



The Household.

Treatment of Frozen Limbs.

We notice in the *N. Y. Evening Post*, an article on this subject, which says that frozen limbs should never be rubbed. The juices of the fleshy tissues, when frozen in the minute sacs or cells, at once become in each of these enclosures crystals, having a large number of angles and sharp points, and hence rubbing the flesh causes them to cut or tear their way through the tissues, so that when it is thawed the structure of the muscle is more or less destroyed. "When any part of the body is frozen it should be kept quiet till it is thawed as promptly as possible. As freezing takes place from the surface, so thawing should be in the reverse order. The thawing of a portion of flesh, without at the same time putting the blood from the heart into circulation through it, produces mortification; but by keeping the external parts still congealed till the internal heat and the external blood gradually soften the interior parts, and produce circulation of the blood as fast as the thawing takes place, most of these dangers are obviated." Speaking of the application of snow, the writer says:—"If the snow which is applied be colder than the frozen flesh, it will still further abstract the heat and freeze it worse than before. But if the snow is of the same temperature it will keep the flesh from thawing till the heat from the rest of the body shall have effected it, thus preventing gangrene. Water, in which snow or ice has been placed, so as to keep its temperature at 32 degrees Fahrenheit, is better than snow."

Winter Shoes.

Hall's *Journal of Health*, an excellent paper, gives the following seasonable advice:—"Like the gnarled oak that has withstood the storms and thunderbolts of centuries, man himself begins to die at the extremities. Keep the feet dry and warm, and we may snap our fingers in joyous triumph at disease and doctors. Put on two pair of thick woollen stockings, but keep this to yourself, go to some honest son of St. Crispin, and have your measure taken for a good pair of winter boots or shoes; shoes are better for ordinary every-day use, as they allow the ready escape of the odors, while they strengthen the ankles, accustoming them to depend on themselves. A very slight accident is sufficient to cause a sprained ankle to an habitual boot-wearer. Besides, a shoe compresses less, and hence admits of a more vigorous circulation of the blood. But wear boots when you ride or travel. Give directions also to have no cork or India-rubber about the shoes, but place between the layers of the soles, from out to out, a piece of stout hemp or tow-linen, which has been dipped in melted pitch. This is absolutely impervious to water,—does not absorb a particle, while we know that cork does and after a while becomes 'soggy' and damp for a week. When you put them on the first time, they will feel as 'easy as an old shoe,' and you may stand on damp places for hours with impunity."

IMITATE yeast, for it rises the moment it is stirred.

OPPORTUNITIES, like eggs, can only be hatched when fresh.

NAPLES BISCUIT.—One-half pound of sugar, one-half pound of flour, four eggs. Drop on buttered paper; sift sugar over them; flavour with lemon, bake quick.

RICE BALLS.—Take the waste pieces of steak, or baked meat, chop fine and season with salt, pepper, cloves, or cinnamon. Wash rice and mix with it, then tie up in cloths to shape balls, and boil half an hour, and serve with drawn butter.

SOLVENT FOR OLD PUTTY AND PAINT.—Soft soap mixed with solution of potash or caustic soda, or pearl-ash and slaked lime, mixed with sufficient water to form a paste. Either of these laid on with an old brush or rag, and left for some hours, will render it easily removable.

PICALILLY.—Take green tomatoes, cabbages, green peppers and onions, chop them, and press them for twenty-four hours; add salt and spices, and put into jar; pour on vinegar enough to moisten.

BAKED FLOUR PUDDING.—Six table-spoonfuls of flour wet as for starch and mixed with a quart of boiling milk, five eggs and a piece of butter the size of an egg. Bake half an hour.

MOCK DUCK.—Take a steak about as large as a breakfast plate, beat it out, and fill it with a bread-stuffing prepared as for a turkey, and sew it up. Fry one hour in the dripping from roast beef or butter. Turn it and keep it covered until near done. When you take it up, turn in half a cup of hot water in the gravy that has been previously seasoned, and pour over it. It will be thickened with the stuffing that falls from it.

