

Household Hints.

CURRENT, RASPBERRY WHISK.—Add ten ounces of crushed sugar to three gills of the juice of the fruit, and the juice of one lemon. When thoroughly dissolved, add one and one-half pints of cream; whisk until quite thick and serve in small glasses.

RASPBERRY VINEGAR.—Put ripe raspberries into a stone jar, cover with cider vinegar, let stand twenty-four hours; pour the liquor over a gallon of fresh berries, and let stand over night; allow one pound of loaf sugar to one pint of juice; boil and skim; bottle. Add half a glass of the vinegar to one of ice-water.

SPICED CHERRIES.—Nine pounds of fruit, four pounds of sugar, one pint of cider vinegar, one-half ounce of cinnamon bark, one-half ounce of whole cloves. Let the syrup come to a boil before putting in the fruit; cook the fruit until the skins break; then take out the fruit and boil the syrup down until thick; pour over the fruit hot.

SODA CREAM.—Dissolve one pound of lemon sugar in a pint of water, let it boil; add the whites of three eggs beaten to a stiff froth, boil four minutes, stir and strain; when cold, add four teaspoonfuls of lemon extract and bottle. When wanted for use, put four tablespoonfuls into a glass of ice-water, add to it one-third of a spoonful of soda, stir and drink.

LEMONADE.—This is invaluable in fevers, also in rheumatic affections. Rub two medium-sized lemons soft; cut them through the centre and squeeze out the juice; take out the seeds; put two tablespoonfuls of white sugar to each lemon, and a pint of cold or boiling water, according as you desire the lemonade—hot or cold.

COWSLIP MEAD.—One and one-half pints of sugar, one-half pint of molasses, two ounces of tartaric acid, one ounce essence of sassafras. Into the sugar and molasses pour three pints of boiling water and let it stand until lukewarm; then add the tartaric acid and sassafras. Bottle when cold. When required for a drink, put a tablespoonful of the mixture into a tumbler, fill two-thirds full of cold water, add a very little soda and drink while foaming.

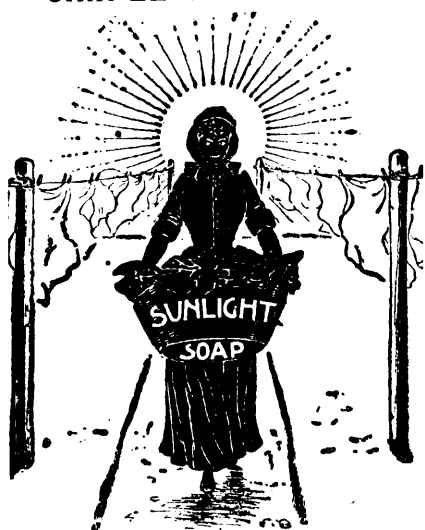
SPICED TOMATOES.—Take red and yellow pear-shaped tomatoes; pick two or three times with a fork, sprinkle with salt, let stand overnight, pack in a glass jar and cover with vinegar, prepared as follows for a half-gallon jar: one pint of vinegar, one teaspoonful of cloves, one teaspoonful of cinnamon, one teaspoonful of allspice, one teaspoonful of pepper, one tablespoonful of sugar. The spices should be ground. Let this come to a boil and pour it over the tomatoes; after they get cold tie strong paper over them.

PINEAPPLE PRESERVES.—Pare and slice the apples, then weigh them, and to every pound of fruit add a pound of sugar; put a layer of the slices in a jar and cover them with a layer of sugar, and thus proceed until the apples and sugar are used up; let them stand over night; then take the apples out of the syrup, cook the syrup till it thickens, replace the apples and boil fifteen minutes; take the apples out of the syrup and let them cool; then put them in jars and pour the syrup over them. A few pieces of ginger-root boiled in the syrup will improve it.

ORANGE MARMALADE.—There is a piquant taste to this article that is very agreeable. It should be put away in small jars, covered first with a paper soaked in whisky, tying over this a paper soaked in the white of an egg. Quarter twelve oranges, remove the seeds and pith, slice thinly, put over them six quarts of cold water and let stand till the next day; then put all into a preserving-pan and boil rapidly for two hours. It must then measure eight pints; if not, add hot water to make the quantity; then add eight pounds of sugar and the thinly-pared rinds of four lemons tied up in a muslin bag, and boil for an hour longer; add the strained juice of the lemons twenty minutes before removing from the fire.

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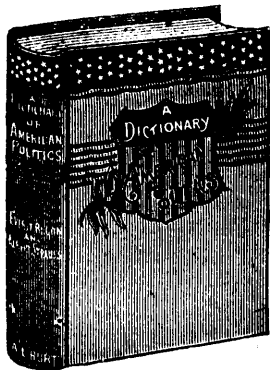
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Household Hints.

A SIMPLE remedy for keeping the hands from perspiring is starch. It should be finely pulverized and dusted on the hands three or four times a day. Powdered orris root added to the starch gives it a fresh and agreeable perfume.

AUNT ELLEN'S SODAWATER.—Three pounds of sugar, one and one-half pints of molasses, one-quarter of a pound of tartaric acid, one-half ounce of sassafras, two quarts of boiling water. After these have boiled together, bottle and cork well. It will keep a long time in a cool, dark place. Use two tablespoonfuls of this syrup and half a teaspoonful of soda to a glass of water.

EXERCISE is a bad thing for nervous and consumptive persons who go to Colorado. According to J. T. Eskridge (*The Climatologist*), the advice often given by physicians on sending patients is: "Go to Colorado, live in the open air as much as possible; live on horseback all day long; herd sheep or drive (punch) cattle." The first part of this advice—"live in open air as much as possible"—is excellent, but the remainder is simply murderous for nine out of every ten consumptive patients who go to Colorado.

COLD AND THE EYES.—Persons suffering from "cold in the head" who can apparently find no reason for having it, would do well to consult an oculist. Relief may be sometimes thus secured. Eye strain may be found a predisposing cause of the trouble by the medical examiner. Never have the eyes examined by any other person except a graduate in medicine. The professional alone knows what and how to prescribe for a delicate organ like the eye. Many incurable eye affections may be brought on by the use of improper glasses. The money saved by not going to a doctor is lost in paying for the care of troubles that will surely arise in the future.

PREVENTION OF CONSUMPTION.—Cleanliness is the most important factor in prevention of all disease, and most especially of consumption. The germ of this dreaded affection is found in the sputum. All sputa should be disinfected. The substances spat up soon become dry—they are afterward disseminated as dust. Every person at home, on the street, or in vehicles, is thus exposed to the contagion through the air he breathes. If the sputum is received into a vessel containing a thorough disinfecting solution, how much would be accomplished in checking the disease. It is a very easy matter to place receptacles within all buildings—and upon railroad trains. Persons upon the streets should teach themselves to use a handkerchief, at least, instead of the sidewalk to receive discharges from the mouth and nose. Any one will admit that all expectoration is nasty. No well-bred person would be seen spitting in public. Few persons understanding the risk would wilfully endanger the lives of their fellows.

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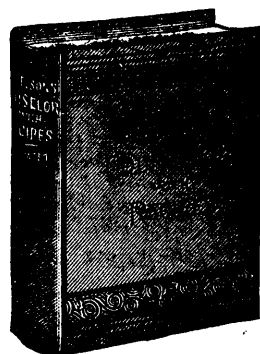
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