

THE HOUSE.

CHICKEN JELLY.—Chicken jelly for an invalid is easily digested and very nourishing. Dress and clean the chicken as usual, rinsing it well, but not allowing it to lie in cold water to soak; break the bones, and put bones and meat in a kettle with enough cold water to cover the chicken; heat slowly and let it simmer gently until the meat is in little strings, and the water has boiled half away; skim it then, and press it through a sieve; salt to suit your taste, put on the fire again, and let it simmer for ten minutes, then take from the fire, and when it is perfectly cold skim it; keep it in the refrigerator or some cold place. You can make sandwiches by using crackers or very thin slices of bread. Add pepper if the patient wishes it.

A piece of rye near a poultry-house is very useful during the fall and spring, and sometimes in the winter as a hen pasture. The sowing of grain in their yards is also an excellent plan. What is scratched out will be eaten up clean, and plenty of scratching and green food are what they need.

RASPBERRY VINEGAR.—Put three pounds of very fine ripe raspberries in a bowl, bruise them well, and pour upon them a quart of the best cider vinegar; next day strain the liquor on a pound of fresh ripe raspberries, bruise them also, and the following day do the same, but do not squeeze the fruit or it will make it ferment; only drain the liquor as dry as you can from it. The last time pass it through a canvas bag previously wet with the vinegar to prevent waste. Put the juice into a stone jar, with a pound of sugar to every pint of juice; the sugar must be broken into lumps; stir it, and when melted put the jars into a pan of water: let it simmer a little, and then skim it; when cold bottle it. It will be fine and thick when cold, a most excellent syrup for making a wholesome drink.

DUST AND DUSTING.—Do not dust but wipe! The duster, that peaceful emblem of domestic labor, may, says Le Voltaire, under certain circumstances, become more dangerous to handle than a six-shooter. We are in dead earnest. An eminent scientist declares it to be a fact. Do you know just what you are doing when you brush away dust? You disseminate in the air, and consequently introduce into your own interior, into your own tissues and into respiratory organs all sorts of eggs, spores, epidemic germs and murderous vibrios which dust contains. One movement with a feather duster may be enough to poison both you and your neighbors—to inoculate you all with typhus varioloid or cholera—strange as it may appear. Instead of a feather duster take a cloth; wipe away the dust instead of stirring it up. In short, wipe—never dust.

BROWN BREAD.—Take hot water though not scalding, and stir into it corn-meal until it is about half thick enough for a good batter; then cool it with cold water, and make a thick batter by adding Graham flour; after which give the whole a good stirring, and put into two pans two or three inches deep. It is better to let it stand an hour or so, then put it into a hot oven and bake steadily two hours and a half. Take it out, and cover with thick cloths for an hour or two, and it is ready for the table. It is also good cold. When rightly prepared, it is light, enough, tender, moist and sweet.

CISTERN WATER.—Few wells supply water so wholesome for drinking, cooking, and washing as pure cistern water. My plan is:—A deep cistern with plenty of water to last eight to twelve months, well filtered through porous brick, a chain pump to stir the water from top to bottom every time any is drawn. My cistern is over twenty-four feet deep, with a small cistern at the side to receive the water, and filter it through a four-inch brick wall. The water in such a cistern will remain as cool as in a well of the same depth.

The love of Christ is fixed in its objects, free in its communications, unwearied in its exercises, and eternal in its duration: here stands the believer's comfort.

HEALTH HINTS

ENERGY ABSORBED IN PROPELLING BICYCLES.—Professor Johnstone Stoney gave, at a recent meeting of the Royal Dublin Society, an account of some experiments made by his son to determine, by means of indicator diagrams, the energy employed in driving a bicycle. The machine was an extraordinary one, one of the upper links of which was replaced by a spring, a board carrying a paper being so placed that a pencil indicated the difference of pressure on the pedal. Professor Stoney and his son have travelled about 2,000 miles since the beginning of the year, and the average amount of muscular energy required is found to be equivalent to 7.3 foot-pounds per minute, a great difference being found between rough and smooth roads, mud and stones, up-hill and down, and with or against wind. Experiment has shown, according to Professor Stoney, that there is no actual dead point in the machine.

Girls should try for a month the effects of a regular walk every day in the morning, which is the vital, exhilarating part of the day. But walking without an object is very stupid, you urge. This is true enough. Have an object. Do the marketing. Undertake some of the family errands. Go to see the poor and sick, the people who are in trouble, or weighed with some infirmity.

DEEP BREATHING.

The primary object of breathing is the purification of the blood. And, since this blood is ever becoming corrupt from the constant decay of the body, it is needful that this breathing shall be deep, full steady, by day and by night, from the dawn of life till its close. And that this may be effectual, only pure air must be breathed. Since the body is ever changing, old particles of matter are decaying and passing off effete and putrid, making the air of any closed room soon unfit for the lungs, and incapable of improving the blood.

