

**Household Hints.**

**DYSPEPSIA.**—Sleep greatly aids dyspeptics. An hour's sleep before dinner, even a short nap, greatly rests the stomach and enables it to undertake digestion. A little rest before all meals—but ten or fifteen minutes—may avert an attack of dyspepsia, and certainly render less severe the attack of those suffering from it habitually.

**A TEST FOR BUTTER.**—Persons buying butter for hotels, hospitals, schools or private consumption might find it worth while to try Dr. Pennetier's method of testing, which is exceedingly simple: "A small fragment of butter is bruised between two object-glasses and examined under the microscope with polarized light, above a selenite lamp. If the butter be pure, nothing particular is observed, but if it contains a trace of margarine or butter which has been melted, beautiful stars, bright with all the colours of the rainbow, are seen."

**PUBLIC BATHS.**—The unusually excessively warm days of April have furnished a timely reminder for putting in order the public bath houses, and, if possible, adding to their number. Cleanliness is one of the greatest essentials of sanitation. A company has been incorporated in Boston to establish baths for the poor upon the plans which have been found popular and efficient in large European cities. The enforcement of regulations for cleaning the streets, the disinfection of houses and the abatement of nuisances prejudicial to health are devoid of their full sanitary value if the bodies of men and women and children are kept in a condition of chronic nastiness. With free baths there can be no excuse for personal uncleanness.

**TO FRY POTATOES A DELICATE BROWN.**—One reason why in private families fried potatoes are not a success is because they are not properly dried before putting them into the fat. They should always be dried in a clean cloth after they are sliced. A cook says it is better to fry them twice in this way: Get the fat properly hot, then put in the potatoes, either in slices, chips or ribbons, a few at a time, and let them cook till tender, but not coloured, and then set them on a sheet of kitchen paper in a warm corner to drain. When required for use, reboil the fat till hot enough to colour them at once, plunge them in again, a few at a time, fry for a minute or two until crisp and a nice golden brown; drain, sprinkle with a little fine salt and serve. Fat boils at a higher temperature than water, so it is best to test it before putting anything into it. The fat for frying the potatoes the first time need not be as hot as for the second, when they should be coloured almost at once.

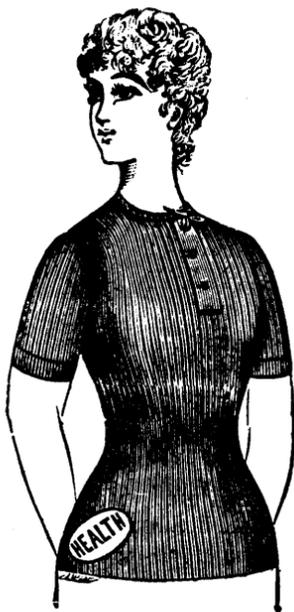
**CARING FOR THE MOUTH.**—Insisting upon the necessity of caring for the mouth and fauces, a sanitary writer in the New York Independent says: "The foulness of air and the need of ventilation is not so much because of the carbonic acid in the air as from the organic matter in a mobile or decaying state. Especially where there are assemblages, as in schools and public rooms, the bad breath of a dozen persons is more polluting than that of a hundred whose mouths are in a perfectly healthy and normal condition. Hence we cannot too much insist upon mouth-rinsing and frequent cleansing of the breath as indispensable to young and old. Often there is need to add the use of some pleasant disinfectant as thymol, borax, etc. The subject is a most important one, not only in relation to the health of the individual but to the prevention of disease. It is now well understood by physicians that in those who are exposed to disease we are apparently able sometimes to prevent contagion by early and close attention to the mouth and its secretions. Children should use the tooth-brush if for no other reason than that, as a consequence, there is rinsing of the mouth. The use of ordinary borax as a mouth wash is valuable."

