FARM AND HOUSEHOLD.

NOW TO BREATHE PROPERLY.

Most people breathe properly, often more by accident or instinet than by de-sign; but on the other hand, hundreds of thousands do not breathe properly, while many thousands at this present moment are suffering from more or less severe affections of the lungs or throat, owing to a faulty mode of respirationin other words, because they breathe through the mouth instead of through the nostrils. The mouth has its own functions to perform in connection with eating, drinking and speaking; and the nostrils have theirs, viz., smelling and breathing. In summer time the error of respiring through the mouth is not so evident as at the present season, when it is undoubtedly fraught with danger to the person who commits this mistake. If any one breathes through the natural channel, the nostrils, the air passing over the mucous membrane lining the various chambers of the nose, becomes warmed to the temperature of the body before reaching the lungs; but if he takes in air between the lips and through the mouth, the cold air comes in contact with the delicate lining membrane of the throat and lungs, and gives rise to a local chill, frequently ending in inflammation. Many persons, without knowing the reason why they are benefited, wear respirators over the mouth in winter if they happen to go out of doors. By doing this they diminish the amount of air which enters between the lips, and virtually compel themselves to breathe through the nostrils. But they could attain just the same result by keeping the lips closed, a habit which is easily acquired, and conduces to the proper and natural way of breathing. We believe that if people would only adopt this simple habit -in other words, if they would take for the rule in breathing, "Shut your mouth!" there would be an immense diminution in the two classes of affections, viz., those of the lungs and throat, which count many thousands of victims in this country in the course of a single year. Man is the only animal which has acquired the perneicious and of tenf atal habit of breathing through the mouth. It commences in childhood, and becomes confirmed in adult life, often engendering consumption, chronic bronchitis, relaxed sore throat. or some other disease of the lungs or throat, which is set down, usually, to a different cause altogether. In concluding this short article, we venture to ask our readers to judge for themselves. When they step out in the morning into the fresh, but cold, air, let them try the dif-ference of feeling arising from the two modes of breathing—through the nostrils and between the lips. In the former case they will find that they can breathe easily and freely, yet with comfort, while the fresh air, warmed to the temperature of the body by its contact with the nasal mucous membrane, is agreeable to the lungs; in the other case, if they draw in a few inspirations between the parted lips, the cold air rushing in direct to the lungs, creates a feeling of coldness and discomfort, and an attack of coughing often comes on.

PAINTING GRASSES.

A lady says in the Floral Cabinet: I begin gathering the grasses as soon as mature, which is at different seasons. In June, blue grass, wheat, oats, and other grain and grasses, are in right condition, and then all along until frost. As I gather the grasses and grain I have an old pan, pail, or box of sand in a dark place, and stick the stems—a few in a -in an upright position in the sand. In this way they do not dry too fast, retain their color better, are more pliable and graceful than when dried any other way. I leave them until I want the room to place more; I then remove them to vases or some place, keeping their heads up. When ready for painting, I procure five cents' worth each of chrome green, Paris green, Chinese or California vermilion, and yellow ochre. Mix equal parts linseed oil and turpentine, say one gill each, in wide-mouthed vessel. I then make a little sieve of two thicknesses of tarleton sewed on a piece of wire bent in a circular form, a little loose or bagging the middle. Take one or two pieces of grass, lay the tops or parts to be painted on an old plate or piece of tin. Gently brush with the oil and turpentine with a clean paint and varnish brush. Be careful not to get too much on, but touch it all. Then with the little sieve sift on the dusting the color on, so as to catch all the dry paint and prevent waste, as it can be sifted on the next piece until used up. Have the sand ready again to stick the painted grasses in until dry, being careful not to let the different colors touch mixing in a good deal of crystalized grasses and grain, and if you do not think them beautiful, write and let me know. They are as pliable as when in three of flour, two eggs a piece of citron cut small, nutmeg and cinnamon.

CHOICE RECIPES.

CHOICE RECIPES.

Coffee Cake.—One cup of butter, one of salt the nicer is the flavor of the meat. A salt which contains large quantities of foreign saline admixtures, particularly cut small, nutmeg and cinnamon. until dry; then arrange to suit the taste, feather grass, and made several bou-quets which I sold for \$5 a pair - would sell for more in large cities.

