Pretty Hands.

What about hands, exclaims Montaigne? With them we beckon, promise, call, dismiss, threaten, pray, deny, refuse, interrogate, admire, court, confess, repent, fear, doubt, command, imitate, encourage, swear, testify, accuse, condemn, absolve, defy, despise, flatter, applaud, reconcile, recommend, insult, work, fight, complain, groan, despair, astonish, whisper. The hand is so beautiful and sensitively formed, it moves with so much power, freedom, and delicacy, that it seems to possess instinct within itself. Whether in movement or repose its expression cannot be mistaken; its most tranquil position indicates our natural disposition, i's fixure our actions and our passions.

In the varied phases of life all the graceful and pleasing attitudes assumed by women are characterized by the movement of the hands. Many gestures of the finger- only have a language so true that it appears expressive. We know that a hand held or given has expressed a greater emotion than could have been made in a long discourse.

The primitive quality of beauty is comparative smallness. A lady's hand is considered more graceful if under the usual size. If it has soft forms and pure outlines, fingers long, delicate, flexible, round, and tapering towards the ends; if the dimples over the joints are marked by faint reliefs and shadows, and the wrist softly rounded and joined to a moderately long and tapering arm, it is more delicate and feminine.

Slender, nervous, white, slightly veined with blue, with the hollow rosy and delicate, the nails transparent, they belong to the patricians.

Hands are infinitely varied. Their shape, tint, the nails, length, width, roundness are as different as individuals. There are hands that seem intellectual in their symmetry, beautiful flexibility, and grace of motion. Some are soft and voluptuous, and others precise, striking, and brilliant. The form of the hand often expresses the capabilities of the person to whom it belongs. The strong palms, conical fingers, and small thumb, indicate in woman indolence, fancy and feeling. The square hands belong to the intellectual and ambitious and those who love influence and rule. The small, soft, almost fleshless hands, but rosy and with knotted fingers, are brilliant and witty. Fingers delicately squared at the ends, like those of English women, love domestic life. The small thumb and fingers, broadening at the ends, desire activity and practical knowledge of the world. There are smooth and knotted fingers—to the first belongs grace; to the second, reason. Conical hands with pointed fingers obey inspiration and worship the beautiful in painting, poetry, romance, and nature. There are soft hands more capable of tenderness than of love, and "delicate fingers that are formed for sensitiveness and sympathy of touch and made to minister to pain and grief;" hard hands that know not tenderness, but are not ignorant of love; and "rough hands that the heart teaches and guides and softens."

Byron considered a white hand almost the only distinguishing mark of gentility, and was proud of the delicacy and beauty of his own pointed fingers. The many beautiful allusions in his poems to beautiful hands and arms show the homage he paid them.—*N. Y. World.*

The Potato.

No vegetable is used so widely or so commonly as the potato. But it has been a long time in winning its way to favor, and has been steadily improving in quality by culture.

This article, of such general use as food, was originally found somewhere in South America, and the poorest, knottiest, most watery potato we ever saw find its way into the dinner-kettle, was probably better than the original seed potato that was taken to Europe among other curiosities of vegetation in the New World.

The first mention we find of the potato is in the writing of a German botanist named Clusius, in 1588. Two had been sent him from Flanders, and he made a plate of the "rare plant" for his book. It was over a hundred and fifty years after this that it began to be planted for food in Switzerland.

Everywhere it met with the greatest opposition, just as all the benefactions of the world, either moral or physical, always have. Philanthropists strove to explain its advantages to the common people, but they were hooted at, if not stoned. Fields planted with them had to be carefully watched at night, or all the plants would be destroyed.

The people of Ireland fought very hard against its introduction among them, where it is now so much their mainstay that their country has given it its name. It is stated that a gentleman in France hit on a novel plan for introducing them into his section of country. He planted a fine field and put posters all about, prohibiting people from stealing them under a heavy penalty, yet every chance was given to steal them, and when it came harvest time the field had been pretty thoroughly harvested. The result was that the next year there were a great many little garden patches of potatoes about. The people had found out what they were.

