

DOMESTIC RECEIPTS.

CORN STARCH.

To one table-spoonful of corn starch add enough cold water or cold milk to make a perfectly smooth paste. Then pour this into half a pint of boiling milk and carefully boil a few minutes, stirring it all the time, and putting in a little salt. Sweeten to the taste and add any essence or spice liked by the person who is sick. Then set aside to cool.

This like everything else which contains milk, requires great care to prevent it from *scorching*, and the least of it can be observed by the person for whom prepared. For this reason, a saucepan with thick sides is usually preferred, and the heat should always be applied to the *bottom* of the vessel. In stirring, be cautious not to splash against the sides of the utensil more than can be helped, for there the scorching usually takes place.

ARROW-ROOT.

Take a table-spoonful of arrow-root and mix it with enough cold water to make a paste free from lumps. Pour this slowly into half a pint of boiling water, and let it simmer awhile until it becomes thick and jelly-like; sweeten to the taste, and add a little nutmeg or cinnamon. Instead of the half-pint of boiling water, the same quantity of boiling milk, or half milk and half water, may be used. This will make it more nutritious.

OATMEAL GRUEL.

Mix a table-spoonful of oatmeal with a little cold water until it makes a smooth paste; pour this gradually into a pint of boiling water and boil slowly for twenty or thirty minutes, stirring it all the time, and being very careful not to let it scorch in the least. Salt, spice, and wine or brandy should be added to it, unless there is some good reason for not doing so.

For good reasons, the Scotch oatmeal was generally ordered, but the Bethlehem, Canada, and, quite recently, the brand known as Ohio oatmeal, have been found quite as useful and palatable. On the score of economy alone, under these circumstances, it may be well to give the domestic brands a fair trial.

BOILED FLOUR.

Take a pint of good wheat flour, tie up in a piece of muslin in a firm mass, as you would a pudding, put it into a pot of boiling water, and let boil for morning until bedtime. Then take it out and let dry. The next morning remove the muslin, peel off and throw away the thin rind of dough, and with a nutmeg-grater grate down some of the hard, dry mass into a powder. One, two, or three table-spoonfuls of this powder may be used, by first slowly and carefully rubbing it down into a smooth paste with a little milk, then mixing this paste carefully with a pint more of suitable milk, and bringing the whole to a boiling-point. Be careful, as you must with everything else containing milk, to keep from scorching; and this can best be done by applying the heat to the *bottom* of the vessel alone, not to the sides.

The boiled flour, thus prepared, can be given by a spoon or through a nursing-bottle.

PANADO.

Take a slice of wheat bread, break into fragments, and sprinkle over a tea-spoonful of ground cinnamon, put into a cup; pour on it a pint of boiling water, and boil a few minutes until well mixed, when some sugar with a little grated nutmeg must be added. If desirable, a piece of butter may be put in, and also some wine or brandy.

BARLEY-WATER.

Take nearly an ounce of pearl barley and wash it well. Then pour on a pint of boiling water and carefully boil to one half. Strain the liquid through a towel, then add some sugar and lemon-juice. A small piece of orange or lemon-peel, dropped in while boiling, makes it more acceptable to many persons.

CURRANT-JELLY WATER.

A table-spoonful of currant jelly thoroughly mixed through half a pint of cold water.

A sick person may drink as much as wished of this acid water. As with all other drinks for the sick, a little at a time, and often repeated, is the way it should be given.

TOAST-WATER.

Carefully remove the crust from a slice of stale bread, and toast the slice through on both sides, but do not burn it. Break the slice into three or four pieces, and put them into a pitcher with a small piece of orange or lemon-peel. Pour on a pint of boiling water, cover up with a napkin, and, when cold, strain off the water for use.

It should be freshly made, especially in warm weather.

TOAST-SOUP.

Take a thin slice of stale wheat bread, and toast until it is brown through and through; but be careful that you do not burn it. While it is still hot, spread some butter over it, but no more than will strike into the bread without leaving any on the surface. Now break it into fragments, put the pieces into a pitcher, and pour on rather more than half a pint of boiling water. A little pepper and salt improves the taste; so they may be added.

This drink is usually found very acceptable to sick or delicate persons, and at the same time is quite nutritious. It was much recommended under the name of "toast-soup," by the late Dr. William Darrach of this city, and gave satisfaction wherever used.

(To be continued.)

SUFFOCATION.

There are several gases, which, when inhaled, are followed by symptoms of Asphyxia. The little valve (epiglottis) over the entrance of the trachea ("windpipe") is so extremely sensitive that it will not even permit a drop of water to pass without a spasmodic closure of the opening, followed by coughing. It is not only sensitive to solids and liquids, but also to the presence of most gases. At one time it was thought that all gases were taken past it into the lungs, and absorbed from thence into the blood. The opinion now seems to prevail that most of them irritate the valve spoken of at the entrance of the trachea (windpipe), and closure of the entrance follows. The breathing is thus interrupted much as it is in drowning, where the liquid cuts off the passage of air to the lungs; or as in hanging, where the ligature prevents the entrance of air. In such cases death results from Asphyxia.

POLISHING WOOD CARVING.—Take a piece of wadding, soft and pliable, and drop a few drops of white or transparent polish, according to the color of the wood. Wrap the wetted wadding up in a piece of old linen, forming it into a pad; hold the pad by the surplus linen; touch the pad with one or two drops of linseed oil. Pass the pad gently over the parts to be polished, working it round in small circles, occasionally re-wetting the wadding in polish, and the pad with a drop or so of oil. The object of the oil is merely to cause the pad to run over the wood easily without sticking, therefore as little as possible should be used, as it tends to deaden the polish to a certain extent. Where a carving is to be polished after having been varnished, the same process is necessary, but it can only be applied to the plainer portions of the work. Plain surfaces must be made perfectly smooth with sand paper before polishing, as every scratch or mark will show twice as badly after the operation. When the polish is first rubbed on the wood, it is called the *bodying in*; it will sink into the wood and not give much glaze. It must, when dry, have another body rubbed on, and a third generally finishes it; but if not, the operation must be repeated. Just before the task is completed, greasy smears will show themselves; these will disappear by continuing the gentle rubbing without oiling the pad.

STEEL WHEELS.—The Boston and Albany Railroad recently took off a set of steel car-wheels that had run 523,000 miles, a greater distance than was ever run by any car-wheels before in America or any other country. The average running distance of a common chilled-iron car-wheel is only 30,200 miles.