By estimate, the lungs contain six hundred millions of air-cells, all of which should admit the pure air at each inspiration. To each of these cells, two or three, each, of arteries and veins pass, being so connected with the walls of the cells as to admit air to the blood. These walls are so gossamer-like that the oxygen of the air passes through, attracted by the iron of the blood, actually consuming, burning the waste, carbonaceous, worn-out parts of the blood. This combustion not only purifies the blood, but sustains the animal heat,—is the most important means of keeping the body furnace at about 98° Fahr., without which it is impossible to sustain life very long.

But this full and deep breathing is utterly impossible, if only fashionable lungs are employed—lungs containing only about one half of the usual capacity of the medium. But are the lungs generally deformed? Of this, there can be no reasonable doubt. The female "form" is unnatural, deformed, crippled, at least in most cases, in civilized society. That this may be evident, let me state a well known fact, that at birth, the female chest is larger, relatively, than that of the male. There is a good reason for this aside from the fact that the size of the chest is the index of the power and endurance of the individual. To decide this, we have simply to compare the chests male and female of the same size and weight, at about twenty years of age. To make this more reliable, carefully note a lad and a lass, of the same size, when at ten years old,—with no special difference,—and carefully observe the gradual contrast, that of the lad—active robust and free in his motions—constantly expanding with his growth, while the other as gradually conforms to the "fashion plates!" This is no accident. Definite causes have produced palpable and legitimate effects.

Only by natural capacious lungs can proper breathing be performed, and that only by deep breathing. In this way, only, can the lungs be kept in good condition, free from disease. It is believed that such breathing—implying the banishment of the corsets and all such appli-

ances—would, in one or two generations, reduce the prevalence of that destroyer of our young females, pulmonary consumption, at least one half. And more. It is also believed that free exercise, free breathing of pure air, with plain simple food, would improve the health of the mothers, at least one hundred per cent. in the same time. It remains for those who have deformed chests, whose lungs are thus reduced, to practice in expanding the chest and lungs, remembering that the walls of the air-cells may adhere during this compression often rendering them useless, unless they are soon removed by this expansion. Such deep breathing, retaining the air for a time, will do much in the improvement of the lungs.

For infantile summer complaint boil for six hours a teaspoonful of wheat tied closely in a cloth. At the end of that time take it out of the water, and let it dry and cool. When you wish to use it grate two table-spoonfuls of it, mix with a little cold milk. Sweeten to the taste with powdered sugar.

Milk made as hot as can be taken, given by teaspoonfuls is sometimes effectual.

SCIENCE.

An immense meteor of wonderful brightness was seen from the deck of a ship last June. It fell into the sea within a few cable-lengths of the vessel, with a roaring hissing noise, as if a great mass of red-hot iron had been extinguished. The second officer, in noting the occurrence on the log book, added that "possibly some ships that had gone a missing may have been struck and sent to the bottom by such meteors,—a not improbable suggestion.

PAPER WHEELS FOR RAILWAY CARS.—The use of paper wheels on American railways is becoming every day more general. In the first ten months of last year one firm alone turned out 7,729 of these wheels. Mr. Pullman, assistant general superintendent of the Central Railroad of New Jersey, says that they have been in use by his company for ten years, and they have been found to be the most economical as well as the only safe kind of wheels for passenger carriages. Whereas the best iron wheel (says Mr. Pullman) will not average over 50,000 miles, a number of our paper wheels have run over 400,000 miles, and some few over 500,000, and are still in service. It appears, however, that they are in the first instance considerably more costly than iron wheels. It would be desirable to test the accuracy of the above figures in this country.—Iron.

Principal Dawson, who has seen the remains of the whale discovered at Smith's Falls, is of the opinion that the place where they were found must have been the coast of an ocean which existed in the ages past. The backbone recovered from the pit is ten inches broad and seven inches thick. The piece of the rib is 50 inches long, and as a large proportion has evidently crumbled away, the whole rib must have measured nearly six feet.

AMMONIA AND WATER.—Scrubbing with soap imparts to unpainted floors a gray dirty color, and takes off the paint from the painted ones. In using ammonia one should be careful not to allow the fumes to accumulate in a close room where there is a fire. Every housekeeper should keep ammonia in the house; for cleaning finger-marks from paint; it is magical, and does not injure the paint in the least.

VARIETIES.

Last week an Ohio man on his travels found a shell on the Gettysburg battlefield. He took it home and put it in his stove to see if it was real. It was genuine. But the stove is the most glaring imitation you ever looked at.—Pittsburg.

A man who had been at a crowded meeting said he was fond of rings on his fingers, but he didn't admire bellies on his toes.

A DAINTY DISH.—A dish to be served with cakes and berries is made by grating a fresh coconut, beating the whites of five eggs to a stiff froth, adding two large spoonfuls of sugar and a pint of thick, sweet cream, and beating this also till it is very light.



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