

COOKED CELERY FOR RHEUMATISM.

The many who are fond of the crisp leaf stems of celery would hesitate before reducing it to the estate of "cooked stuff," and yet it is said to be of good taste and to have "virtues" besides. An English writer proclaims cooked celery as a cure for rheumatism, which it certainly will not harm if it fails to cure. We read as follows: Celery, cooked, is a very fine dish, both as nutriment and as a purifier of the blood. I will not enumerate the marvelous cures I have made with celery, for fear the medical men should, like the corn dealers, attempt to worry me. Let me fearlessly say that rheumatism is impossible on such diet. Plainly let me say, cold or damp never produces rheumatism, but simply develops it. The acid blood is the primary cause and the sustaining power of evil. While the blood is alkaline there can be no rheumatism and equally no gout. I must return to cooked celery. Cut the celery into inch dice; boil in water until soft. No water must be poured away unless drunk by an invalid. Then take new milk, slightly thicken with flour and flavor with nutmegs; warm with the celery in the saucepan; serve up with diamonds of toasted bread round dish, and eat with potatoes."

A DANGEROUS THOUGH POPULAR EYE-WATER.

It is a popular impression that a dilute solution of "sugar of lead," or acetate of lead, is a perfectly harmless application for any slight inflammation of the eyes. The time was when it was so regarded by physicians, who were in the habit of ordering a little acetate of lead dissolved in rose water, with perhaps a few drops of laudanum added, for these ocular ailments. But the use of the lead salt for this purpose was long ago condemned by the best authorities, and most physicians are now aware of the fact. In domestic medicine, however, new ideas are slow in replacing the old ones that have come down from the grandmothers, and sugar of lead is still a favorite basis for home-made eye-waters.

A recent article in the *Philadelphia Medical and Surgical Reporter*, by Dr. W. S. Ross, gives a succinct statement of the reasons why this use of lead salts is dangerous. The Doctor says that the great danger of the use of lead in the eye is that a deposit often takes place on the cornea, especially if the cornea is in the least abraded, from whatever cause. Ulceration of the cornea is a very common occurrence, especially where there is high inflammation in the conjunctiva and sclerotic. If the acetate of lead is used, in solution, in an ulcerated condition, it does not matter of what strength, there will be a deposit of albuminate of lead the entire extent of the cornea denuded.

The opinions of quite a number of distinguished medical writers are quoted to the same effect. One writer says: "This bad effect may result from a single application. The deposit is extremely apt to fix itself on ulcers of the cornea. It attacks every abrasion on the slightest denuded surface. Hence, when such exist, acetate of lead should never be used."

This deposit resembles wet chalk, and can be removed only with difficulty and at considerable danger to the sight of the eyes, especially if the patient is advanced in years.

POSSIBLE EFFECT OF THE MOON IN EARLY GEOLOGIC TIME.—In a note to *Nature*, Mr. W. Davies writes: "In considering the climatic changes which have evidently taken place on various parts of the earth's surface, it seems to me that what may have been a very important factor has been rather strangely left out of calculation by physicists, never having been noticed hitherto, as far as I am aware. It is that of the heat which must at one period or the other have been transmitted from the moon. There can be scarcely a doubt that this must at one time have influenced the earth's climate to a very powerful degree, producing the effect of a second or additional sun. In the absence of any perceptible marks of atmospheric or aqueous erosive action on the moon, it is at present impossible to arrive at an idea of its relative age, or at what period its heat may have been most abundantly radiated; but if the much hotter climate which once prevailed in northern latitudes could be referred to this cause, it might give us some clue to the difficulty. Something also might be done in comparing the various changes of climate which have taken place in certain parts of the earth's surface, as indicated by geological evidence, with the actual course of the moon. The subject is at least worth entertaining, and may be recommended to the consideration of physicists."

THE ART OF COOKING.

We take from the *Housekeeper* the following excellent hints on the art of cooking: The science and art of cooking may be divided into a few principal parts: the rest is all fancy. These parts are baking, boiling, broiling, frying, roasting, seasoning, simmering and stewing. Tasting is an adjunct to all.

Baking.—In baking, see that the furnace or oven is properly heated; some dishes require more heat than others. Look at the object in process of baking from time to time, and especially at the beginning; turn it round, if necessary, in case it be heated more on one side than the other, to prevent burning. In baking meat and fish, besides keeping the bottom of the pan covered with broth or water, place a piece of buttered paper over the object in the pan. It not only prevents it from burning, but acts as a self-basting operation, and keeps the top moist and juicy. If the top of a cake bakes faster than the rest, place a piece of paper on it.

Boiling.—This is the most abused branch in cooking. We know that many well-meaning housewives, and even professional cooks, boil things that ought to be prepared otherwise, with a view to economy; but a great many do it through laziness. Boiling requires as much care as any other branch, but they do not think so, and therefore indulge in it. Another abuse is to boil fast instead of slowly. Set a small ocean of water on a brisk fire and boil something in it as fast as you can; you make much steam but do not cook faster, the degree of heat being the same as if you were boiling slowly. If the object you boil, and especially boil fast, contains any flavor, you evaporate it, and cannot bring it back. Many things are spoiled or partly destroyed by boiling, such as meats, coffee, &c. Water that has been boiled is inferior for cooking purposes, its gases and alkali being evaporated.

Broiling.—Whatever you broil, grease the bars of the gridiron first. Broiling and roasting are the same thing: the object in process of cooking by either must be exposed to the heat on one side and the other side to the air. Bear in mind that no one can broil or roast in an oven, whatever be its construction, its process of heating, or its kind of heat. An object cooked in an oven is baked. It is better to broil before than over the fire. In broiling by gas there is a great advantage. The meat is placed under the heat, and as the heat draws the juice of the meat, the consequence is that the juice being attracted upward it is retained in the meat. A gas broiler is a square flat drum, perforated on one side and placed over a frame. Broiling on live coals or on cinders without a gridiron is certainly not better than with one, as believed by many; on the contrary, besides not being very clean, it burns or chars part of the meat. That belief comes from the fact that when they partook of meat prepared that way, it was with a sauce that generally accompanies hunters, fishermen, &c., hunger, the most savory of all savory sauces.

FACTS OF VALUE TO THE HOUSEWIFE.

The salt will curdle new milk; hence, in preparing milk-porridge, gravies, etc., the salt should not be added until the dish is prepared.

That fresh meat, after beginning to sour, will sweeten if placed out of doors in the cool air overnight.

That clear, boiling water will remove tea stains and many fruit stains. Pour the water through the stain, and thus prevent it from spreading over the fabric.

That ripe tomatoes will remove ink and other stains from white cloth, also from the hands.

That a tablespoonful of turpentine boiled with your white clothes will greatly aid the whitening process.

That boiled starch is much improved by the addition of a little sperm, or a little salt, or both, or a little gum arabic dissolved.

That beeswax and salt will make your rusty flat-irons as clean and smooth as glass. Tie a lump of wax in a rag, and keep it for the purpose. When the irons are hot, rub them first with the wax rag, then scour with a paper or cloth sprinkled with salt.

That blue ointment and kerosene mixed in equal proportions and applied to bedsteads is an unfailing bedbug remedy, and that a coat of whitewash is ditto for the walls of a log-house.

That kerosene oil will soften boots or shoes which have been hardened by water, and render them as pliable as new.

That kerosene will make your tin kettle as bright as new. Saturate a woolen rag and rub with it. It will also remove stains from, and clean, varnished furniture.

That cold rain-water and soap will remove machine grease from washable fabrics.