

Health and Home

Cranberry farina is prepared by cooking three scant teaspoonfuls of farina in one pint of sweetened cranberry sauce until thick, molding and serving cold with cream.

A simple but effective remedy for hoarseness is found by adding to the beaten white of an egg the juice of one lemon, sweeten to taste with white sugar, and take a teaspoonful from time to time.

Escalloped Oysters (old style): Three pints oysters carefully looked over for fear of shells. Put one layer of rolled crackers in baking dish, then one of oysters; with dots of butter, pepper and salt on each layer of the first, with considerable of the oyster liquor and a few spoonfuls of rich cream over the top. Bake in a not too hot oven.

Lemon Pie—Two lemons, juice and grated rind, two cupfuls of white sugar, one cupful of sweet cream or milk, two tablespoonfuls of cornstarch mixed with the yolks of six eggs; bake in a rich crust. Beat the whites to a stiff froth with four tablespoonfuls of white sugar. When nearly done, spread on top of the pies and slightly brown. This will make two pies.

A London physician at a meeting of the Medical society stated that extraction or excision of teeth was unnecessary. He was enabled to cure the most desperate case of toothache, he said, unless the case was connected with rheumatism, by the application of the following remedy to the diseased tooth: Alum, reduced to an impalpable powder, two drams, nitrous spirit of ether, seven drachms; mix and apply to tooth.

For dessert whip one pint of thick cream to a solid froth; add two tablespoonfuls of sugar, one teaspoonful of vanilla and three bananas pressed through a sieve, mix lightly, heap in small glasses, and serve within an hour.

English Muffins.—Make up one quart of flour with cold water as soft as you can handle it; put in a teaspoonful of salt and a tablespoonful of yeast and set it in a moderately warm place. In the morning beat up the white of an egg to a stiff froth, put it in the mixture and beat it well with a spoon. Bake in large muffin rings.

An eminent physician, who has been investigating the properties of the different vegetables, announces that a diet of carrots ameliorates harshness of character and reduces nervous irritability; peas create fatty tissue and encourage joyousness, while turnips have just the opposite effect. Celery taken in excess causes eye trouble, while cabbage is beneficial in pulmonary ailments, and lettuce aids as a sedative, owing to the opium contained in its milky juice, which keeps the skin clear and fresh. Red beets are blood producing and will add plumpness to the thinnest form, providing they are boiled tender.

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