SMALL POTS FOR HOUSE PLANTS.

reason that such complaints are so com- tar must be put in dry with the flour, and mon is simply this: They grow their plants in pots that are too large for them water and put in last of all); mix all toand when the time comes that they gether with milk as thick as pound cake should bloom we find the substance that batter, pour in corn muffin pans, and flowers taken up in the luxuriant growth Will some one send a receipt to make

of foliage with which the plant is clothed.

But this, although important, is not the only advantage to be gained by the use of small pots. They are so much handier in transferring from one place to

another, occupy so little room, and are in fry them. Cut half a dozen slices of fat every way so much mere desirable than the large ones, that we would give them the preference even if they did not en-hance the blooming qualities of the plants

which were grown in them. Of course, small pots are not to be recommended for all kinds of plants, for there are certain plants that will do no good unless the roots have an abundance of room in which to expand and receive nourishment. But for such plants as fuschias, geraniums, abutilons, cupnes, and others upon which we depend for flowers in winter, they will prove extremely valuable. Foliage plants, and others of which we do not expect flowers, but want a luxuriant growth of leaves, should be grown in large pots.

ROUGH LARD.

Rough lard is often found, says the Ohio Farmer, emitting a very unpleasant flavor, owing to the fact of being improperly rendered. Such lard can be made sweet and pure, entirely free from any unpleasant smell, so that it may become a wholesome article to be used in the pastry line. In the first place care must be exercised in gathering the fat, keeping it free from all filth. Gather from the stomach and smaller intestines first, dropping the fat into a vessel filled with salt

Fat gathered from the larger intestines should be soaked by itself. So soon as the fat is all gathered it should receive several washings in different waters, pouring on and turning off until the animal smell is somewhat modified, then fill the vessels containing the fat with a new supply of salt and water, letting it stand an hour or two before changing the waters.

over the fire to dry, adding one gill of white lye to each kettle of fat; let it dry feet when the animal is returned to the slowly until ready to strain off. Lard rendered in this manner will be sweet and wholesome as leaf lard; persons using the same will not be obliged to turn up their noses in disgust ever its fragrant perfume. And if the housekeeper should rest assured the cakes will tell no tales out of school.

Away in pioneer times-how well do we remember how certain dinner pails used to be perfumed, and their unfortutheir schoolfellows in consequence there-

HOUSEHOLD HINTS.

At this season the calla will be growing vigorously, and will need water more abundantly. A saucer of water under the calla is relished by this plant. It is sub-aquatic in its nature. Other plants have saucers under them in order to keep the water from dripping on the floor, but the water should not be allowed to stand in them. The flower is liable to the attacks of green fly, as indeed are many plants which grow in windows. There are many remedies which gardners use in green-houses inapplica-ble in rooms. The best thing for the room gardner is to take the pots to a back kitchen, or, if not frosty, to the open air, lay the pots on their sides and syringe with warm soap suds.

A woman who raised a large family breadths for top and lining of quilt, and dye, such as japonica, annatto, white oak dye, such as japonica, annatto, white oak bark, or any such thing. Quilt them coarsely, and put more cotton batting in than would be needed for ordinary bed quilts. They will wear years longer than ordinary new calico, and are espectation. ially to be desired in large families of boys. If desired, outside spreads may be made of more fanciful materials.

The cause of streaked butter is the imperfect working of the butter after it is by degrees to a desirable compactness; salted. Salt in butter sets the color, or worked into the butter and hot so fully enter mechanically into the meat, and worked as to salt every part, then the thus overcharge it, and may therefore be fresh butter retains the color it had when it came from the churn, and the salted butter grows so much darker that leakage, etc., without endangering the it is decidedly streaked. The remedy is to work the streaked butter more thor-

oughly.

The best receipt for glossed shirt bosoms is: Take two ounces of fine gumardesired color. Lay it on a paper for the abic powder, pour on a pint or more of for immediate family consumption. Fifty water, and then, having covered it, let it to fifty-six pounds of coarse salt are stand all night. In the morning pour it carefully from the dregs into a clean bot- barrel of meat; the bottom and top of tle, and cork it for use. Add a teaspoon. tle, and cork it for use. Add a teaspoon-ful of this gum water to a pint of starch with a layer of coarse sait. The coarse made in the usual way.

for years. I sent and bought fifty cents' Simple Sponge Cake.—Three eggs. one worth of everlastings and immortelles and cup of sugar, and one of flour. Beat the eggs very light; then add the sugar; stir in the flour and one teaspoonful of water. Flavor to taste.

