

## HOUSEHOLD.

## A Household Ailment.

('N. E. Homestead.')

The number of out-of-door workers who are troubled by periodical sick headache is so small as to justify physicians in terming it an indoor complaint. The disease is a very frequent result of impure air, an excess of carbonaceous food, and a tendency to worry. The breathing of more or less vitiated air is a painful necessity with most people who have the misfortune not to be farmers. If we could do our housekeeping out-of-doors, life would be a perpetual picnic; but climate in winter and custom in summer keep us defrauded of that perfectly clean air which constitutes one-half of health. Every housekeeper tortured with sick headache should secure at least an hour of the open air every day, even if in order to do so she is obliged to wrap herself in a blanket and a buffalo robe, and with her feet on a hot brick sit out on a snowy veranda. The smallest house has a wonderful capacity for furnishing plenty of exercise, but when it comes to a quiet heart and refreshed lungs the coldest and shabbiest porch is infinitely its superior.

As for carbonaceous food, what woman in the throes of sick headache has not turned with loathing from cakes and pastry, gravy and spices, sugar and cream, and imagined she could never taste them again. But she 'gets over the attack,' and in a short time is able to eat as usual. Then in the course of two or three weeks there comes a day when she is unusually hungry. She takes another slice of the fried ham with plenty of gravy. She never before relished so much the suet pudding with sweet sauce, the honey and cheese. How good everything tastes, and how worse than foolish it is to be fussy and cranky over one's diet. The family look pleased and say they 'guess mother is going to fatten up.' But when nature is averse to making fat she is determined to make bile. This keenly enjoyed dinner is great grist for the bile mill. The memory of this meal aggravates the sufferer's afflictions on the morrow. At this period her friends think her stomach will be able to bear a little dry burnt toast and sterilized water. Her stomach thinks it won't. And it isn't.

This is an unpleasant condition, and when it recurs from twelve to twenty times a year it is a very serious condition. There are many palliatives—bromides, sodas, massage, Turkish baths, patent medicines, liver pills. Seeing the ineffectiveness of these alleged remedies, many people believe the disease to be incurable. And yet there is a cure which rests wholly upon the recognition of the truth of the saying of a wise physician: 'Put no trouble into the stomach and no trouble will come out of it.' 'But,' the invalid who reads this will exclaim, 'I am not going to starve myself. I am thin enough already.' A woman who was almost painfully thin, and who had suffered from periodical sick headache for years, having found nothing that would cure her, was also determined not to starve herself, and equally determined to get well. She first got weighed, then put herself on a daily diet consisting of one saucer of cracked wheat or well-cooked oatmeal with a little milk for breakfast; a piece of beefsteak or boiled beef with a baked potato and a little bread and butter for dinner, and a slice of brown bread with a glass of hot milk for supper. At the end of each week or fortnight she is weighed again and finds she is gaining slightly instead of losing in weight. Her headaches are entirely cured, and her general health much improved.

It is a great mistake to starve. In this country the commonest form of starvation is that which results from choking the stream of slender digestive power with a miscellaneous assortment of indigestible substances whose tendency is to dry it up utterly.

## Onions.

Onions are really sweeteners of the breath after the local effects have passed away, says one learned doctor. They correct stomach disorders, and carry off the accumulated poisons of the system. They provide a blood purifier that all may use freely. As a vermifuge the onion cannot be sur-

passed, and eaten raw will often check a violent cold in the head. One small onion eaten every night before retiring is this well-known doctor's prescription for various affections of the head, and is highly recommended for sleeplessness. It acts on the nerves in a soothing way without the injurious effects of the drugs often applied. The heart of the onion heated and placed in the ear, will often relieve the agony of earache; while the syrup produced from sprinkling a sliced onion with sugar and baked in the oven is said to work wonders for croup and a cough.—Boston 'Budget.'

## Selected Recipes.

Sweet potatoes are delicious scalloped. Boil and slice the potatoes. Arrange in layers in a baking dish with a seasoning of sugar and butter. On top add bits of butter and cinnamon.

Canned Corn.—Add to the corn a small cupful of cream, a little salt and a small lump of butter. Let cook for fifteen minutes, simmering gently.

Baked Squash.—Boil; when cold, add two well-beaten eggs, one tablespoonful of butter, pepper and celery salt; and mash. Place in a bake dish. Add crumbs and bits of butter to the top and bake carefully.—Adele K. Johnson, in the New York 'Observer.'

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