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NEW AND HEALTHY ACTION

The Home

DEEP BREATHING.

At a lecture recently given in the New Century Building, Boston, by Professor Cleave, before the Woman's Health Club, he declared that consumption may be cured simply by deep breathing, with plenty of fresh air and sunshine.

He said he knew of a woman who had been given up as incurable by the doctors, one of her lungs being almost gone, who by taking deep breaths every morning, under the required conditions, was absolutely a well woman at the end of three months, and could walk seven miles easily.

Breathing is the first element of life, and the more oxygen you can store up in your system the better for your health, he said. Use your brain power; use your muscular power, and assist nature to fill the cells with oxygen. We use only about one-quarter of the cells in our lungs, or at the most one-third; the rest become clogged, dyspepsia and indigestion set in, and disaster follows. Man in his primitive state was the healthiest of animals, but with civilization he lost the incentive to inhale the fresh, pure air, and with his desire for rest came inaction, the muscles became stiff and clogged with fatty accumulations for the want of exercise.

Radium is the storage of oxygen in metal; it is nothing else but concentrated sunshine. Deep breathing will stimulate the brain, fill the cells of the lungs with oxygen, and the exercise will create heat, which in turn will burn the rubbish, the accumulated fatty tissues that hamper the body in its movements.

Professor Cleave then illustrated the manner in which to take deep breaths, at least twelve every morning on getting out of bed with the window thrown wide open, and only loose garments worn.

"After taking these whiffs of nature," he continued, "you will have a store of strength on which you can draw during the day, and I assure you these deep breathing exercises will bring you happiness as well as health."
—Standard.

THE FIRSTBORN.

Into the light of the days to be,
Out of the dust of Eternity,
In the white hush of the fragrant morn,
God shall give thee my soul new-born.
Thine be the anguish, mother mild!
The ecstasy thine of bearing the child!
Mine the still wonder of life begun,
The brooding joy of being thy son!
Into the shrine of thy motherhood
God sends my soul to be fashioned for good
And in thy dream, of the man to be
Thou shalt fathom divinity.

—By Margaret Bartlett Cable.

RECIPES.

APPLE FLUFF.

One fresh egg, yolk and white in separate dishes. Set the latter on ice. Add to the yolk one cup of rich milk, a generous tablespoon of sugar, and cook to a custard. (This makes a thin custard.) Add one half teaspoon of vanilla, and set on ice. In a large, deep bowl grate one pared apple, a Spy or Baldwin, as it should have a decided flavor. Have ready one-half cup of sugar, which sprinkle gradually over the apple while working, to prevent it from discoloring. Add a few drops of cider if convenient. Now turn on this mixture the egg-white and beat for half an hour with a wire whip or fork. This will make a large quantity of apple snow, which pile irregular on a dainty green china dish and pour over it the custard.

CINNAMON BUNS.

Make a soft sponge with one pint of milk, one cake of yeast dissolved in lukewarm water, a tablespoon of sugar and flour to thicken. Beat well and set to raise in a warm place. When light add a cup of sugar and soft butter, a rounding teaspoon of salt and two beaten eggs. Mix thoroughly and work in flour to make a soft dough. Raise again and then roll out into an oblong sheet spread thickly with soft butter and sprinkle with sugar and cinnamon. Roll up, cut into slices, place in buttered pan, raise, sprinkle with sugar and bake in rather hot oven.

SCOTCH CAKES.

One pound of flour, one-half pound of butter, and one-quarter pound of sugar; let the butter stand in a basin near the fire to soften, but not to melt; when soft, rub it into the flour; then rub in the sugar. Roll out a sheet half an inch thick, cut out cakes about two inches square, and bake until they are a light brown. Put them away in a stone jar, and they will in a day or two gather moisture enough to be soft.—Harper's Cook Book Encyclopedia.

SPANISH WINDE

Whisk the whites of eight eggs to a very stiff snow. Flavor with a teaspoonful of best vanilla extract. Mix with these one pound of pulverized sugar very gradually, so that the eggs will not be made to run. Whisk the whole until all the sugar is in. Make a sheet tin hot, then rub it over with white wax: drop on this with a teaspoon little piles of snow, which must not touch. Sift a little sugar over, and bake them in a rather slow oven. They must be merely tinged a cream color.

PEAS AND CARROTS.

Peas and carrots cooked together are appetizing. Slice the carrots thin, or cut them in small cubes, which makes them more delicate. Creamed carrots are delicious enough to serve with spring lamb if they are chopped fine after boiling and mixed with a thin cream sauce. There is so much in the preparation of these winter vegetables! Beets, which some people will not eat at all may be made attractive by chopping instead of slicing. Cold chopped beets with lettuce make a good supper salad.—New York Post.

LADY SUTHERLANDS.

One quart of flour, three eggs, one piece of butter the size of a walnut, three cups of sweet milk, and a teaspoonful of salt. Beat very light after you mix the ingredients. Bake quickly in small, tin patty-pans. Make as shortly before these cakes are to be served as possible, lest they fall and lose their delicacy with their lightness.

The following plan generally proves efficacious for cleaning silver that has been out of use for some time and becomes discolored. Dip a cloth in sweet oil first, and then in prepared chalk or whiting. Rub the silver with this until the stains disappear, and then polish it with dry whiting, giving it a final rub with a clean chamois leather.

ECONOMY.

'Economy,' said Governor Chatterton, of Wyoming, 'is always admirable. A Cheyenne hatter, though, was disgusted the other day with the economical spirit of a visitor to his shop.

'This visitor, a tall man with grey hair entered with a soft felt hat, wrapped in paper, in his hand.

'How much will it cost,' he said, 'to dye this hat grey, to match my hair?'

'About a dollar,' the hatter answered. The tall man wrapped the hat up again. 'I won't pay it,' he said. 'I can get my hair dyed to match the hat for a quarter.'

'I'm afraid,' said the country editor, 'that young Blackstone won't like the write-up we gave him to-day.'

'Why?' asked his assistant. 'I wrote of him as a "thriving young lawyer," but the intelligent typo made it "thieving"—Philadelphia Press.'

DISFIGURED.

Church—'We had some attractive features on the Fourth.'

Gotham—'And the next day I suppose there were a lot of features in town which were not so attractive.'—Yonkers 'Statesman.'

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