

HOUSEHOLD.

GRAHAM BREAD.—Three cups of graham flour, two cups of wheat flour, sifted with two teaspoonsful of baking powder, one cupful of molasses, and one teaspoonful of salt. Mix these ingredients thoroughly, adding enough cold water to make a soft dough. It will require a longer time to bake than wheat bread.

Scrape or mash hard boiled eggs very fine. Add a very little mustard, vinegar and sweet oil. You will think that you are eating something finer than lobster salad.

WHITE CAKE.—Two cups of white sugar, one cup of butter, one cup of milk, whites of four eggs, two teaspoonsful of baking powder; mix in a little flour, mix to a smooth, medium-thick batter; flavor with rose-water or lemon. For icing, nine heaping teaspoonfuls of powdered sugar, the white of one egg.

Don't throw away the young beets you have thinned out. Instead of throwing them into the ground to wilt throw them into a pan of cold water, and afterward boil them, roots and tops, for greens. They are delicious.

Dissolve some alum in the white-wash to keep it from rubbing off.

OIL STAINS ON PAPER.—To remove oil stains from the pages of a book without destroying the printing, gently warm the stained parts with a hot flatiron (so as to take out as much of the oil as possible) on blotting-paper then dip a brush into rectified spirits of turpentine and draw it gently over the sides of the paper, which must be kept warm during the whole process. Repeat the operation as many times as the thickness of the paper may require. When the oil is entirely removed, to restore the paper to its usual whiteness, dip another brush in highly rectified spirits of wine and draw it in like manner over the stained place, particularly round the edges. By adopting this plan the spots will entirely vanish and the paper assume its ordinary whiteness.

MUCILAGE.—Take a quarter of a pound of gum arabic, dissolve it in one pint of boiling water; add a piece of borax as large as a walnut; when thoroughly mingled with the water—which can be done by frequent stirrings—bottle in a large-mouthed bottle; through the cork pass a hen's feather, and you will have a pint of mucilage as good as the best; shake the bottle occasionally for three or four days after it is corked. If the weather is hot, a tablespoonful of alcohol will prevent all mold.

HEALTH HINTS.

APOPLEXY.—The proximate cause of apoplexy is due to a congestion of the cerebral blood vessels, induced by alcoholism, dietetic excesses, combined with the influence of sedentary habits. Consciousness, at least, can generally be restored by lessening the tendency of the circulation toward the head. The patient should be propped up in a sitting posture, with his head erect, his neck bared, and his temples and occiput moistened with cold water, while friction or a warm foot-bath should determine the circulation toward the extremities. Open every window of the sick room, and, after the patient has sufficiently recovered to sit up in his bed, direct him to turn his face toward the cool draft, and new and then cool his temples with a cataplasm of crushed ice. For the first twenty-four hours let him abstain from all solid food.

Persons with an apoplectic diathesis should adopt a frugal and aperient diet, and avoid prolonged sedentary occupations, especially in a heated room. They should also avoid superfluous bed clothing, and open their windows in all but the stormiest nights. The feet, however, ought to be kept warm under all circumstances. Plethoric gourmands ought, at least, to renounce late suppers and alcoholostimulants. —Dr. Oswald.

INSOMNIA.—By night studies brain workers sometimes contract chronic insomnia in that worst form

which finds relief only in the stupor of a low fever, alternating with consecutive days of nervous headaches. Fresh air, especially at a low temperature, pedestrian exercise, and an aperient diet, are the best natural remedies. Under no circumstances should sleeplessness be overcome by narcotics.

A SIMPLE REMEDY.—There is no remedy of such general application and none so easily attainable, as water; and yet nine persons in ten will pass by it in an emergency to seek for something of far less efficiency.

There are but few cases where water should not occupy the highest place as a remedial agent.

A strip of flannel or napkin folded lengthwise, and dipped in hot water and wrung out, and then applied around the neck of a child that has a cold, will usually bring relief in ten minutes.

A towel folded several times, and dipped in hot water and quickly wrung and applied over the seat of the pain in toothache or neuralgia, will generally afford prompt relief. This treatment in colic works almost like magic. I have seen cases that have resisted other treatment for hours yield to this in ten minutes. There is nothing that will so promptly cut short a congestion of the lungs, sore throat or rheumatism, as hot water, when applied promptly and thoroughly.

Pieces of cotton batting dipped in hot water, and kept applied to old sores or new cuts, bruises or sprains, is the treatment now generally adopted in hospitals. I have seen a sprained ankle cured in an hour by showering it with hot water pouring from a height of three feet.

Tepid water acts promptly as an emetic; and hot water freely half an hour before bed time is the best of cathartics in cases of constipation, while it has a most soothing effect on the stomach and bowels. This treatment, continued for a few months, with proper attention to the diet, will cure any curable case of dyspepsia.

Headache almost always yields to the simultaneous application of hot water to the feet and back of the neck.

It is an excellent plan to record facts like these in a note book, which should always be at hand when wanted. In the anxiety caused by accidents or sudden illness in the family, one becomes confused and is not apt to remember quickly what should be done; hence there may be prolonged and unnecessary suffering before proper remedies are applied. —Hall's Journal of Health.