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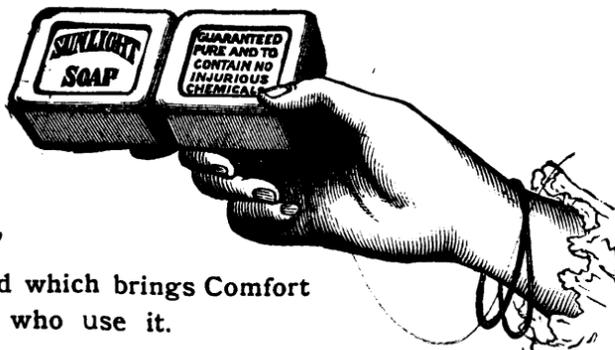
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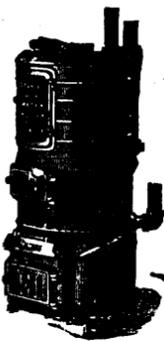
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**Household Hints.**

**CRANBERRY SOUP.**—Put one pint of cranberries and one quart of water over the fire to cook for ten minutes; strain, return to kettle, add three-quarters of a cup of sugar; moisten two tablespoonfuls of corn starch in a little cold water; add to hot soup; stir a moment, boil and serve with strips of toast. This is a delightful soup for lunch in early spring. Currants, raspberries or strawberries may be substituted for cranberries.

**TO MAKE HAIR GROW.**—The first essential is to have one's system in good running order; to accomplish this one should have regular meals, regular and sufficient resting and sleeping hours, and refrain from excesses of all kinds, and the bowels should never be permitted to become constipated. A diet largely composed of oatmeal and brown bread greatly promotes the growth of hair. It is a well-known fact that those races that consume the most meat are the most hirsute. A milk diet will not supply the elements necessary for the growth or nutrition of the hair and consequently falling out results.

**THE CELLAR.**

In planning for the preservation of health, as in the prosecution of all other affairs, it is well to begin at the beginning. One of the beginning places is the cellar under the house. In thousands of dwellings the cellar is the lurking place of pestilent disorders. This should not be. In the prize essay of the American Public Health Association the following careful rules for cellar construction and care are laid down, which are so good they cannot be too often reprinted.

Every dwelling house, even that which has but one room in it, should either have a cellar or should be raised sufficiently high from the ground to allow a free supply of air under it. The walls of the cellar should be perfectly water and air tight. It is better, in making the excavation, to remove the earth a foot on all sides further than the line on which the outside of the wall will stand; then, after the walls have been built, pack the space with clay or gravel. In this way the walls of the cellar are more likely to be kept dry. If built of brick, the walls should be hollow, consisting of a thin outer wall two or three inches from the main wall. The two are firmly held together by occasionally placing a brick across from one to the other as the walls are being built. Unless this is done, moisture will pass through a brick wall, it matters not how thick it may be.

The cellar floor should be of concrete, about six inches thick, and covered with Portland cement or asphalt. If the soil be very damp, tiling should be placed under the cellar floor and carried out beneath the wall to a larger tile, which passes around the house and leads off into some suitable receptacle.

It is absolutely essential to a healthy house that its cellar should be free from dampness and ground air. In order to secure these requisites the walls and floor of the cellar must be well built, even if it becomes necessary, on account of increased cost, to deprive the superstructure of some of its ornamentation.

The cellar should be well supplied with light by having windows above ground, or by sunken areas in front of the windows. The window-sashes should be hung on hinges, so that they may be easily opened when the cellar needs an airing.

If the cellar is to be used for several purposes, as the location of the heating apparatus and the storage of fuel and vegetables, it should be divided into compartments, the temperature of which may be kept at different degrees.

Basement bed rooms are almost universally unhealthy, and should be used only in cases of absolute necessity. It is also best not to have the kitchen in the basement, especially if the room directly above be occupied. If stationary wash-tubs be placed in the basement they should have a metallic or porcelain lining, and the pipes which conduct the refuse water from them should be thoroughly trapped.

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