

## Health and Home

**In croup.**—A strip of flannel or napkin folded lengthwise and dipped in hot water and wrung out and then applied around the neck of a child that has the croup will sometimes bring relief in ten minutes.

**Orange Pudding.**—Six oranges pared and cut fine, strew over them one cup of sugar, beat the yolks of six eggs with four teaspoonfuls of corn starch, strain into one quart of boiling milk, put the starch over the oranges when hot, beat the whites of the eggs with two spoonfuls of sugar, brown in the oven.

**Rhubarb Blanc Mange.**—Ingredients.—A bundle of rhubarb, a gill of hot water, loaf sugar to taste, rind of a lemon, 1 1/2 oz. of cornflour to each pint of pulp, a few drops of cochineal. Wipe the sticks of rhubarb dry, if young; peel them if they are old, and put them in a saucepan with the hot water and sugar. Boil to a pulp, and then rub through a wire sieve or beat very fine. Add the lemon rind, grated, and make it a pretty color with the cochineal. Measure the pulp now with a pint measure, and for each pint take 1 1/2 oz. of cornflour, or 2 oz. if the pulp is very thin and watery. Mix the cornflour smooth with a little cold water; pour the fruit into a clean saucepan, bring it to the boil, pour in the cornflour, and boil again for five minutes, stirring all the time. Put it into wet molds or basins, and turn out when quite cold and set. Serve with custard or with milk and sugar.

**Making Coffee to Keep.**—Everyone knows how refreshing a cup of coffee is when either mind or body is fatigued. Unfortunately the various essences sold lack the flavor (and, I fancy, the stimulating properties) of coffee which is freshly made from the berry; and we haven't always the time for the latter process, which demands a certain amount of attention. So I advise making a good supply and bottling it for use. Perhaps you never heard of the plan? Well, this is "how it is done." Beat up an egg, shell and all, and mix it thoroughly with a quarter of a pound of freshly ground coffee—that which has been ground for a week or so is no use for the purpose. Pour on to the mixture two quarts of boiling water, bring up briskly to a boil, and then boil steadily for five minutes. Let it stand, undisturbed, until cold. Then pour off, very carefully, so as not to disturb the sediment, into bottles; cork them securely, and store in a cool place. In this way a fortnight's supply can be made. When needed, heat the necessary quantity (you can do it over a spirit lamp), add milk and sugar to taste, and you will have a very delicious and invigorating "brew," though, of course, not so aromatic as when first prepared.

### Corn Fritters.

Beat two eggs without separating, add one cupful of milk, one pint of pulped green corn, two-thirds of a teaspoonful of salt, one-third of a teaspoonful of pepper and just sufficient sifted flour to make a thick batter—the amount varying according to the milkiness of the corn. Beat for a moment, add one tablespoonful of melted butter and one teaspoonful of baking powder, and drop by spoonfuls into hot fat. Turn as they brown and serve very hot.

### Spiced Blackberry Syrup.

Mash the fruit, bring slowly to a boil and strain; measure, and allow one heaping cupful of sugar for every pint of juice, one teaspoonful each of cinnamon and nutmeg, and half as much cloves and ginger. Tie the spices in a piece of muslin; put all over a slow fire; stir until the sugar is thoroughly dissolved; let boil two minutes, skim, take out the spices and seal at once. Elderberries may be prepared in the same way, using ginger and nutmeg with the mace and cloves. When used plentifully to flavor drinking water, these drinks are excellent to cure the stomach and bowel disorders so common at this season.

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