We all know that the last man in the world to go to for a helping hand in any new undertaking is one who has plenty of time on his hands. (Time on one's hands is a heavy load; so heavy that one with that load cannot very well use his hands for anything else.) It is the man or woman who is doing most now who can easiest do one thing more. —Sunday School Times.

A good cause makes a stout heart and a strong arm.

A blunt edge will sometimes do what a sharp edge will not.

A man as he manages himself may die old at thirty or young at eighty.

SCIENCE.

A writer in Hygiene Pratique states that boots and shoes may be rendered water proof by soaking them for some hours in thick soap water. The compound forms a fatty acid within the leather and makes it impervious to water.

The Scientific American reports the cure of a confirmed inebriate of his taste for liquor by taking, when the craving was violent, a tea-spoonful of the decoction of a half ounce of ground quassia, steeped in a pint of vinegar.

When you wish to wash off your windows without much trouble or taking them out, or the glass over pictures or mirrors, take a piece of newspaper and wet in soft water and go over them thoroughly; then polish with dry newspaper and you will be pleased with the result.

VARIETIES.

An Agnostic.

A jelly-fish swam in a tropical sea, And he said: "This world, it consists of ME; There's nothing above and nothing below That a jelly-fish ever can possibly know, Since the highest reach we can boast of, is sight,

Is only the vaguest sense of light; And we've got, for the final test of things, To trust to the news which one's feeling brings.

Now all that I learn from the sense of touch Is the fact of my feelings, viewed as such; But to think these have an external cause Is an inference clear against logical laws.

Again to suppose, as I've hitherto done, There are other jelly-fish under the sun, Is a poor assumption that can't be backed By a jot of proof or single fact;

In short, like Fichte, I very much doubt If there's anything else at all without; And so I've come to the plain conclusion, If the question be only set free from confusion,

That the universe centers solely in me, And if I were not, then nothing would be. Just then a shark, who was passing by, Gobbled him up in the twink of an eye,

And he died with a few convulsive twists, But, somehow—the universe still exists. —Grand Allen.

Merchant (to his clerk, "young man in love")—John, are you crazy! I told you to write and ask the best figures on that coffee, and you hand me this: "My little birdie—I have told your pa that I love you to distraction that you are more to me than the sun, moon and stars, and sweeter than the honey that is sipped by the bees, and a lot more nonsense. Now, sir, suppose I had hastily signed that letter and sent it? —Harper's Bazar.

'What's that you've got in your apron?' asked a lady of her colored cook, who was in the act of going home. 'Who, me? 'Yes, you, 'What's I got in dis yeah apron?' 'Yes, in that there apron.' 'Viddula.' 'Let me see.' She opened her apron, which was nearly large enough for a wagon cover. You ought to be ashamed of yourself, for you have taken nearly everything in the house. I thought you were a church member.' 'Hold on right whar yer is, lady. Dar wuz two pies in de safe, an' I tuck one. Dar wuz two loaves o' bread, an' I only tuck one. I tuck ha' o' de meat and ha' o' de udder stuff. Et I wa'n't a church o'member, I'd er tuck all. Think dat I'ee acted fa' ter leab yer ha'. I'ee gwineer quit workin' for sich cuis folk.' —Arkansas Traveller.

An old agricultural correspondent writes us to know 'whether hogs pay.' Some hogs pay and some do not. Quite a number take the paper several years and then send it back marked 'Refused.'

'Can you tell me what kind of weather we may expect next month?' wrote a farmer to the editor of his country paper, and the editor replied as follows: 'It is my opinion that the weather next month will be very like your subscription bill.' The farmer wondered for an hour what the editor was driving at, when he happened to think of the word 'unsettled.' He sent the cash right away.

An Indianapolis woman asked her husband, 'How long does it take a mouse to grow into a rat?' This reminds us of the Vassar graduate who stood with her professor looking at a railway train, and naively asked, 'How do they steer a locomotive anyhow?'

HORSES BEATEN BY BICYCLES.—A six days horse versus bicycle tournament riding of twelve hours per day terminated on April 20th in San Francisco. Anderson had a change of 15 horses, and John D. Prince and Miss Armaido alternated on the bicycle. The latter two made 1,073 miles, the best time on record beating the horses by five miles and a quarter.

WHAT PART HE LACKED.—Archbishop Manners Sutton was addressed by a rude fellow claiming relationship with him on the ground that his name was Sutton. 'I am afraid,' said the Archbishop, 'that I cannot indulge that idea of yours, for my name is Manners-Sutton, and it seems you want the Manners.'

'De reason dat we think dat our mudders could beat anybody cookin' is because we kan't carry de boy's appetite into old age.'

What are the imaginary pictures one sees on the glowing coal a sign of? That the fire draws well.

G. W. Johnson, a model school teacher, of Hamilton, Ont., seeing a robin in his garden with its feet entangled in a cord, made an examination and found a note tied to the end of the string, signed 'Lillie Ransons, Meadville, South Carolina,' stating that she had the bird caged and let loose on the 14th February. There were some verses also on the note.

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