

Health and Home.

Put a little lemon juice or vinegar in kettle which cauliflower or cabbage is boiled in. It will serve to keep it white while cooking. It also whitens and keeps firm fish meat.

Baked Apple Dumpling.—Sift together one quart flour, two teaspoonfuls baking powder, a little powdered sugar and a pinch of salt. Into this rub one large tablespoon of butter, add a well beaten egg, one-half pint of milk and mix quickly. Roll out thin into circular pieces the size of a saucer, inclose two pieces of apple, well sugared and dotted with cinnamon, fold up snug and crowd together in a deep pan. Half cover with water and bake a half hour.

Chocolate Cream Candy.—Two cups sugar, two-thirds cup milk, one tablespoon butter, two squares chocolate, one teaspoon vanilla. Put butter into granite saucepan; when melted, add sugar and milk. Heat to boiling point; then add chocolate, and stir constantly until chocolate is melted. Boil thirteen minutes, remove from the fire, add vanilla, and beat until slightly creamy and mixture begins to sugar slightly around edge of saucepan. Pour at once into a buttered pan, cool lightly and mark in squares, or, omit vanilla, and add, while cooking, one-fourth teaspoon cinnamon.

For Sprains.—In curing a sprain, an exchange recommends salt and molasses as being wonderfully efficacious. The preparation is very simple. Make the molasses hot and stir in salt until it is of such a consistency that it can be held in place over the sprain by means of a muslin bandage. Apply while the poultice is as hot as can be borne, and wrap well to keep in the heat. It is claimed that three or four applications of this remedy will cure a serious sprain.

Ice Cream Candy.—Three cups sugar, one-fourth teaspoon cream tartar, one-half cup boiling water, one-fourth tablespoon vinegar. Boil ingredients together without stirring, until, when tried in cold water, mixture will become brittle. Turn on a well buttered platter to cool. As edges cool, fold towards centre. As soon as it can be handled, pull until white and glossy. While pulling, flavor desired, or add melted chocolate. Cut in sticks or small pieces.

Salt as a Remedy.

A poultice of salt moistened with vinegar will quickly alleviate the pain caused by the sting of a wasp or bee. A cup of hot water to which a teaspoonful of salt has been added, if taken regularly every day before breakfast, will be found to strengthen the digestive powers. Bathing in strong salt and water will be found comforting to aching and blistered feet. Bathing the eyes frequently with salt and water will be found very beneficial when they are weak and tired.



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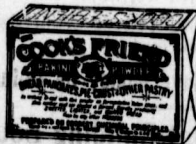
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