And yet, when we were told how they were first prepared for food, it is to be wondered at that they ever did become popular. One writer speaks of the potato as "a vegetable much like the Jerusalem artichoke, but not as good or wholesome," and that they were to be roasted and sliced, and eaten with a sauce of wine and sugar. And we can imagine what an unenviable article of food it was in those primitive days, when we reflect what it was fifty years ago.

What would have been said in our boyish days, to have had a dish of watery merinos; or "long toms," as they were vulgarly called, replaced by a savory mealy dish of the Early Rose of to-day? The use of the potato in Europe is now quite general. It is cultivated in almost every climate except the far northern. It thrives in the dreary regions of Sweden, and has been a wonderful blessing to those European countries, which before its general use, were often swept by dreadful famines.—*N. Y. Times.*

An Arab Tradition.

A writer in the *Overland Monthly* relates the following: "This tradition, which I tell you," said Reis Hassein, "is many centuries old. It states that there was in Paradise a temple built up of precious stones. Man dare not utter its splendors. Deep in the midst of the [illegible] angel built—a [illegible] first [illegible] in the twi[illegible] there were [illegible] of emerald [illegible] aloft [illegible] two [illegible] beauty. [illegible] all down to [illegible] below; for [illegible] However, [illegible] fell, this [illegible] a mil- [illegible] over [illegible] after all, [illegible]

The Arctic Despair.

The fate of Captain Hall and his Arctic expedition will fill the country with deep sorrow. The Polaris was fitted out for this expedition with special care. Every art and resource that could insure comfort, safety, and success were provided. Captain Hall, a man of large experience in Polar expeditions, and great practical ability and force of character, superintended every detail, and picked his men. Among his crew was the celebrated William Marton, who accompanied Dr. Kane on his famous expedition and discovered "the open Polar sea." The expedition sailed from New York, in August, 1871, under the best possible auspices, and with high hopes of success. Captain Hall was the embodiment of energy and endurance. He seemed to combine the force of a steam engine with the toughness of a Polar bear. But even his metallic constitution could not stand the strain of Arctic exposure, and, exhausted by an exploring expedition, he returned to his ship to die in October, 1872, another victim to the illusive dream of Arctic discovery which lured Hudson, Behring, Shalarof, and Franklin to destruction, and released the heroic Kane only that he might die. The Polaris pushed forward, but failed to reach a point so high as that attained by Kane. The open sea was found to be a strait, some fifteen miles in width, but with the appearance of open water further up. The expedition turned back. On the 15th of August, 1872, she was leaking badly and apparently sinking. Capt. Tyson removed a quantity of stores to an ice-floe, when the ice cracked, the vessel broke her fastening, and nineteen men drifted away, and floated some fifteen hundred miles during more than half a year, through privations and perils which language cannot describe, until struck by the Tigress, and relieved from what seemed their inevitable fate. What has become of the leaking Polaris it is easy to conjecture, though none can tell.

So, another Arctic expedition has proven a practical and costly failure, and it is only by accident that we have learned its fate, and have any left to tell the story of its endurance and catastrophe. Other expeditions are threading their perilous way through the ice-floes, if not already lost. The Prussian expedition, organized by Dr. Petermann and embarked in the Germania, was heard from not long ago. Then, there are the Swedish expedition, commanded by M. Nordens-Kiold; the Austrian expedition directed by Payer and Weyprecht; the Norwegian expedition, under Captain Mack; and the French expedition of Hector Pavy, which started from San Francisco last year. What will become of these? And even if they are fortunate enough to return, and each of them brings back an infinitesimal speck of information, wrestled with such incredible risk and effort from the Arctic ice-grip, what will it all amount to? Will the gain in knowledge pay for the exposure and exertion and sacrifice required to obtain it? Will commerce be benefited by breaking the ice-barriers that protect the Polar Sea, and dissipating the Arctic despair? How are mankind to get any good by any discovery that can possibly be made in that realm of ice and night? Admit the fascination that invests these upper regions and lures adventurers to miracles of effort and endurance. But is not the yielding to it a waste of force that could be spent with a thousand times larger return of practical benefit in other fields? If the earth has changed its center of gravity, as has been ingeniously maintained, so that what is now one vast ice-field was a temperate zone, covered with verdure and teeming with valuable products, we can afford to wait until another change shall unlock its ice-vaults and give its buried treasures back to mankind. But, until the vast open regions of the earth are explored and civilized, and the practical schemes which invite and will repay human effort in human benefit have been carried to successful issue, whoever proposes another expedition to explore these barren Arctic ice-fields should be treated as a visionary, if not as an enemy of mankind.—*N. Y. Graphic.*

Suttee.

