheese is not very rich add a little butter when it begins to melt and spread butter on the toast.

CREAMED POTATOES.—To cream potatoes chop some cold boiled potatoes. Put two or more tablespoonsful of butter into a frying-pan, when hot rub into it smoothly a spoonful of flour, but do not brown; add a cup of rich milk, and when it boils a tablespoonful of chopped parsley, pepper and salt, then the potatoes. Boil up well and serve. I have used instead of butter, pork or bacon grease, and sometimes for variety a chopped onion.

LEMON PICKLE.—The fruit should be small, with thick rinds. Rub them with a piece of flannel; then slit them down in quarters, but not quite through the pulp, fill the slices with salt hard pressed in; set them upright in a pan for four or five days until the salt melts; turn them three days until they become tender in their liquor. Then make enough pickle to cover them of ripe vinegar, the brine of the lemons, Jamaica pepper and ginger; boil and skim it. When cold put it over the lemons.

HOT CABBAGE SALAD.—Take a firm, white head, shred or chop enough to nearly fill a quart dish, put it in the dish, sprinkle the top with a half teaspoonful of black pepper and two or three tablespoonsful of white sugar; put half a cup of butter in a spider; when it is brown stir into it the following mixture: Half cup of sour cream, three well-beaten eggs, half cup of vinegar; let it boil a moment and pour it over the cabbage; cover and keep in a warm place until wanted.

RICH CHOCOLATE PUDDING.—Beat to a cream six ounces of butter, add a quarter of a pound of grated chocolate, three ounces of sugar, and by degrees the yolks of eight eggs, with a quarter of a pound of grated brown bread. Pound together a powder a quarter of a stick of vanilla and eight cloves; add these to the pudding, stirring in at the last the whites of the eight eggs beaten to a froth. Butter a mold well, pour in the pudding, and boil an hour and a half. Serve with sauce.

BOOK-WORK.—One quart of milk, five eggs, six tablespoonsful of sugar, vanilla or other essence. Beat the milk; pour upon the beaten yolks and sugar. Cook until the custard begins to thicken. Pour out, and, when cold, flavour and pour into a glass bowl. Whip the whites stiff with two spoonfuls of sugar, flavor, and poach by laying a spoonful at a time, upon boiling milk, and, carefully withdrawing the spoon from underneath, leaving the oval mass of meringue floating upon the surface. Turn it over when one side is done, and presently take it up and lay upon the custard. Heap them irregularly on the top, and let all get cold before serving. Pass light cakes with this custard.

MARBLED CREAM CANDY.—Four cups of white sugar, one cup rich sweet cream, one cup water, one tablespoonful butter, one tablespoonful vinegar, bit of soda, the size of a pea, stirred in cream, vanilla extract, three tablespoonsful of chocolate grated. Boil all the ingredients except half the cream, the chocolate and vanilla together very fast until it is a thick, repp syrup. Heat in a separate saucepan the reserved cream, into which you must have rubbed the grated chocolate. Let it stew until quite thick, and when the candy is done add a cupful of it to this, stirring in well. Turn the uncolored syrup out upon broad dishes, and pour upon it here and there, great spoonfuls of the chocolate mixture. Pull as soon as you can handle it with comfort, and with the tips of your fingers only. If deftly manipulated it will be streaked with white and brown.

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Health Department.

Notes and Suggestions.

Blue lick water (of Kentucky) has been found of decided value in reducing obesity.

Dr. Philpott in a German scientific journal advocates the use of sugar as a beneficial article of food.

No one should turn their jaws into a nut-cracker; it is dangerous even for women to bite off, as they often do, the ends of thread in sewing.

Lemons were used by the Romans to keep moths from their garments, and in the time of Pliny they were considered an excellent poison. They are natives of Asia.

Dr. Edward Noakes says that in cases of over-dose of tobacco, as in the sickness from smoking, etc., a dose of camphor has repeatedly proved antidotal in his hands.

Over a burn immediately with the pulp of a raw potato. Rub warts with lemon juice three or four times a day. It is said it will remove them. It will be a harmless experiment anyway.

Dr. Burney Yee, of London, reports the curious observation that there are persons who usually drink tea without injury, but in whom when in a depressed mental condition it occasions indigestion and palpitation of the heart.

A late novelty in the use of poultices is to wet a sponge in a concentrated decoction of mustard, and wrapping it with a handkerchief bandage for application. It is readily renewed by simply again immersing in the same liquid.

Nitro-Glycerin is likely to displace alcohol when a cardiac or cerebral stimulant is needed. One drop of the one per cent solution of nitro-glycerin is more than the equal of an ounce of brandy in such cases.

Sir Henry Thompson holds that artificial teeth are an evil in those of advanced years, because they enable such persons to masticate flesh. When the teeth fall naturally it is nature's design that the individual should subsist on vegetable diet.

Neuralgia headache in women is, says the *Lancet*, largely caused by irritation to the nerves of the scalp coming from the small bundles of hair, which are pulled back and held in place by hair pins. The injury done is lasting in its consequences.

