

**Scientific and Useful.**

**TO CLEANSE GLASS.**—To give glass great brilliancy, wash with a damp sponge dipped in spirits, then dust with powdered blue or whiting, tied in a thin muslin bag, and polish with chamois cloth.

**A GOOD CEMENT.**—Burgundy pitch, two pounds; resin, two pounds; yellow wax, two ounces; dried whiting, two pounds; melt together the pitch, resin and wax, and stir in the whiting. This is used by mechanics for fastening articles of any kind in position on a lathe for turning. It has to be warmed for use, and again if it is desired to remove it. Turpentine will remove the small traces that cannot readily be rubbed off.

**FOR WEAK EYES.**—An exchange gives the following recipe: "Bathe the eyes in soft water that is sufficiently impregnated with spirits of camphor to be discernible to the smell—a teaspoonful of spirits of camphor to a tumbler of water. For inflamed eyes use milk and camphor, adding a little more of the camphor than above." An excellent lotion, commended by a leading Boston oculist, is a solution of ten grains of borax in the official "camphor water" (not the "tincture of camphor"). This is safe and beneficial as an application in any slight weakness or inflammation of the eyes due to exposure or weariness.

**CHOCOLATE CUSTARD.**—Put one and one-half pints of milk, with a cup of sugar in a tin pail, and set in a kettle of boiling water. Then put one-half pint of milk in a saucpan, and add a heaping tablespoon of Baker's chocolate, shaved fine. Boil this slowly a few minutes. Wet a tablespoon of corn starch in two of milk; when smooth, stir into the boiling milk in the pail; add the chocolate after straining it, and lastly the beaten yolks of three eggs. Stir till smooth. Flavour with vanilla. Before serving beat the whites of three eggs, with a tablespoon of sugar, to a stiff froth, and lay on top of the custards.

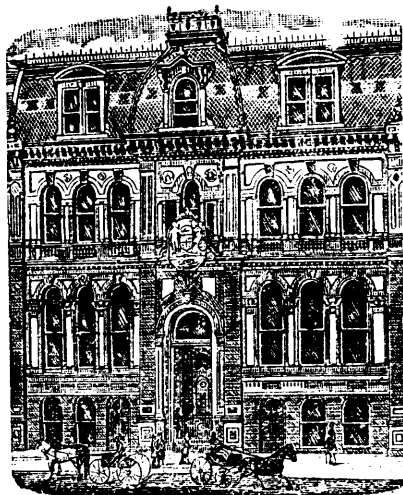
**SPONGE CAKE.**—Take four cups of flour, three cups of white sugar, cold water one cup, six eggs, one lemon, two teaspoonfuls of cream of tartar and one of soda. First, beat the eggs two minutes, then put in the sugar and beat five minutes more; then stir in the cream of tartar and two cups of flour, and beat one minute; now dissolve the soda in the water and stir in; having grated in the rind of the lemon, squeeze in half the juice, and add the other two cups of flour, and beat all one minute; then put into deep pans, and bake in a moderate oven, and you will have a cake good enough for the table of a queen.

**WHOOPIING COUGH AND DIPHTHERIA.**—Some recent microscopic examinations lend some degree of probability to the theory that these diseases are, or may be, caused primarily by fungi found on the skins of oranges, apples and some other common fruits. The fungi are found in certain dark spots and patches on the fruit, and rabbits have been inoculated with this dark matter with the result of causing them to have fits of convulsive coughing, while its inhalation by men has produced similar results. The identity cannot be regarded as conclusively established, but it is well enough to wipe or pare the fruit before eating it. Indeed it is an old-fashioned precept always to rub an apple before eating it, and perhaps the originators of the precept were wiser than they knew.

**PHILOSOPHY OF BLUSHING.**—The London "Lancet," in an article on "Blushing and Blanching," says: "Blushing is occasioned by sudden dilation of the small blood vessels, which form a fine network beneath the skin, and when they admit an increased volume of red blood, cause the surface to appear suffused with colour. Blanching is the opposite state, in which the vessels contract and squeeze out their blood, so that the skin is seen of its bloodless hue. The change effected in the size of the vessels is brought about by an instantaneous action of the nervous system. This action may be induced by a thought, or unconsciously, by the operation of impressions producing the phenomenon habitually. In a word, blushing may become a habit, and is then beyond control of the will, except in so far as the will can generally, if not always, conquer any habit. It is almost useless, and certainly seldom worth while, to strive to cure a habit of this class directly. The most promising course is to try to establish a new habit which shall destroy the one it is desired to remedy. For example, if blushing is, as generally happens, associated with self-consciousness, we must establish the sway of the will over that part of the nervous system which controls the size of the vessels by calling up a feeling opposed to self-consciousness. It is through the mind these nerves are influenced. It only requires practice in the control of the emotions and the production of particular states at will—the sort of expertness acquired by actors and actresses—to secure control of these surface phenomena."

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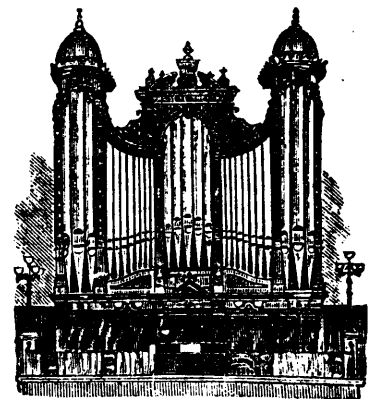
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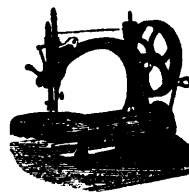


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