The English nation has seen fit to suppress, or to endeavor to suppress, wife-burning among its Indian dependencies. It may be questioned whether England is wise in thus interfering with the domestic institutions of its colonies. India is remote and alien, and what seems horrible to us may be to our Hindoo friends a solemn and sacred joy. If the Indian widows are forced to this self-sacrifice by male and main force, or by the brutal tyranny of an unregenerate public opinion, it is well for the strong hand of England to be raised in their defense; but if it be done from pure love and loathing—love for the dead and loathing for all the bereft life that remains; despair and loneliness and mourning without hope—why should we close the heavens to their chariot of fire?

I rise to move, however, that if suttee is to be abolished in India, the balance of power shall be retained by establishing it in this country—with one amendment; that, if the expression may be pardoned, the boot should be on the other leg. When a woman loses her husband, I would have her make herself as comfortable as possible. When a man loses his wife, let him throw himself on her funeral pile and burn up. This is not only for abstract justice's sake, to atone for the poor women who have embraced the flames in the Old World, but for the sake of concrete justice and the best interests of all concerned. If the husband dies with his wife, the grandfathers and grandmothers, the uncles and aunts, immediately step in, adopt the children, care for the property, and, so far as possible, make good to the orphans the places of the lost. Blood is so strong that one or two removes do not perceptibly weaken it. Indeed, the danger is that the grandmother will dote too much on her grandchild. Indulgence and fondness will not be so well tempered by wisdom as they were with her own child. The sister will watch over her sister's orphans with more than a mother's vigilance, and the brother will rear his brother's boy with the care and cost of his own.

If the husband does not die, he immediately becomes a dog in the manger. He neither takes care of the children himself, nor can any one else take care of them. In course of time he goes straightway and marries a strange woman, who may or may not be in love with him, but who certainly is not in love with his children, and who is yet put in a position which only love can render tolerable. Who is so weak as to maintain that a man would not better have been burned? He may not like it at first—doubtless he will not; but he will soon become used to it; and indeed I see no reason why he should not presently regard it with as much enthusiasm and cling to it with as much tenacity as do the widows of India.—*Gail Hamilton, in Harper's Bazar.*

Warren Hastings in Love.

In the ship that bore Hastings to Madras was Baron Imhoff, who, with his wife, was proceeding to India in the hope of [illegible] a subsistence there as portrait painter. The lady was very fascinating, and very fair; she had come to the conviction that her great mistake in [illegible] thrown herself away upon [illegible] she really knew her [illegible] husband did not appreciate her as she deserved. Hastings did, as he tenderly assured her, and her confidence and affection were speedily transferred from [illegible] father of her children to the plausible and accomplished politician. [illegible] the voyage he fell ill, [illegible] nursed him with the tenderness [illegible] the Baron looked on [illegible] arriving at Madras, [illegible] it would be bet- [illegible] proceedings were ini- [illegible] dissolution of the marriage; that until then the emigrant house-hold should not be broken up; and after that he should marry madame, provide for the children, and settle a handsome allowance on the baron. The terms were accepted, the legal proceedings were taken, the baroness eventually became Mrs. Hastings, and the painter of portraits, with the price of his conjugal emancipation, returned to his own country.

Mohammedanism.

