

## DOMESTIC RECEIPTS.

**THREE RECIPES FOR MAKING CHEESE STRAWS.**—1. Take  $\frac{1}{2}$  lb puff paste, 3 oz grated Parmesan cheese, a little cayenne, salt, and pepper; roll it very thin, cut it into narrow strips; bake them in a moderate oven. 2. Take  $\frac{3}{4}$  lb flour, 2 oz butter, broken in the flour with the fingers, and rubbed in till quite smooth. 2 oz good cheese grated on a bread-grater, the yolk of two eggs and the white of one; season to taste with cayenne, and a pinch of salt. Mix all together, roll it out to the thickness of rather less than a quarter of an inch (say one eighth), place it on a well buttered tin, and cut it with a paste-cutter into stripes about the width of those used to put across an open tart, and about 4 or 5 inches in length. They must be removed from the tin with care, so as not to break them, after being baked in a moderate oven for about five or six minutes. Biscuits can be made of a mixture prepared in the same way by using biscuit tins for cutting instead of a paste cutter. 3. Take  $\frac{1}{2}$  lb puff-paste, and 2 oz Parmesan cheese (or any other good cheese) grated very fine, a little salt and cayenne mixed; sprinkle the cheese, salt, and pepper over the paste, and roll it two or three times; cut it into narrow strips about 5 inches long; bake them in a slow oven, and serve very hot.

**MADEIRA CAKE.**—Whisk four eggs until they are as light as possible, then continue still to whisk them throw in by degrees the following ingredients in the order named—6 oz sifted sugar, 6 oz flour dried and sifted, 4 oz butter slightly dissolved, but not heated, the rind of a fresh lemon, and the third of a teaspoonful of carbonate of soda: beat well in just before the cake is moulded, bake it for an hour in a moderate oven. In making this cake, be particular that each portion of the butter is beaten into the mixture until no appearance of it remains before the next is added.

**TO TAKE GREASE OUT OF BOARDS AND STONE.**—Make a strong ley of pearl-ash and soft water and as much unslaked lime as it will take up; stir it together, and then let it settle a few minutes, bottle it, and stop close; have ready some water to lower it as used and scour the part with it. If the liquor should lie long on the boards, it will draw out the colour of them; do it, therefore, with care and expedition.

**CURE FOR SMALL POX AND SCARLET FEVER.**—A writer in one of the city dailies gives the following, which we print for what it may worth: In looking over my scrap-book I find the following recipe, which may prove of service to the general public at the present time. The writer says: "I herewith append a recipe which has been used to my certain knowledge in hundreds of cases. It will prevent or cure the small pox, though the pittings are filling. When Jenner discovered cow pox in England, the world of science hurled an avalanche of fame upon his head, but when the most scientific school of medicine in the world, that of Paris, published this receipt as a panacea for small pox, it passed unheeded. It is, nevertheless, as unailing as fate, and conquers in every instance. It is perfectly harmless when taken by a well person. It will also cure scarlet fever. Here is the recipe, as I have used it, and cured my children of scarlet fever; here it is, as I have used it to cure small pox; when learned physicians said the patient must die, it cured: Sulphate of zinc, one grain; fox-glove (*digitalis*), one grain; half a teaspoonful of sugar; mix with two tablespoonfuls of water. When thoroughly mixed add four ounces of water. Take a tablespoonful every hour. Either disease will disappear in 12 hours. For a child, smaller doses according to age. If counties would compel their physicians to use this, there would be no need of pest houses."

**TO HARDEN plaster objects,** it is recommended to add to it some three or four per cent. of powdered althea root (marsh mallow). The resultant mass, in about an hour after setting, will be found to have acquired such a degree of hardness that it may be turned, sawed, &c. Buttons, dice, dominoes, &c., are made from it.

**TO EXTRACT ESSENTIAL OIL FROM WOOD, BARKS, ROOTS HERBS, &c.**—Take balm, mint, sage, or any other herb, &c., put it into a bottle, and pour upon it a spoonful of ether; keep in a cool place a few hours, and then fill the bottle with cold water; the essential oil will swim upon the surface and may be easily separated.

**CLEANING DEAD SILVER.**—Dead or engraved silver goods should never be cleaned with plate powder, but washed with a soft brush and some strong alkali, and well rinsed afterwards. When the dead or frosted parts are quite dry, the polished parts are carefully cleaned with powder.