Effects of Tobacco.—An officer in the French army who had always experienced headache, vertigo and pains in the stomach after smoking, has discovered that by mixing a few dried leaves of Eucalyptus Globulus with his tobacco all these effects are prevented.

A correspondent of the *Medical Record*, in an article on chronic Bright's disease, says: Make the diet as little nitrogenous as possible. Use milk freely, and iron and cod liver oil, for the purpose of making up the deficiency in the red corpuscles by the increase in the elimination of albumen.

In a case under the care of Dr. A. W. Foote, the patient was so opulent as to render him incapable of any exertion. Liquor potassa in two drachm doses of fluid extract of fucus vesiculosis, enabled him to walk long distances and perform light labor.

Fruit-eating must obtain more than it does, not as a luxury, but as a hygienic measure. Fruit should be kept where the children can help themselves to it. A barrel of apples will often save a fit of sickness. Three or four eaten every day will do them ever so much good. Never scrimp your children's supply of fruit if you can help it.

The Treatment of Eczema.—A writer gives the following formula: Salicylic acid, 10 parts; Ichthyol, 20 parts; alcohol, 100 parts: to be rubbed on the affected part twice a day with a stiff brush, after which the surface is to be well powdered. This treatment is said to be very effective, although mild, simple and cleanly. A case of eighteen years' standing is cited as having been cured with it in less than three weeks.

Stammering.—When there is no malformation of the organs of articulation, stammering may be remedied by reading aloud with the teeth closed. This should be practiced for two hours a day for three or four months. Another plan is for persons affected with this annoyance, at every syllable pronounced to tap at the same time with the finger. By so doing the most in-

terate stammerer will be surprised to find he can pronounce quite fluently, and by long and inveterate practice he will pronounce perfectly well.

Cases are occasionally reported confirming the belief that contagious diseases may be conveyed by letter. Recently a little girl who was dying of scarlet fever in New York desired to send a kiss to a little playmate in another town. She kissed a letter, which was sent by mail to the little playmate, who in turn kissed the letter as a message from her dead friend. In a few days she herself died of scarlet fever.

Nerve-Stretching.

Many people think of the nerves as something intangible, somewhat as they think of nervous diseases, as mainly imaginary, and have little sympathy with the sufferer. But the latter are terribly real, and the former are quite as substantial as the blood-vessels, and, like them, the larger ones are surrounded by tough elastic walls.

Their office is two-fold; to communicate sensation from the circumference to the centre, and force from the centre to the circumference.

No part of the system is so frequently and variously diseased, but the disease may be of such a character as not to show at all to the eye; or the acutest pain may mean only that the nerve is pressed on and irritated by some hidden cause, as when the bony canal through which a nerve issues, is unduly narrowed by age, or as when rheumatism enlarges the bony matter of a joint. In such cases, as the cause is permanent, no medicine can effect a cure.

Years ago, the plan was adopted of severing the painful nerve, but as the nerve soon grows together again, the relief is but temporary. Then the plan was improved upon by cutting out a considerable portion of the nerve. A more durable relief was obtained, but we have the impression that it tended to the disintegration of the nerve. Finally, it was found that the nerve could be rendered insensible by forcible stretching.

The sciatic nerve is the largest in the body. It issues from the network of nerves near the end of the spinal cord, and is distributed to the muscles of the body. The following case illustrates relief by stretching.

The patient's pain was so severe and constant that he was confined to the bed most of the time after admission to the hospital. Nerve-stretching was tried. The nerve was cut down to and lifted up by the finger, and subsequently was grasped by the whole hand and drawn strongly, first downward and then upward, with sufficient force to raise the entire limb from the table. Soon after the operation, the patient began to improve, and in a few months was as strong and healthy as he had ever been. When last heard from, he had had no return of the sciatic.

Rules for Keeping Health.

The Ladies' Sanitary Association, of London, gives the following simple rules for keeping health:

- A—As soon as you are up shake blanket and sheet;
- B—After be without shoes than sit with wet feet;
- C—Children, if healthy, are active, not still;
- D—Amp bed and damp clothes will both make you ill;
- E—Eat slowly and always chew your food well;
- F—Refresh the air in the house where you dwell;
- G—Armchairs must never be made too tight;
- H—Ones should be healthy; airy and light;
- I—If you wish to do well, as you do I've no doubt,
- J—Use open the windows before you go out;
- K—Keep the rooms always tidy and clean;
- L—Let dust on the furniture never be seen;
- M—Much illness is caused by the want of fresh air;
- N—Now, to open the windows be ever your care;
- O—Old rags and old rubbish should never be kept;
- P—People should see that the floors are well swept;
- Q—Nick movements in children are bad;
- R—Remember the young cannot thrive in a tight;
- S—So that the cistern is full to the brim;
- T—Take care that your dress is all tidy and clean;
- U—As your nose to find it there be a bad smell;
- V—Very bad are the favors that come from the nose;
- W—Walk as much as you can without a sign;
- X—Excess could walk full many a year;
- Y—Our health is your wealth;
- Z—Zal will help a good cause.

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