The essential doctrine of Mohammedanism is the absolute unity and supremacy of God, as opposed to the old Arab Polytheism on the one hand, and the Christian Trinity on the other. It, however, admits of angels and genii. Gabriel and Michael are the angels of power; Azriel, angel of death; Israfeel, angel of the resurrection. Eblis, or Satan, also plays an important part in this mythology. The Koran also teaches the doctrine of Eternal Decrees, or absolute Predestination; of prophets before Mohammed, of whom he is the successor—as Adam, Noah, Moses, and Jesus; of sacred books, of which all that remains are the Pentateuch, Psalms, Gospels, and Koran; of an intermediate state after death; of the resurrection and judgment. All non-believers in Islam go into eternal fire. There are separate hells for Christians, Jews, Sabians, Magians, idolaters, and the hypocrites of all religions. The Moslem is judged by his actions. A balance is held by Gabriel, one scale hanging over heaven and another over hell, and his good deeds are placed in one and his bad ones in the other. According as his scale inclines, he goes to heaven or hell. If he goes to heaven, he finds there seventy-two houris, more beautiful than angels, awaiting him, with gardens, groves, marble palaces, and music. If women are true believers, and righteous, they will also go to heaven, but nothing is said about husbands being provided for them. Stress is laid on prayer, ablution, fasting, almsgiving, and the pilgrimage to Mecca. Wine and gambling are forbidden. There is no recognition in the Koran of human brotherhood. It is a prime duty to hate infidels and make war on them. Mohammed made it a duty for Moslems to betray and kill their own brothers when they were infidels, and he was obeyed in more cases than one. The Moslem sects are as numerous as those of Christians. The Dabistan mentions seventy-three. The two main divisions are into Sunnites and Shyites. The Turks are the most zealous of the Moslems. On Friday, which is the Sabbath of Islam, all business is suspended. Prayers are read and sermons preached in the mosques. No one is allowed to be absent. The Ramadan Fast is universally kept. Any one who breaks it twice is considered worthy of death. The fasts lasts from sunrise to sunset. But the rich feast in the night, and sleep during the day. The Turks have no desire to make proselytes, but have an intolerant hatred for all outside of Islam. The kalif is the chief pontiff. The Oulema, or parliament, is composed of the imans, or religious teachers, the muftis, or doctors of law, and kadis, or ministers of justice. The priests in Turkey are subordinate to the civil magistrate, who is their diocesan, and can remove them at pleasure. The priests in daily life are like the laity, engage in the same business, and are no more austere than they.

Five times a day the muezzin proclaims the hour of prayer from the minaret in these words: "There is no god but God. Mohammed is His prophet. Come to prayer." In the morning call he adds, "Prayer is better than sleep." Immediately every Mussulman leaves his occupation, and prostrates himself on the floor or ground, wherever he may be. It is very disreputable to omit this.—*Exchange.*

Hints on Nursing.

A thoroughly capable and good nurse will, as far as possible, understand the nature of the patient's complaint; not because she wants to doctor him herself, but that she may be able to carry out the physician's direction in an intelligent manner. For instance, if it is measles, she knows there is not much to be done excepting to keep the patient moderately warm, to be careful that he does not take cold, and to supply him with light food and cooling drinks. If it is a nervous fever, the quieter the house can be the better. If he is run down and greatly debilitated, beef tea, rare beef, etc., should be given according to the appetite of the patient. Some doctors are very absent-minded, and think they give directions when they do not. We knew an excellent man some years ago who had this habit. Upon being called in the second time, he would be very much surprised that certain things had not been done, "I told you the child should have been put to bed and hot cloths applied to his feet!" "We did not understand you so at all, doctor." "Well, I did, madam. He must be put to bed immediately!"

A nurse should be firm, not obstinate or conceited, but firm to carry out a purpose of doing the best for the patient. If rest is needed for the patient, she should be firm over herself, and keep quiet herself, and never forget herself, and she should be firm to exclude every one from the room for the necessary time. A fussy woman, a nervous, incompetent woman, who don't know what to do, and consequently does wrong every moment, and who bores the patient by asking him questions, such as "What can I do for you? Do you want anything? Shall I shake up your pillow?" is a positive torture to a sick, weak man. If she would sit patiently, noiselessly, and watchingly at a distance from the bed and within range of the patient's vision, he will make his wants known to her, and she should then be all attention and do his bidding as promptly as possible. Nothing requires more judgment than giving medicines. It is desirable to do so as near to the time prescribed on the bottle as possible, every third or fourth hour, as the case may be. But suppose the patient has been very restless and wakeful, and he falls into a sound sleep when the time for his medicine comes? Common sense would tell you it is best to let him sleep, but you must be careful not to go to sleep yourself, but watch for the first indications of wakefulness, get the medicine ready promptly, give it to him as quietly as possible, and, perhaps, he will go to sleep again.—*Hearth and Home.*

Worming Peach Trees.