Excellent Corn Muffins. - Two cups yellow Indian meal, one cup flour, three eggs, How often do we hear the complaint:

"I don't know why my plants do not bloom in winter; they all seem to be thriving, but produce no flowers." The should go to the formation of buds and bake in a hot oven about fifteen minutes.

bacon: putt he bacon, rabbit and onions into a brown earthen jar; season with pepper and salt. Cook in a moderate oven for two hours. When done, pour away the gravy, skim it well, add a table-spoonful of walnut catsup, and thicken it with a bit of butter rolled in flour. Place the rabbit joints neatly on your dish. Do not serve the bacon with it, but garnish with neat rolls of boiled bacon and sippets of bread. Pour over the hot gravy and serve. This is an excellent way to cook a rabbit.

Pickled Mutton Hams.—Three gallons soft water, one pound of coarse sugar, two ounces saltpeter, three pounds of common salt. Boil and remove the scum, and when cold pour over the meat. In two or three weeks the ham will be excellent for baking or boiling, It may be smoked if preferred.

Dutch Pancakes.—One egg, one large spoonful sugar one cup milk, two table-spoonfuls melted butter, one teaspoonful cream tartar, one-half teaspoonful soda, a little salt, and flour enough to make thick. bake one-half hour : slice and eat warm with butter.

Farina Pudding .- Heat one quart of milk to the boiling point. Stir in dry five tablespoonfuls of farina and continue to stir it until quite thick. Add one cupful of sugar and a half teaspoonful of salt Flavor with lemon or vanilla, and eat with sweetened milk or cream, with a litte nutmeg or some other flavoring add-

DISEASES OF MORSES.

The diseases to which the horse is liable, are very numerous, but ninety in every hundred are caused by neglect, and Put one panful of hardwood ashes to soak in a pailful of water. When the fat is soaked sufficiently (which it will be in twelve hours, provided the water has been changed four or five times), put it been changed four or five times), put it can be soaked by neglect, and are, therefore, readily prevented by giving the animals proper care. As the cold, rainy season approaches in the Northern States, we shall begin to hear of "greasy heel," a disease caused by neglect in restable after driving, or permitting it to stand in his own filth. No horse ever had what is termed "grease," or sore heels, that was properly groomed and given a dry, clean stall. The same may be said of that loathsome disease known happen to fry a batch of cakes, she may as "thrush," for it is merely decay of the frog and hoof through standing in wet soil or in animal excrement. Mange and other diseases of the skin usually originate in filthy stables, and although used to be perfumed, and their unfortu-nate owners had to bear the jeering of cared for, still there is little danger of it except through actual contact. Ringbone, spavin, and diseases of the limbs are usually caused by strains, hard driving, or by accident. Founder, heaves, roaring, and similar diseases are pro-duced by hard driving, feeding, or watering when the animal is very warm, or by giving musty, poor food when in the

USE OF SALT IN PACKING MEATS.

The Massachusetts Ploughman publishes the following interesting and valuable facts about the uses of salt and the kinds of salt to use in packing meats.
The meat-packer does not aim at a mere preservation of his beef and pork-his main object will always be to secure the keeping of his meat in the most palatable condition, and as much as possible of its natural color. Chloride of sodium, or what means here about the same, a good meat, nor does it affect its tenderness bemass, and thus its final putrefaction.

Practice recommends the use of the coarse and hard qualities of salt for meat packing, for the following reasons: They dissolve gradually, and contract the meat they keep the salt pickle within a certain deepens and brightens it; so if the salt is moderate concentration; they cannot applied in a sufficient excess so as to compensate for the losses of pickle by turely.

The common fine salt answers for a short period of keeping very well, and is consequently used in the packing of meat usually taken for the salting down of one qualities of salt which are used in our magnesium imparts a pungent and disagreeable taste, and injures also the color of the meat.

DRIPPINGS.

Flour by any other name would smell as wheat.

When is coffee like the earth? When it is ground. Don't buy a coach to please your wife.

Better make her a little sulky. Little fish have a proper idea of business, not being able to do better, they start on a small scale.

Gone to meet her father, who drew his gun to him by the muzzle.

When you get into hot water, go to your friends. You'll find them cool

WINTER HOUSEHOLD GAMES. [Augusta (Ga.) Chronicle.]

Now that the winter is upon us the little folks want something new in the way of fireside entertainments.

THE CANDLE TRICK.

