

quainted with the possibilities of Homœopathy to talk of a medicine for grief—the depressing, silent, heart-breaking grief that follows some great loss—but there is one, and it gives relief. It is Ignatia.

Phytolacca dec., internally, and the cerate externally, will cure most cases of mastitis—inflammation of the breast.

If you are dyspeptic and no other remedies do any good, try a Phytolacca Berry Tablet an hour before each meal.

Aconite, followed in a few hours by Rhus tox., has cured many cases of inflammation of the eyes.

Much hunger but no appetite, Agaricus.

Alternate diarrhoea and constipation in old persons, Antimonium crudum.

Thirstlessness with dropsy, Apis mel.

Ulcers about navel, Arsenicum.

SICK ROOM COOKERY.

LIGHT SOUFFLÉE.

One oz. butter, 1 oz. flour, 1 gill milk or cream, 1 dessert spoon sugar, flavoring if wished, 3 yolks and 4 whites beaten well. Have a buttered mould ready, melt butter in a stew pan, add flour and milk, stir and cook till it thickens, add sugar (and flavoring), and yolks one by one, beat well, add whites, mix gently and thoroughly pour into the mould, cover with greased paper, steam gently one hour and a quarter. This must be eaten *immediately* very hot.

CHICKEN PANADA.

This can be made from chicken or any fowl or meat. Slightly boil a chicken, then remove meat from the bones, put the latter on to boil in a little water. Mince and pound the meat in a mortar, add 2 eggs and $\frac{1}{2}$ gill of the stock made from the bones or cream, pepper and salt. Cook steaming in buttered moulds tin set. Turn out and serve. May be eaten hot or cold. If hot this sauce may be used.

Sauce for Panada: 1 tablespoon flour

to $\frac{1}{2}$ pint of stock made from the chicken bones, boil 2 minutes.

OMELET.

Two eggs, 1 tablespoon butter, 1 teaspoon chopped parsley, pepper and salt. Make the butter hot in a small frying pan, beat the other articles together, cook 2 minutes stirring. Turn into a hot plate and serve immediately.

HINTS ABOUT HEALTH

THAT ALL HOUSEKEEPERS AND MOTHERS SHOULD CUT OUT AND PIN ON THE PIN-CUSHION.

That rapid eating is slow suicide.

That happy children are almost invariably healthy children.

That in sleeping in a cold room establish a habit of breathing through the nose, never with the mouth open.

That a severe paroxysm of coughing may often be arrested by a teaspoonful of glycerine in a wine glass of hot milk.

That to compel a child to eat anything against which its palate naturally rebels, is a cruelty at the moment, and is likely to produce evil results later on.

That a few drops of the tincture of benzoin put into the water in which the face is bathed will prevent the shiny appearance of the skin with which so many people are affected, especially in warm weather.

That cold water is the salvation of the complexion. It strengthens the skin by stimulating the circulation and renders it almost proof against chaps and eruptions. When the skin needs cleaning, warm water is absolutely necessary.

EVERY MAN WILL TRY THIS.

A good test of a man's symmetry may be made if he stands with his face to the wall. The chest of a perfectly formed man will touch the wall, his nose will be four inches away, his thighs five, and the tips of his toes three.—*Cincinnati Enquirer.*

"RADNOR"

Dr. J. R. Kippax, Professor of Medical Jurisprudence in the Chicago Homœopathic Medical College, writes: "Radnor Water is an agreeable and exceedingly pure table water, and surpasses the leading German Waters in therapeutic value."