In raising peaches, either for home consumption or market, there are certain duties that should be gone through with every year, for if they are neglected for two successive seasons the results often become fatal to the trees. One of these is the important duty of displacing early in the spring the peach worm, or grub, from the body of the trees, near the surface of the ground. The moth deposits the eggs at different times from June until September in the tender part of the bark. Here they hatch into a light-colored borer. These destroy the sap wood, and unless checked by some artificial means will eventually kill the trees. The most experienced and successful peach growers go through their orchards twice a year, fall and spring, and do what is termed "worm the trees." These examinations may be made rapid and effectual. The soil is drawn back from the collar of each tree in turn, and a close inspection made for the "castings" of these grubs, which are sure to be within sight in case the tree is infected. When such marks are discovered the workman is provided with a pruning-knife, with the point of which the borer may be cut out, unless the cavity is too deep. In this case a piece of annealed wire is pushed into the opening, crushing the worm and saving the tree from further damage from the cause. This destructive insect respects neither location or variety of fruit, and when there are only a dozen of trees planted in the garden for home use, the examination is quite as important as it is in a large orchard. An active workm[illegible]

[illegible] the soil and displace the grub from a peach tree inside of five minutes. Twenty trees an hour is about the average number in "worming" in the spring. It is the least expensive, and surely the most certain method of ridding peach trees from this pest, much more so than the remedy often recommended of piling a mound of coal ashes around the body of each tree in the spring, in hopes of preventing the moths from depositing their eggs, or wrapping around the lower part of the body of each tree with strong brown paper for the same purpose, neither of which has come into general use among peach growers, men who are always ready to adopt the cheapest method that will save their trees from injury from the borer. The examination may be made at any time when the ground is friable enough to work. The sooner the better.—*Exchange.*

Frying.

There are two very different ways of frying; one is to have enough boiling fat to immerse the objects fried, and the other is to have just enough of it to merely cover the bottom of the frying-pan, and prevent the objects therein from burning.

Inexperienced housekeepers or cooks often make mistakes on that account. They hear or read that such an article of food is excellent fried; they try it, not knowing in which way it ought to be fried, either with little or much fat, and just as often spoil the article as cook it well.

To guard our readers from mistakes of this kind, we shall call frying with much fat (when the objects are immersed) *to fry*, which is the real name for it, and we shall call frying with little fat (when there is only enough of it to merely cover the bottom of the pan) *to saute*, which is its French and right name, there being no corresponding word to it in English. For instance, small fish are *fried*, but an omelet is *saute*; potatoes are *fried*, but parsnips are *sautes*.

How to fry.—If there is not enough fat in the pan to completely immerse the objects fried, they will certainly taste greasy. It will be the same if the fat is not heated enough. Fat is heated enough when jets of smoke ooze out of it, or when, on throwing drops of water into it, a crackling noise is heard.

When the fat is hot enough, the article that is to be fried is dropped into it, and stirred gently now and then with a skimmer. When done, it is taken off the pan with the skimmer, and turned into a colander, which should rest on a dish or bowl to receive the fat that may drop.

If the article to be fried be tender and somewhat brittle, it is put in a wire basket made for that purpose, and the basket is placed in the fat. When done, the basket is raised, held over the pan for a few seconds to allow the fat to drip, and the articles fried are carefully taken out of it, and served, after having been sprinkled with salt.

If the article to be fried is not completely immersed in the fat, the part not immersed will absorb fat and, as stated above, will taste greasy; but when there is fat enough to entirely cover them, the intensity of the heat closes the pores (carbonizes them, as it were), and no fat is absorbed.

Fat (be it beef suet, lard, or oil) can be heated to a degree three times higher than water.

It is no more expensive to have plenty of fat than to have only a little; for, as soon as the articles are taken off the fat, the pan is put away to cool for a few minutes, then the fat is poured into a stone jar, gently, so as to retain what particles of solid matter may be on the bottom of the pan, and is kept for another time.

