

HOUSEHOLD HINTS.

SAUCE.—Half a cup of milk, stir in two tablespoonfuls of sugar, beat the whites of two eggs to a slight froth, and stir in; flavour with vanilla before serving.

SPICED CURRANTS.—Five pounds of currants, four of sugar, two tablespoonfuls each of cinnamon and cloves tied in a bit of muslin, one pint of good cider vinegar. Boil until of the consistency of thick cream.

SPICED CHERRIES.—Seven pounds of sour cherries stoned, three pounds of sugar, one pint of vinegar, two tablespoonfuls each of cinnamon and cloves. Put the spices in a little muslin bag and drop it into the vinegar. Add the sugar and boil thoroughly. Skim and add the cherries. Boil until quite thick, stirring often to prevent burning.

COTTAGE PUDDING.—One cup milk, one teaspoonful (large) butter, one teaspoonful sugar, three-fourths pound flour, one teaspoonful soda, one teaspoonful cream of tartar, yolks of two eggs. Mix sugar, yolks of eggs and butter to a cream, then add the milk and flour by degrees; beat very light, then add the soda and cream of tartar, and bake for one hour.

CHERRY JAM.—Weigh the fruit before stoning and to every pound allow half a pound of sugar. Stone the fruit and boil in a preserving kettle till the juice is nearly all gone; then add the sugar and currant juice in the proportion of one pint to every six pounds of cherries. Boil about half an hour, or until it begins to jelly, being careful that it does not burn. Pour into jars, but do not seal until the next day.

INDIAN PUDDING.—One quart of milk, one-half pound Indian meal, one small cup treacle, one tablespoonful dripping, one teaspoonful ginger, one egg, one teaspoonful baking powder, a pinch of salt. When the milk is nearly boiling, wet the meal with some of the cold milk and then let it boil; then add the treacle, dripping, ginger, pinch of salt and egg well beaten; lastly, the baking powder. Turn it into a pie-dish and bake for two hours.

CLAMS A LA CREME.—Drain and chop one quart clams, melt two tablespoonfuls butter, add two tablespoonfuls flour, pour on clam liquor, add one saltspoonful salt, one saltspoonful pepper, add the clams; cook three minutes, then add one cup cream. Serve with toast. First cut off the long necks, if there are any, and chop the clams. Put the clam liquor on and let it come to a boil and then the scum rises and can be removed. If the cream is boiled with the clams it is inclined to curdle. This is a very nice dish.

A NUTRITIOUS DISH.—Take one-quarter of a pound of macaroni; do not wash it, as it removes the starch; put it into boiling water, add one tablespoon of salt; keep boiling rapidly until done. When soft take it off the fire and pour cold water through it; put it into a buttered dish, cut into pieces about six inches long, then pour a sauce over it, which is made as follows: One cup and a half of boiling milk, one tablespoon of butter, a heaping tablespoon of flour, one-half teaspoon of salt and a saltspoon of pepper, stir the butter and flour together until they bubble; stir in the salt and pepper, then add the milk gradually, after which pour over the macaroni. Take one-half cup of grated cheese, sprinkle over the top; over the cheese sprinkle one cup of cracker crumbs, into the cracker crumbs put a saltspoon of pepper. Bake until the crumbs are brown in a quick oven.

