

For scurf, dandruff, or breakings out in the head, take two beet roots, cut in slices and boil them in some vinegar, and wash the head therewith.

Watercresses may be grown in a garden by making a clay bed about 14 inches deep; sprinkle therein some light mould, then get some watercress with thready roots, lay them on the bottom about 6 inches apart each way, cover them lightly with mould, get a cask and fill it with water, fix it above the bed. It should have a tap or a small peg in the bottom, so that in dry weather it could be kept running or dripping, and in wet weather it would not be required. I have grown them very fast this way myself.

A FAMILY MEDICINE CHEST.

Many families have had a medicine chest in their houses for fifty years, and not known it, in the shape of a well stocked cruet-stand, for example—

SALT is a decided cathartic; in doses of from half an ounce to one ounce or more, it is also a vermifuge in large doses; it both preventeth and killeth worms.

VINEGAR is a refrigerator, and it is diaphoretic; also it is moderately stimulant, and astringent if externally applied; it is serviceable mixed with other things for head wash, &c.

MUSTARD is a powerful and a very safe emetic; by taking a teaspoonful in a tumbler of water, being an instant relief to the stomach, and may be recommended in some cases of cholera. Mustard tendeth to strengthen the back, also the voice. A mustard poultice acts sometimes as a blister, and very often better.

OLIVE OIL is demulcent, relaxant, and laxative; it appears to be an enemy to worms, and if used for relaxation, instead of castor oil, in some cases it would be of better effect; its healing virtues may be proved by making salves thereof; and to rub the skin therewith is conducive to health and longevity.

PEPPER is a stimulant—the white is the strongest. Infused in water it is good for a relaxed sore throat; it may be used