After having used the fat several times it may turn somewhat black; a few slices of bread dried in the oven may then be put into it and boiled gently for about twenty minutes; the whole is then turned into another pan, with about as much water; two or three boils are given, it is suffered to cool and the fat is skimmed off from the surface, when all the particles that may have been in it will be found in the bottom, in the water. The every-day fat coming from skimming, trimmings, etc., is added to this, so that there is at all times fat enough in a well-kept kitchen for frying purposes.

Butter should never be used to fry, but always to saute, because in sauteing the fat is absorbed, and butter has a much more delicate flavor than any other fat, except chicken, goose, and turkey fat or grease, which are preferred by many to saute omelets. — *Pierre Blot, in Harper's Bazar.*

The Thimble.

The name of this little instrument was originally derived from the words "thumb" and "bell," being at first thumble, and afterwards thimble. It is of Chinese invention, and was introduced into England about the year 1695, by John Lotting, who came from Holland, and commenced its manufacture in Islington, near London, pursuing it with great success. Formerly iron and brass were used, but latterly steel, silver and gold have taken their places. In the ordinary manufacture thin plates of metal are introduced into a die, and then punched into shape. In Paris, gold thimbles are manufactured to a large extent. Thin sheet iron is cut into disks of about two inches in diameter. These, being heated into a red heat, are struck with a punch into a number of holes, gradually increasing in depth to give them the proper shape. It is then rimmed, polished, and indented around its outer surface with a number of little holes by means of a small wheel. It is converted into steel by the processes of cementation, tempered, scoured, and brought to a blue color. A thin sheet of gold is introduced into the interior and fastened to the steel by means of a polished steel mandel. Gold leaf is then applied to the outside and attached to it by pressure, the edges being fastened in a small groove made to receive them. The thimble is then finished and ready for use.—*Fireside Visitor.*

Bad News for Bald-headed Men.

Dr. J. M. Toner, of Washington, a physician of large experience and a close observer of facts, says that according to his observations nearly all persons of both sexes who lived to the age of eighty years and over retained a considerable if not a complete suit of hair at the time of their deaths. He concedes that there are exceptions to this rule, but insists that a large majority of persons living at the age of eighty or upward retain a comparatively good suit of hair, or are not bald. His hypothesis is that a person who retains his hair past the age of sixty-five has a good prospect of living to be over eighty. The rule may be tested by any one calling to mind the ages and condition of the hair of persons of his acquaintance of the ages indicated, the condition of whose hair is known to him. The vast majority of persons who become bald, or lose their hair, do so between thirty-five and forty-five, and these rarely live to be over sixty-five or seventy years of age.

An Albany damsel asked one of her fellow-boarders, a stylish dry goods clerk, at the breakfast table, "Why is your moustache like my back hair?" He blushingly gave it up. The answer caused him to blush still more: "Because it is all down."

An exchange says that "a two-story brick spring bed factory out West has been burned." People in that neighborhood who have been accustomed to sleep on two-story brick spring beds will have to put up with something less luxurious for a while.

The dominion of fleshly lusts stupefies the understanding and deadens the moral feelings. No man who is under the control of his appetite [illegible] wise or [illegible]

FIELD AND FAMILY.

God's image slumbers in our souls till sharp-edged grief cuts here and there, when, lo! the semblance of his form appears sculptured by the woes of time.

Molasses Cake.—Take two cups molasses, one cup butter, one cup sweet milk, teaspoon of saleratus, tablespoon of ginger, three eggs, five cups of sifted flour.

For Ginger-snaps—One cup of molassses, just to a boil, one teaspoonful of ginger, one teaspoonful of soda, a piece of butter the size of an egg, a little salt, and flour enough to roll. Roll very thin.

Corn Starch Cake.—One and a half cups of sugar, the whites of three eggs, one-half cup of butter, one-half cup of cornstarch, two-thirds of a cup of sweet milk, one and a half cups of flour, two teaspoons of baking powder, and one of lemon.

Asparagus.—Skin the white part, turn the points together, and tie in bunches. Have the water boiling; add salt; lay in the asparagus, and boil briskly half an hour. Toast slices of light bread, and pour over a little of the asparagus water; butter it well, put on the asparagus, and serve hot. Or, serve with drawn butter and parsley, omitting the toast.

