

	Page.
Alcine, how much is a	178, 179
Alcine, revolution in prac-	340
Alcine	177
Alcine, how to get rid of	331
Alcine, robes or Bacteria	508
Alcine, revelations of	77, 78
Alcine, the	340
Alcine, rules for	332
Alcine	270
Alcine	504
Alcine, how to destroy	500, 502
Alcine, to keep from furs	501
Alcine	26
Alcine, how to make	395, 396
Alcine	436, 479
Alcine	184, 243
Alcine, different kinds of	477, 478
N	
Nails	350
Nails (see Peach Tree	121
Nails	232
Nails, how to clean	387
Nails	156
Nails (see Wild Cher-	123
Nails	232
Nails	184
Nails	184
Nails	129, 182, 183
Nails (see Kerosene Oil)	119
Nails	369, 379
Nails, to prevent	145
Nails, how to cure	126
Nails	164
Nails (see Sage)	124
Nails	90
O	
Oat Bark	121
Oat Tea	474
Oat Snaps	490
Oat	184
Oat	47
Oat, how to make	168
Oat	119
Oat	418
Oat, best nerve	72
Oat, medicinal qualities	103
Oat, roasted	428
Oat	104
Oat (see Cayenne	115
Oat	184
Oat and Nervousness	156
Oat, how to eat	355

	Page.		Page.
Orange Whey	474	Quinsy	163, 184
Orris Root	496	Quotation Hunt	324
Over-eating, evils of	40	R	
Oysters	416, 423, 482	Rash	184
P			
Paints, how to mix	389	Rats, how to get rid of	507
Palpitation of Heart (see	123	Razor, how to sharpen	286
Wild Cherry)	118	Reading the Paper	398
Palsy (see Horseradish)	184	Red Clover, good for cancer	110
Paralysis	110	Red Pepper, medicinal	121
Parsley	109	Refrigerators	83
Parsley after Onions	385	Remittent Fever	18*
Patterns, how to take meas-	121	Rest, wisdom and beauty in	49
ures for	121	Retention of Urine	184
Peach Tree Bark	121	Rheumatic Fever	183
Pennyroyal, medicinal	121	Rheumatism	155, 184
Peppermint, medicinal	122	Rheumatism (see Turpentine)	112
Perspiration (see Pennyroyal)	122	Rheumatism (see American	113
Perspiration (see Snakeroot)	254	Poplar)	113
Physical Culture	430, 432	Rheumatism (see Black El-	114
Pickles	453, 482	der)	114
Pies	184, 184	Rheumatism (see Camphor)	114
Pie Plant Baked	262, 288	Rheumatism (see Horserad-	118
Piles, how to cure	116	ish)	118
Pimples	512	Rheumatism (see Lemon	118
Pimples (see Alum)	378	Juice)	118
Plant Lice, how to destroy	135, 184, 233	Rheumatism (see Kerosene	119
Plaster, to fill cracks in	137, 233	Oil)	122
Pleurisy	120	Rheumatism (see Snakeroot)	124
Pneumonia	91	Rheumatism (see Saltpetre)	120
Poisoning (see Mustard)	309	Rhubarb, medicinal	387
Poisoning	475	Ribbons, how to clean	479
Polliteness	422	Rice, boiled	421, 478, 479
Porridge	423	Rice Dishes	459, 479
Potatoes	341	Rice Pudding	184
Potato Dishes	100	Rickets	321
Pot-Pourri of Roses	110	Ring Games	154
Poultices, benefit of	110	Ringworm	249
Poultice, wood sage	110	Round Shoulders, cure	369
Poultice, slippery elm	117	Rust, to remove from steel	342
Poultice, hops	102	Rustic Flower Stand	101
Poultices, different kinds	514	Rusty Nail or Wire, injury	162
Poultices, how to make	412	from	430
Poultry, diseases and treat-	519	S	
ments	513	Sage, medicinal	185
Poultry, how to cook all	519	Salads	417
kinds	519	Salmon, baked	415
Poultry Pointers	68	Salmon, canned	357
Poultry, rules for keeping	472	Salt, uses in kitchen	72
Poultry, what to feed	247	Salt as a Nerveine	108
Practical Health Rules	184	Salt, curative properties	108
Practical Rules for Bathing	455, 463, 478, 481	Salt for Toothache	108
Preserves	464	Saltpetre, medicinal	124
Preserving the Figure	33	Salves, healing, how to make	171
Prurigo	122	Sanitation	81
Puddings	122	Sassafras	122
Pudding Sauces	122	Sauerkraut	428
Pure Air	122		
Purgative (see Senna)	122		