

**Scientific and Useful.**

**BUTTER COOKIES.**—One cupful of sugar, one cupful of butter, two eggs, one and a quarter teaspoonfuls of cream tartar one teaspoonful of saleratus, and caraway seed or lemon extract. This makes forty to fifty cookies which will keep for months.

**ENGLISH POTATO BALLS.**—Boil some potatoes very dry; mash them as smoothly as possible; season well with salt and pepper; warm them, with an ounce of butter to every pound of potatoes, and a few spoonfuls of good cream; let them cool a little, roll them into balls; sprinkle over them some crushed vermicelli or macaroni, and fry them a light brown.

**BAKED APPLE PUDDING.**—Five moderate-sized apples, two tablespoonfuls of finely-chopped suet, three eggs, three tablespoonfuls of flour, one pint of milk, a little grated nutmeg. Mix the flour to a smooth batter with the milk, add the eggs, which should be well whisked, and put the batter into a well-buttered pie-dish. Wipe the apples, but do not pare them; cut them in halves, and take out the cores; lay them in the batter, rind uppermost; shake the suet on the top, over which also grate a little nutmeg; bake in a moderate oven for one hour, and cover, when served, with sifted loaf sugar.

**DRAINAGE.**—It is not half well enough understood that in the country, where air ought to be pure and water untainted, typhoid fevers, diphtheria, and a whole catalogue of malignant and dangerous disorders, are caused by the drainage of barnyards and filthy out-buildings into the well, which is often placed so low as to take even the surface drainage, to say nothing of the liquid filth which soaks through the soil and poisons the currents that supply wells with water. In addition to this, the wash-water of the kitchen is often thrown out near the back door, instead of being carried away by a wide and free drain. And then very few persons understand how dangerous to health are the decaying vegetables and all sorts of impurities that accumulate in cellars, under houses, unless they are kept dry and clean, and carefully watched.—*The Housekeeper.*

**COLD FEET AND SLEEPLESSNESS.**—The association betwixt cold feet and sleeplessness is much closer than is commonly imagined. Persons with cold feet rarely sleep well, especially women. Yet the number of persons so troubled is very considerable. We now know that if the blood supply to the brain be kept up sleep is impossible. An old theologian, when weary and sleepy with much writing, found that he could keep his brain active by immersing his feet in cold water; the cold drove the blood from the feet to the head. Now, what this old gentleman accomplished by design, is secured for many persons much against their will. Cold feet are the bane of many women. Light boots keep up a bloodless condition of the feet in the day, and in many women there is no subsequent dilatation of the blood-vessels when the boots are taken off. These women come in from a walk, and put their feet to the fire to warm—the most effective plan of cultivating chilblains. At night, they put their feet to the fire and have a hot bottle in bed. But it is all of no use; their feet still remain cold. How to get their feet warm is the great question of life with them—in cold weather. The effective plan is not very attractive at first sight to many minds. It consists first in driving the blood-vessels into firm contraction, after which secondary dilatation follows. See the snow-baller's hands. The first contact of the snow makes the hand terribly cold, for the small arteries are driven thereby into firm contraction, and the nerve-endings of the finger-tips feel the low temperature very keenly. But, as the snowballer perseveres his hands commence to glow; the blood-vessels have become secondarily dilated, and the rush of warm arterial blood is felt agreeably by the peripheral nerve-endings. This is the plan to adopt with cold feet. They should be dipped in cold water for a brief period; often just to immerse them, and no more, is sufficient; and then they should be rubbed with a pair of hair flesh-gloves, or a rough Turkish towel, till they glow, immediately before getting into bed. After this, a hot-water bottle will be successful enough in maintaining the temperature of the feet, though, without this preliminary, it is impossible to do so. Disagreeable as the plan at first sight may appear, it is efficient; and those who have once fairly tried it, continue it, and find that they have put an end to their bad nights and cold feet. Pills, potions, lozenges, "night-caps," all narcotics, fail to enable the sufferer to woo sleep successfully; get rid of the cold feet, and then sleep will come of itself.—*British Medical Journal.*

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