Steamed Johnny-Cake—One pint of sour cream, one teaspoonful of soda, and one of salt. Stir in three tablespoonfuls of flour; then add corn meal enough to make a stiff batter. Beat one egg, and add to the batter; stir all carefully together, and pour into a well-buttered tin basin; set this into a bread steamer, and keep the steam up. Serve with cream and sugar.

Sago Pudding.—Rinse the sago in cold water; to one pint of milk put half a pint of sago; stir it on a moderate fire until it thickens like starch; then take from the fire and mix it with three pints of milk, a small cupful of sugar, four beaten eggs, nutmeg, a teaspoonful of salt, and the grated rind of a lemon; add a quarter of a pound of seeded raisins, and bake three-quarters of an hour. Good hot, but best cold.

Cocoanut Pudding.—Soak for two hours in a pint and a half of milk, a teacupful of fine bread crumbs, and the grated meat of a cocoanut; then add the well-beaten yolks and whites of six eggs, a teacupful of sugar, the grated rind of a lemon, and a pint and a half of milk. Stir well together, and bake in a hot oven. Like all other custards, this must not be allowed to remain in the oven long enough to become watery.

Gumbo Soup.—Three pounds of lean beef, one pair of chickens, one pound of ham, three-quarters of a peck of okra. Cut the beef in small pieces, and with a quarter of a pound of butter stew till it is brown. Season it strongly, and then let it boil half an hour in a small quantity of water. Chop the okra fine, put it with the beef, add a little water, and the ham cut up in small pieces; stir it often, to prevent burning. The chickens must be dressed separately, like a fricassee. After they are done add them to the rest, and let it all cook slowly for half an hour more; add water as may be required. The okra must be well done. Be careful to stir often, as being thick it is apt to burn.

Raising Water-Lillies.—Everybody is delighted with the fragrance and delicacy of the water-lily, and people buy them at the railroad stations in summer as good genii which dispel largely the *ennui* and lassitude, the depression and disgust of a hot day's ride in the sultry and cindery cars. Very few but have, at one time or another, wished they might be able to propagate so sweet a flower. The following method of raising them will be of interest, it having proved quite successful: The roots procured in the fall, are kept damp during the ensuing winter in flower-pots. In the spring a half barrel, with hoops well secured, is procured (if painted so much the better), and set on bricks, one-third filled with a mixture of green earth, sand, and well rotted manure. The roots are set in this and covered. Water is added gently, and a little at a time, every day or two (so as not to disturb the earth), till the tub is filled. In the fall the water is allowed to dry off, and the tub is placed in the cellar and watered at long intervals.

Growing Out of a New Hoof.—It is the universal habit to destroy a horse that has lost a hoof, and this is upon the hypothesis that the horse is lamed for life and rendered unfit for any work. We find, however, that, if allowed, nature will in time perform her own cure, and restore the missing hoof, as the following remarkable case will show, which we extract from a late number of the San Francisco *Call*: "We have just met with a horse which had its hoof torn off by the wheel of a dray, on Howard street, some weeks since. The owner was advised at the time to shoot the horse; but the animal being not only valuable but a favorite, it was determined, if possible, to effect its cure. The horse was slung for nine days, during which time it suffered most acute pain, the nature of which may be imagined in a degree by any one who has had a nail violently torn off. After this time the pain apparently abated, and the horse was lowered to his feet, the wounded foot being well preserved from any undue amount of exertion. The horn, or hoof, has now grown two-thirds of its natural size, and is a proper shape, and it is hoped that by grass time the horse will be fit to turn out, and that by summer the hoof will be sufficiently strong to bear a shoe, and allow the animal to return to work. The cure has been brought about by humane treatment and constant care. The horny matter has secreted itself in the same manner as the matter which composes our nails is secreted."