One of the simplest tricks in this department of fireside entertainments is the candle trick. Take a common candle in a brass candlestick, light it, and let it stand until it has a good head on. Then let one of the children—a boy about 14 years is the best-take the candle, shake the grease from around the wick, and, opening his mouth very wide, stick the candle in it, immediately closing his lips. The candle will not go out, but will shine through the boy's distended cheeks with a ruddy glow. Now, let the parent chuck the boy smartly under the chin. The candle will be observed to go out immediately, or at least it will come out just as soon as the boy can get his teeth out of the tallow. This will teach the boy who swallows the candle never to attempt uncertain tricks when his father is mean enough to play practical jokes on his own children. The other children will appreciate the lesson.

THE EGG TRICK.

Procure a large egg. Brahma eggs are the best, and on a large end draw a cross with a lead pencil, and on the opposite end draw a smaller cross in ink. Place the egg-after showing the children the marks and permitting them to examine it carefully, so they will know it the next time they see it-upon the head of the oldest boy present, or, if there is a grand-father handy with a bald head, balance the egg on his head. Then let one of the company take a large book and see if he can strike the egg to break it. To the surprise of everybody the egg will be sup-pressed at the first blow. Then you can show the person on whose head it was balanced the two crosses marked on the shell to prove that it was the same egg that he saw in its entirety, but he vill probably be too cross to have much interest in the matter. This is not a very difficult trick, and can be quite easily learned, but care should be exercised in the selection of the egg. An egg that had been manufactured before the war would be apt to create an unpleasantness if it should be used in the trick.

This trick is not always easy to be performed on account of the necessity of introducing a strange dog into the family circle. You must entice a strange dog, the more unsociable the better, into the room. Then let one of its company take hold of its ears and hold the dog still while another ties its tail in a bow-knot. If the dog has been properly trained and does his part of the trick promptly there will be four or five legs in that room chuck full of dog's teeth before the first wrinkle is laid in that knot. This will teach the children to let a dog's tail retain the shape which nature has given it. Any dog of ordinary sagacity can be taught to perform this trick in two or three days practice. A terrier is generally considered better for this experiment than a bull-dog, because it doesn't hold on so long and knows when it has had enough. THE CHAIR TRICK.

You can derive a never ending fund of amusement by properly improving a com-mon chair. With an ordinary handsaw cut off about an inch and a half of the right front leg of the chair and about the A woman who raised a large family recommends housekeepers to take a good quality of unbleached cotton, run up the breadths for ton and limited for the left hind leg. Then keep the chair in a conspicuous place. No matter which of the short legs it may rest upon, when anybody sits down in it, then color it with any cheap domestic your reasonable limits. It is also a good it will immediately keel on the other one,

BEWARE OF THE DOG.

Among Andersen's peculiarities was a mortal fear of dogs. He once wrote to an intimate friend residing in Geneva that he meant to come to pay him a visit, and would arrive on a certain day. The family possessed a large but perfectly gentle and very intelligent Newfound-land dog, which in anticipation of the po-et's visit was carefully chained up. The day appointed for his arrival came, but no Andersen made his appearance. Days and weeks succeeded and still he did not come. At last the family received a letter from him post-marked Nice. "Dear friends" he wrote, "I arrived at your house on the day I stated, but when I got to the gate I saw such a big dog in the yard that I did not dare go in and so took the first train to Italy.

From the Missouri Republican (St. Louis). A Remarkable Professional Success.

Among the notable professional men of this country who have achieved extraordinary success is Dr. R. V. P'erce, of Buffalo, N. Y. The prominence which he has attained has been reached through strictly legitimate means, and, so far, therefore, he deserves the enviable reputation which he enjoys. This large measure of success is the result of a thorough and careful preparation for his calling, and extensive reading during a long and unuasully large practice, which have enabled him to gain high commendation, even from his professional, brethern. Devoting his attention to certain specialties of the science he has so carefully investigated, he has been rewarded in a remarkable degree. In these specialties, he has become a recognized leader. Not a few of the remedies prescribed by him have, it is said, been adopted and prescribed by physicians in their private practice. His phamphlets and larger works have been received as useful contributions to medical knowledge. He has recently added another, and perhaps more important work, because of more general application, to the list of his published writings. The book entitled, "The Peoples Common Sense Medical Adviser," is designed to enter into general circulation. Dr. Pierce has received acknowledgments and honors from many sources, and especially scientific degrees from two of the first medical institutions in the land.

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