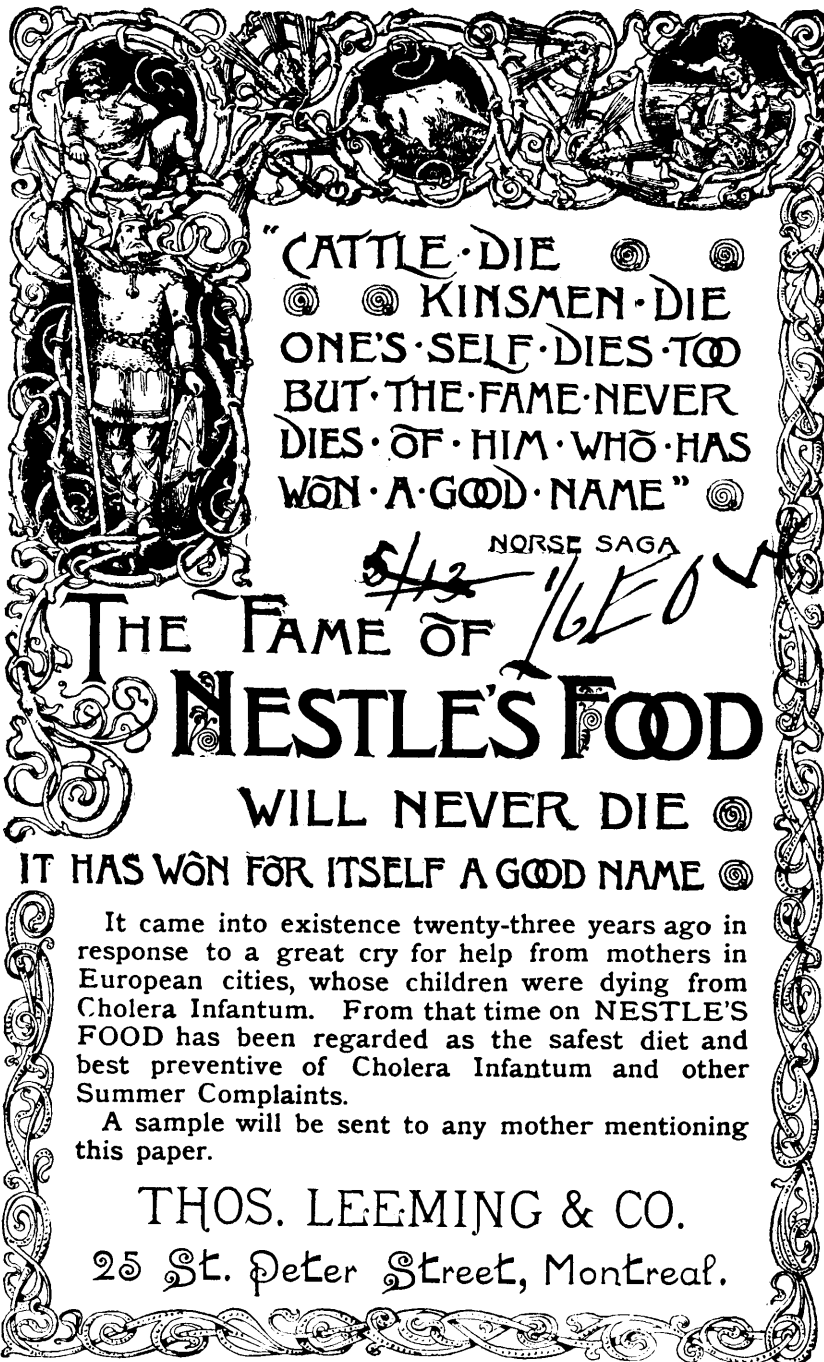
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HEALTH HINTS.

THE TREATMENT OF SLEEPLESSNESS.—A sufferer from this uncomfortable symptom has found the following to be an effectual remedy in his own case. After taking a deep inspiration, he holds his breath till discomfort is felt, then repeats the process a second and a third time. As a rule, this is enough to produce sleep. A slight degree of asphyxia is thus relied on as a soporific agent, but the theoretical correctness of this method is somewhat open to question. Certainly there is proof that the daily expenditure of oxygen is most active during the waking period, and that nightly sleep appears to coincide with a period of deficient tissue oxygenation. It is at least as probable, however, that other influences are associated with the production and timely recurrence of sleep besides that just referred to. This plan, moreover, however effectual and beneficial in the case of its author, is not without its disadvantages. The tendency of deficient oxygenation is to increase blood-pressure and to slow the heart's action. With a normal organ, as an occasional occurrence, this might not be of much consequence. If, however, the impeded heart should also be enfeebled by disease, the experiment might be repeated once too often.—*Lancet*.

USE OF LINIMENTS.—Some little skill and practice is required before a nurse can make effective use of liniments which are intended to be applied of friction. Much the most effective means of using them is by the uncovered hand. A little of the liniment is poured into the palm of the hand very slightly hollowed, and, being conveyed to the part to which it is to be applied, is rubbed into the skin by gentle but firm and uniform friction. This friction may either be in a circular direction or upwards and downwards, according to the part where the application is made; in some cases only friction in one direction is permissible, and then the hand must be lifted from the skin to return to the starting point. If there is any special direction in which the liniment should be rubbed in, a careful doctor will always remember to indicate to the nurse his wishes. The amount of liniment to be rubbed in, and the length of time which is to be devoted to the rubbing, must vary so much with individual cases that no general rule can be given. As it is usually a pleasant and soothing process to the patient, he is not likely to complain of some time being occupied by it; but unless a nurse is much accustomed to it, she will find the fatigue considerable after some minutes.

THE BATH.—Nothing in human affairs has a reputation so fixed that it may not be called in question by some one in a moment of originality. This has happened repeatedly in the case of the daily bath. Some critics, for example, suggest that the bather, in consequence of his very cleanliness, lives too fast, is functionally too active, and that delayed and more gradual excretion would better accord with health. Others appear to think that by daily ablution the skin loses a part, or all, of the protection against weather, derived from its own effete products. Yet the bath not only continues to hold its own, but its popularity increases year by year. As regards amenity, both personal and relative, to one's neighbours, there can be no doubt that this is usually much assisted by a habit of regular bathing. Other advantages are not lacking. Among these are when cold water is used, the invigorating exercise of the nervous and circulating systems, the resistance to weather changes, and the tonic of skin engendered by immersion. Further, it is undeniable that the non-removal of effete matters from the body imposes a most unwholesome check upon waste excretion in deeper tissues. It is said that some savage races maintain a robust life in spite of personal uncleanness; but these tribes, it must be remembered, are exceptionally favoured in regard to fresh air and exercise. It is probable, also, that even they do not thrive as they should, and would under purer conditions. For civilized men of sedentary habits, the advantage of possessing a clean and freely active skin is a virtual necessity of healthy existence.—*Lancet*.