Preparing Land for Grass.—We are apt, very apt, to overlook the fact that land intended for grass should receive more thorough culture than any other, because for years, while in grass, it has not the advantages of the plow and other implements to stir the soil, but must rest and pack and get more and more in a condition to keep out the air, and let in and pass off less readily the water. We should, therefore, thoroughly prepare the soil. Plow as deep as may be, and subsoil well; pulverize and enrich the land—enriching it will make it more mellow, and keep it longer in that condition, as well as increase the yield. Such land will "catch" its seed, and if plentifully applied will be certain, under anything like favorable circumstances, to form a thick set. A little top-dressing, aided by the aftermath, which should never be fed close, will insure good crops—two cuttings a year. But let there be a cold, hard under soil, and the seed put in in the usual way—little of it and on hard and reduced soil, without manure—what can be expected of it? Just what we see; light crops, getting lighter each year, till it will hardly pay for harvesting. Such land, when the plough turns it down will be found to be hard. The sod amounts to but little, whereas, in properly-treated land, it will yield from 60 to 70 loads of manure per acre. A mellow seed-bed, deeply loosened soil well enriched, plenty of seed sown, and sown as early as possible, are the points to be secured in putting down grass lands.—*Rural World.*

Treatment of Scab in Sheep.

Mr. Henry Woods, steward and chief manager of the late Lord Walsingham, owner of the largest and choicest Southdown flocks in England, recommends for twenty sheep suffering with the scab:—One pound of lug tobacco; one pint of spirits of turpentine; one-half pint of spirits of tar; three ounces of white arsenic. This, to be safe and effectual, must be boiled so as to thoroughly dissolve the arsenic, and that he regards as an important point. Put the tobacco, when [illegible] into a flannel bag and sque[illegible] to get out all the streng[illegible] the full benefit of it [illegible] enough to make [illegible] for each sheep. It is not a dip but a wash, and to put it on, an old tea-pot or a spouted tin should be used.

The way to make it most effectual is to open the wool by making three marks on each side of the sheep, also one down the shoulder, one on each side of the neck, one down the breast, and one down each thigh, and into the marks pour the liquid. In this, as in many other things, if it is worth doing at all, it is worth doing well. Rub the liquid well into the skin. After passing it along the grooves, work it well in with the hands. Be in no hurry about it, as if you wanted to get over it as quickly as possible. The liquid will work a cure. There may be some spots where the liquid has not penetrated. Examine the sheep every two or three days for three weeks, by which time the disease may be expected to be eradicated. If there are any little white spots, rub on some of the following ointment:—Four ounces of mercury; three ounces of Venice turpentine; one ounce of spirits of turpentine. Let them be worked up and thoroughly mixed together, then add about one and one quarter pounds of lard melted over a slow fire, stirring while melting. When taken off continue to stir till cold, so as to mix the mercury well with the other ingredients. Apply this in fine weather, for it will be safer and more effectual. He also advises bleeding the sheep, but this we should not recommend our flockmasters to practice, unless in exceptional cases.

Pain Killer.—In another column will be found the advertisement of Davis' Pain Killer. There is probably no other preparation manufactured that has become so much of a household word as the Pain Killer. For thirty years it has stood before the public, and the innumerable testimonials that have been called forth voluntarily, testify fully to its merits. When you need a family medicine buy the Pain Killer.

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Is there any good reason why the dictates of common sense should be disregarded in medical practice? Surely not. Yet how literally they are sometimes set at naught in the treatment of dyspepsia, liver complaint, constipation, nervous prostration and general debility. How often are powerful purgatives, emetics and salivants given in cases of indigestion, bilious colic and costiveness, when the disease has already robbed the patient of strength he needs to combat with the attack. The absurdity of giving debilitating medicines to sick people who are too weak already, is so manifest, that it is astonishing how any sane man can believe in such practice. The rational course under such circumstances is to administer a tonic and regulating medicine, and the experience of a quarter of a century has proved that Hostetter's Stomach Bitters is the most wholesome and efficient preparation of this class to be found in the medical repository. It is, however, something more than an invigorant and a regulator. Its properties as an aperient and anti-bilious agent; its vitalizing and purifying effect upon the blood; its utility when given as an anodyne, instead of laudanum, or chloral, or digitalis, or some other stupefying narcotic; its tranquilizing tendency in spasmodic affections, and its palatability, as contrasted with the sickening pills and potions of the pharmacopoeia, certainly entitle Hostetter's Bitters to be called the most comprehensive remedy in existence.

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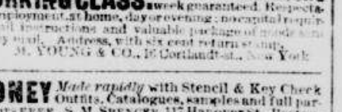

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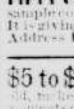

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