

**Scientific and Useful.**

**GINGER COOKIES.**—One cup of butter, one cup of sugar, one cup of molasses, one teaspoonful of saleratus dissolved in three tablespoonfuls of water, one teaspoonful of ginger. Roll as soft as possible, and bake quickly.

**A GOOD DESSERT.**—An inexpensive and good dessert is made of one quart of sweet milk, two-thirds of a cup of uncooked rice, and a little salt. Put this in tea or coffee cups, set them in a steamer over a kettle of boiling water. Let it cook until the rice is almost like jelly. When cold turn it out of the cup. Serve with sugar and cream, or with pudding sauce.

THE "Confectioner and Baker" gives the following method for making peppermint drops: Take a convenient quantity of dry granulated sugar; put it in a pan having a lip, from which the contents may be poured or dropped; add just water enough to make the sugar into a stiff paste; two ounces of water to a pound of sugar is about the right proportion; set it over the fire and allow it to nearly boil, keeping it continually stirred. It must not actually come to a full boil. When the bubbles denoting that the boiling point is reached begin to rise, remove it from the fire and allow it to cool a little, stirring all the time; add strong essence of peppermint and drop on tins or sheets of white paper. The dropping may be performed by tilting the vessel slightly, so that the contents will slowly run out. The drops may be stroked off with a stiff wire on to the tins or paper.

**COD CUTLETS WITH TOMATO SAUCE.**—Cut some inch-thick cutlets from the middle or tail of the fish. Brush them with yolk of egg, and sprinkle them thickly with very fine bread crumbs or cracker powder. Fry them in plenty of boiling lard to a delicate brown. For sauce, stew ripe or canned tomatoes in some good stock, with a little shallot, salt, cayenne, a little lemon peel and whole black pepper with a little powdered ginger. When the tomatoes are quite tender, strain the stock from them, and put a sufficient quantity of it for the sauce required into a fresh saucepan. Press the tomato pulp through a steel wire sieve; mix it with the stock, and when boiling, stir into it sufficient corn starch or arrow-root mixed with cream to give it proper consistency. Add a squeeze of lemon juice; pour it at once into an entree dish, lay the cutlets upon it, just overlapping each other in a line in the centre of the dish, and serve immediately.

**EFFECTS OF QUININE ON THE SYSTEM.**—When very large doses of bark or quinine are administered, a condition is induced which is known as "cinchonism," or "quinism." The symptoms to which collectively this term is applied are headache, noises in the ears, deafness, flashes of light before the eyes, confusion of sight, giddiness, and sometimes even slight delirium. Usually the headache is dull, heavy, and stupefying, but when a dose of twenty-five or thirty grains has been given it is often agonizing. Fortunately these symptoms are of short duration, and usually all pass off in a few hours. Some people are very susceptible to the action of quinine, and in them a comparatively small dose may produce the above symptoms. These unpleasant effects need not lead to the abandonment of the drug, a reduction in the quantity or in the frequency of administration being all that is requisite. *From the Family Physician for February.*

**EFFECT OF SUNSHINE.**—From an acorn, weighing a few grains, a tree will grow for a hundred years or more, not only throwing off many pounds of leaves every year, but itself weighing several tons. If an orange twig is put in a large box of earth, and that earth is weighed when the twig becomes a tree, bearing luscious fruit, there will be very nearly the same amount of earth. From careful experiments made by different scientific men, it is an ascertained fact that a very large part of the growth of a tree is derived from the sun, from the air, and from the water, and a very little from the earth; and notably all vegetation becomes sickly unless freely exposed to sunshine. Wood and coal are but condensed sunshine, which contains three important elements equally essential to both vegetation and animal life—magnesia, lime, and iron. It is the iron in the blood which gives it its sparkling red colour and its strength. It is the lime in the bones which gives them the durability necessary to bodily vigour, while the magnesia is important to all of the tissues. Thus it is, that the more persons are out of doors the more healthy and vigorous they are, and the longer will they live. Every human being ought to have an hour or two of sunshine at noon in winter and in the early forenoon in summer.

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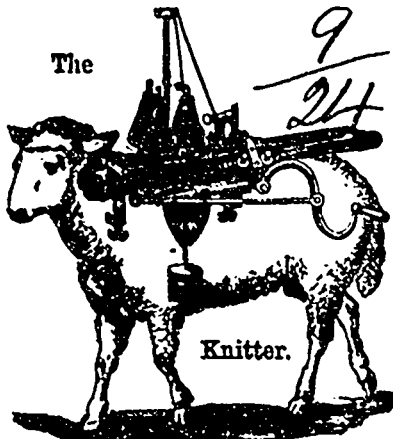
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