

HEALTH HINTS.

THE BABY.—Don't be tempted to play with the baby after bathing it; but dress it as quickly as possible, and be sure its feet are warm.

Don't kill an infant with medicine, beware of every form of soothing syrup—the very name implies opium.

An infant that had been accidentally drugged with laudanum, and was fast sinking to its fatal sleep, was saved by administering strong coffee cleared with the white of an egg.

BEEF TEA.—One pound lean beef, cut into small pieces, put into a jar without a drop of water; cover tight, and set in a pot of cold water.

To those wishing to break off from tobacco, gentian root coarsely broken, chewed and the saliva swallowed, is recommended as an antidote to the craving for the weed that will at first be felt.

ON OVEREATING.—When our food is simple and natural in kind and quality and mode of preparation, there is little danger of eating too much.

Dahlia roots may be split to advantage. The use of the sunflower as a living stake for tomato plants continues to be recommended by those who have tried it, especially where fowls are kept.

The Sanitarian makes the following good suggestions, which many sick persons will do well to attend to:— "Courage is a wonderful agent in throwing off disease.

FARM AND GARDEN

The capacity of pipes is as the square of their diameters. If you double the diameter of a pipe, you increase its capacity four times.

In transplanting trees all the roots which may have become bruised or broken in the process of lifting should be cut clean away behind the broken part, as they then more readily strike out new roots from the cut parts.

A good condition powder and egg-food for poultry is to take linseed or cotton-seed meal each, two pounds; ground bone two pounds; copperas eight ounces; baking soda, eight ounces; charcoal one pound; salt, one pound; chalk or ground oystershells, two pounds; red pepper, four ounces, and sulphur eight ounces. Give a teaspoonful in the soft feed for each fowl.

The Farm and Garden says that despite the constant attention which is called to the value of sheep, not only as improvers of the soil, but as profitable farm animals for wool and mutton, there are many farmers who have never raised or kept a single sheep.

An occasional dose of raw onions, is excellent food for poultry, but should not be fed too freely, or the eggs will be tainted. A moderate ration twice a week will be often enough, and will have a good effect upon the health of the hens.

A Connecticut man is credited with making apple jelly from sweet cider at the rate of 200 pounds per hour. That is a "great sight" better than turning it into hard cider for the making of drunkards' wital.

ARTIFICIAL FEEDING OF LAMBS.—It frequently happens that artificial feeding of lambs is necessary, and to do it successfully good judgment is required.

To TAKE FAT OFF SOUPS, CHOWERS, JELLIES, &c.—Thoroughly wet a cloth, such as a glass cloth, with cold water, and pour the stock through it; every particle of fat remains in the cloth, and your stock is as free from fat as if it had been allowed to get cold and the fat removed in a cake.

Ruth Kent says Every summer I dry a quantity of corn in this way: Scald the ears a few minutes until the milk sets, then cut from the cob and put on earthen plates, and in each plate mix a tablespoonful of salt and put in a warm stove oven; in a little time the plates will be found half full of water which must be turned off.

PORK AND BEANS.—Take two pounds side pork, not too fat nor too lean, and two quarts navy beans; let beans soak over night in a gallon of milk-warm water.

SUNFLOWERS FOR TOMATOES.—The use of the sunflower as a living stake for tomato plants continues to be recommended by those who have tried it, especially where fowls are kept—the sunflower seeds being excellent feed for them.

grapes, too, they do best if thinly screened from the direct blaze of sunshine. Sunflower plants for this use should be advanced in frames, the roots in blocks of roasted or scalded sod, so as to be quite as stout as the tomato plants when both are set together.—Tribune.

THE HOUSE.

POTATO CROQUETTES.—Take six boiled potatoes, pass them through a sieve, add to them three tablespoonfuls of ham chopped finely, salt, pepper, and chopped parsley to taste.

HASHED HAM.—Chop cold-boiled or fried ham fine as for hash. To every cupful of the ham add two eggs, one teaspoon of flour, salt and pepper to taste.

Bake apples in an earthen crock or jar with a cover on it. Put in a half-teaspoonful of water and bake in a hot oven for an hour, or until soft.

Rice and cheese form a cheap and palatable dish and liked by most gentlemen. The rice should be steamed until tender, then seasoned, and enough new milk added to make it quite moist; put into a buttered baking dish in alternate layers, with grated cheese. The cheese to be the last layer. Bake half an hour.

RICE MUFFINS.—Two cups of cold boiled rice, one pint of flour, one teaspoonful salt, one tablespoon sugar, two teaspoons of baking powder, one half-pint of milk, three eggs. Mix into a smooth and rather firm batter.

BATTER PUDDING.—One and one-half cups of flour, one teaspoon baking powder, one-half teaspoon salt, one tablespoon butter, two eggs, one pint of milk. Steam one hour, and serve with sauce.

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A Dainty Dish.—A dish to be served with cake and berries is made by grating a fresh cocoanut, beating the white 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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