**SLEEP AS A MEDICINE.**—The cry for sleep has always been louder than the cry for food. Not that it is more important, but it is often harder to get. The best rest comes from a sound sleep. Of two men or women, otherwise equal, the one who sleeps the best will be the most moral, healthy, and efficient. Sleep will do much to cure irritability of temper, peevishness, uneasiness. It will restore to vigour an over-worked brain. It will build up, and make strong, a weary body. It will relieve the languor and prostration felt by consumptives. It will cure hypochondria. It will cure the headache. It will cure the heartache. It will cure neuralgia. It will cure a broken spirit. It will cure sorrow. Indeed, we might make a long list of nervous maladies that sleep will cure.

The cure for sleeplessness requires a clean, good bed, sufficient exercise to produce weariness, pleasant occupation, good air, and not too warm a room, freedom from too much care, a clear stomach, a clear conscience, and avoidance of stimulants and narcotics.

Especially for those who are overworked, haggard, nervous, who pass sleepless nights, we commend the adoption of such habits as shall secure sleep; otherwise life will be short, and what there is of it sadly imperfect.

**TO STEW LAMB WITH PEAS.**—Cut into pieces of moderate size, and remove the outer skin and superfluous fat. Fry it until slightly coloured, then after carefully draining it from all fat, put it into a saucepan with sufficient boiling water to cover it. Add one pint of peas—blue Prussians are best—season with pepper and salt, thicken with a little flour, and stew all slowly for half an hour.

**TO MAKE FRENCH BREAD AND ROLLS.**—Take a pint and a half of milk and make it quite warm; half a pint of small-beer yeast, add sufficient flour to make it as thick as batter; put it into a pan, cover it over and keep it warm. When it has risen as high as it will, add a quarter of a pint of warm water and  $\frac{1}{2}$  oz salt; mix them well together. Rub into a little flour 2 oz butter; then make your dough not quite so stiff as for your bread, let it stand for three quarters of an hour, and then it will be ready to make into rolls, &c.; let them stand till they have risen, and bake them in a quick oven.

**STEWED VEGETABLE MARROW.**—When vegetable marrows are too old and large to serve in the usual way, they may be prepared in the following manner, and will be found delicious:—Cut your marrow into conveniently-sliced long pieces, removing the seeds, &c. Then fry them very lightly in butter, in the manner as you would prepare vegetables for a haricot. Take them out and drain them well, and fry a couple of large onions sliced in the same butter, draining them well also. Have ready in a stew-pan a sufficient quantity of good stock or gravy, and lay in your marrow and onions, letting them stew till tender, but do not let them break. Put them carefully on to a hot dish, serve with the onions and gravy poured over them. You can add a little thickening to your sauce at pleasure; and, above all be careful that whatever stock or gravy you use has been previously well freed from fat.—

**EATING BREAD AND MILK WITH LIME WATER.**—Milk and lime water, says the *Scientific American*, are now frequently prescribed by physicians in cases of dyspepsia and weakness of the stomach, and in some cases, to our knowledge, the diet has proved very beneficial. Many persons who think good bread and milk a great luxury, frequently hesitate to use it for the reason that the milk will not digest readily. Sourness of the stomach will often follow. But the experience of many will testify that lime water and milk is not only food and medicine at an early period of life, but also at a later, when, as in the case of infants, the functions of digestions and assimilation have been seriously impaired. A stomach taxed by gluttony, irritated by improper food, inflamed by alcohol, enfeebled by disease or otherwise unfitted for its duties, as is shown by various symptoms attendant upon indigestion, dyspepsia, diarrhoea, dysentery and fever, will resume its work and do it energetically on an exclusive diet of bread and milk and lime water. A goblet of cow's milk to which four teaspoonfuls of lime water have been added, will agree with almost any person, will be agreeable to the stomach when other food is oppressive, and will be digested when all else fails to afford nourishment. The way to make lime water is to procure a few lumps of unslacked lime, put the lime in a stone jar, add water until the lime is slacked and is about the consistence of thin cream. The lime will soon settle and leave a clear and pure liquid at the top, which is lime water. As the water is taken out more should be added, and the lime should be frequently stirred up and allowed to settle.