TO CLEAN CANARY BIRDS.—The *Scientific American* gives the following:—"These pretty things are, like meaner objects, often covered with lice, and may be effectually relieved of them by placing a clean white cloth over their cage at night. In the morning it will be covered with small red spots, so small as hardly to be seen, except by the aid of a glass; these are the lice, a source of great annoyance to birds."

BOILING POTATOES.—This is a formula let each mess be of equal size. Let the water boil before putting the potatoes in. When done, pour off the water and scatter three or four table-spoonfuls of salt, cover the pot with a coarse cloth, and return it to the fire for a short time. Watery potatoes are made mealy by this process. How simple is the process, yet how few understand it.

A PLAIN PUDDING.—Two ounces of whole rice not ground, first boiled in water and then in milk till tender. Well grease a pie-dish, and have ready beat six eggs, some sugar and milk (the milk should be boiled and allowed to get cold.) When the rice is done, pour into the dish, stir the eggs, etc., into it, beat it all up. A small piece of butter to keep it moist. Add milk to fill the dish, sweeten to taste, and grate nutmeg over it; bake three-quarters of an hour.

CHEAP CIDER VINEGAR.—Take the water in which dried apples are washed and soaked, and after carefully straining, put in a vessel; add a pound of sugar, or its equivalent in molasses. Put in a piece of brown paper and set where warm. In a few weeks you will have good cider vinegar. More sugar added will improve it. The vinegar will also be better the more concentrated the cider is. The strongest vinegar is made from boiled cider.

STEWED CHICKEN.—Prepare and cook the chicken in the same manner as for chicken pie; but just before the chicken is quite done, pare a quantity of potatoes, cut them in two, lay them on the top of the chicken, and let them boil until done; then take the potatoes up on a plate by themselves, turn a pint of sweet cream in with the chicken, thicken with flour, wet with sweet milk, and season with pepper, salt, and plenty of butter. Sweet milk will answer in the room of cream, but it will require more butter. This dish is considered very delicious.

TO FRICASSEE A CHICKEN.—Cut it in pieces, jointing it well, and boil it tender with slice or two of pork cut fine. When nearly done, add half a teaspoonful of pepper and salt to just season it. When tender, turn off the water and add half a pound of butter, or nearly that, and let it fry a while. Then take out the chicken, and stir in two or three spoonfuls of flour previously dissolved in cold water, and add the water from the chicken. Let it boil, and pour it upon the chicken on the platter. This makes a superior dish, and needs no vegetables but mashed potatoes.

CROUP.—Dissolve half a teaspoonful of pecan, in half a tea cup of warm water. Sweeten it, and give a half or a whole teaspoonful, according to the age, until vomiting is produced; then give it in smaller quantities, and less frequently. Wrap up the child to promote perspiration, bathe the throat with volatile liniment, or tobacco ointment. The above will give relief in a short time, if taken in season. Onion juice and molasses may be given to vomit, but there should be no delay. It is known by a peculiar whistling sound in the breathing, and if neglected at all, proves fatal.

HOW TO MAKE WHITE BEES-WAX.—Have a hardwood board made in the shape of a shingle, then put the wax in a pot of hot water over the stove. While the wax is melting, soak the board in warm water to prevent the wax sticking to it; then dip the board into the pot of water and wax, as you would to dip candles, and you will have a thin sheet of wax on the board. This you can loosen with a knife so it will slide off. Then dip as before, and so on until you have dipped all the wax off. Take these thin sheets of wax and spread them on a white cloth in the hot sun until they are white, afterwards melt and cake.

APPLE PUFFS.—Make a crust the same as for cream pie crust, using rather thicker cream however; roll as thin as possible; cut out in small round cakes with a common biscuit cutter; take one of these, wet it round the edge, and place in the centre a teaspoonful of apple sauce. Take another and cut with a small cracker cutter a hole in the centre about one inch in diameter; place the ring which is left upon the first one, and pinch the edges tightly together. Bake in a quick oven.

TO ROAST A TURKEY.—Prepare the stuffing with bread, salt, pepper, butter, cinnamon, or nutmeg, or a little lemon peel, or parsley and thyme, chop and mix all well together with one or two eggs beat well. With this dressing stuff the body and breast, and sew them with a strong thread. Roast the turkey of a fine brown, not burning it. It will be well done in an hour and a half, or if old and very large, two hours or more. Make a gravy of drawn butter and the drippings. Another sauce is made of half a pint of oysters boiled in a pan, thickened with a lump of butter rolled in flour. Only let it boil once. Serve this by itself, in connection with other gravy, for every person does not like oyster sauce.

POTATO PIE CRUST.—Boil one quart of dry mealy potatoes. The moment they are done, mash them and sift through a colander. Stir thoroughly together one cup of Graham flour and one cup of white flour, then add the potatoes, rubbing them evenly through the flour in the same manner as the shortening in common pie crust. Have ready one cup corn meal; pour over it one and one-third cups boiling water, stirring it till all the meal is wet, then add it to the potatoes and flour, mixing till thoroughly incorporated together. No more flour should be added. The moulding board should be well covered with dry flour, however, as it is slightly difficult to roll out. It should be rolled very thin, and baked in a moderate oven, care being taken that it is not overdone, as a little too much baking is apt to render it tough.

THE VIRTUES OF BORAX.—The washerwomen of Holland and Belgium, so proverbially clean, and who get up their linen so beautifully white, use refined borax as a washing powder instead of soda, in the proportion of a large handful of borax powder to about ten gallons of boiling water; they save in soap nearly half. All the large washing establishments adopt the same mode. For laces, cambrics, &c., an extra quantity of the powder is used, and for crinolines (required to be made stiff) a strong solution is necessary. Borax, being a neutral salt, does not injure the texture of the linen; its effect is to soften the hardest water, and therefore it should be kept on every toilet table. To the taste it is rather sweet; it is used for cleaning the hair, and is an excellent dentifrice.

SOUPS.—The season for soups has come round again. It is surprising how few families make use of this most palatable and economical article of diet. A bone of beef or mutton, a part of a fowl, or a pound of any fresh meat, properly prepared with vegetables and seasoned, will, if nicely gotten up, serve more satisfactorily for a dinner than many a one that is served at a greater cost. Of whatever meat soup is to be prepared, it should be carefully washed, not soaked, and then placed in water quite cold, bringing this, very slowly, to a scald. If boiled at all it should only be after a long simmering. This will bring out all the natural juice of the meat so that when ready for the seasoning, and such vegetables as you choose to add, the scraps of meat may all be skimmed out without loss.

COOKING CABBAGE.—I have sometimes eaten ill cooked cabbage at tables where everything else tasted well; sometimes it was hard, sometimes ill-seasoned, but all will agree with me that tasteless cabbage is the most tasteless of all dishes, and, the doctors say, the most unhealthy. The following is my method of cooking cabbage in the fall, and the same rule will answer now, save that the cabbage being more tender, less time is needed: Have plenty of water—soft is best—and if the outside leaves are green they will need fifteen minutes' boiling before the white part is added; half a teaspoonful of saleratus to a potful of water will be found an improvement; the water must be boiled over a hot fire and kept boiling all the time; in this water we boil one hour; in another pot a piece of salt beef or pork is cooking at the same time, and at the expiration of the hour the cabbage is dipped out into the pot with the meat, both of which are allowed to simmer or boil slowly together for the hour preceding dinner, and if the meat is not salt enough, add a little salt with some pepper. In this way we get all the good of the meat, as the cabbage is stewed down so as to absorb all the liquid, and at the same time it does not taste strong, having been boiled in a previous water.