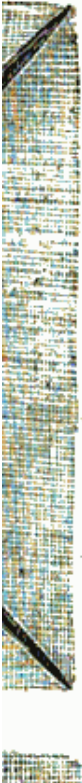


## RULES FOR DIET.



**DR. TURNBULL** says, that for persons of weak stomach, animal is more digestible than vegetable food. At the same time, a great excess of animal food is unwholesome; people, therefore, with a good digestion, who make hearty meals, ought to eat a considerable quantity of vegetable matter, for if they were to satisfy their hunger with animal food alone, they would take more of it than is desirable. Those who have a poor appetite should allow themselves more animal food, in proportion, than vegetable. The French plan of eating enormous quantities of bread at dinner is unwholesome for most people, unless they take very violent exercise; a very liberal allowance of bread is apt to induce headache and a confined state of the bowels. A great many disorders of the digestive organs result from not knowing how to regulate the proportions of animal and vegetable food which should be taken. Children, in consequence of the keenness of their appetites, require a good deal of food; and, therefore, if fed principally on animal substances, they would eat too much of them, and grossness would be induced. Dieticians often exclaim against the practice of giving children pies and puddings, which they consider are invariably unwholesome. This is a mistake; if a child is in a very robust state of health, and can easily digest moderate quantities of those articles of diet, they are very proper for

him, because they prevent him from eating too much meat, and it is clear that whenever a very large quantity of food is taken, Nature intended that it should not be of too concentrated a description. The great mischief produced by pies and puddings proceeds from their being given, because they are considered light food, to children whose digestive powers are weak; and in these cases they give rise to all the bad consequences of indigestion. The best plan for restoring the powers of the digestive organs in weakly children is to give them a liberal allowance of animal food, and prevent their having much vegetable matter.

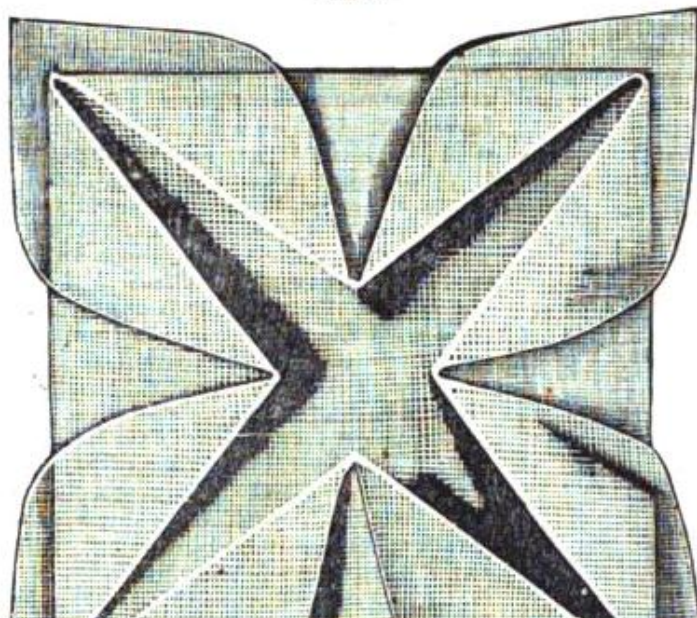
This is the golden rule—Content the stomach, and the stomach will content you. But it is often no easy matter to know how, for, like a spoiled child or a wayward wife, it does not always know its own wants. It will cry for food, when it wants none—will not say when it has had enough, and then be indignant for being indulged—will crave what it ought to reject, and reject what it ought to desire; but all this is because you have allowed it to form bad habits, and then you ignorantly lay upon poor nature your own folly. Rational discipline is necessary for the stomach, and if you have not the sense or the resolution to enforce it, you must take the consequences; but

do not lay the fault upon another, and especially one generally so kind, if you would but follow her simple dictates. "I am always obliged to breakfast before I rise—my constitution requires it," draws out some fair votary of fashion. "Unless I take a bottle of port after dinner," cries the pampered merchant, "I am never well." "Without my brandy-and-water before I go to bed, I cannot sleep a wink," says the

or liquid, to perform their ablutions, and to dress completely, and to breathe for a time the freshest air they can find, either in-doors or out. I also recommend them to engage themselves in some little employment agreeable to the mind, so as not to breakfast till at least an hour and a half or two hours after rising. This enables the stomach to disemburden itself and prepare for a fresh supply, and gives it a vigorous tone. I am aware that those who have weak digestions, either constitutionally or from bad habits, would suffer great inconvenience from following my rules all at once. I remember the faintness and painful cravings I used to feel after rising, and, like others, I mistook weakness for appetite; but appetite is a very different thing—a pleasurable sensation of keenness. Appetite supplied with food produces digestion—not so faintness or craving. The best means—and I always found it effectual—of removing the latter sensations, is to take a little spirit of lavender dropped upon a lump of sugar. After that a wholesome appetite may be waited for without inconvenience, and by degrees a healthy habit will be formed. It is to be observed, that nothing produces a faintness or craving of the stomach in the morning more surely than overloading it over night, or any unpleasant affection of the mind, which stops digestion—and this shows the impropriety of adding more food as a palliative."

MISCELLANEOUS COOKING.

Fig. 3.





*pudding Pound Cake.*—Boil a teacup of rice in a pint and a half of water, pour over one quart of milk, beat the yolks of five eggs, add five tablespoonfuls of sugar, let it come to a simmer, then pour into a pudding dish and flavor; beat the whites of five eggs, with five tablespoonfuls of sugar to an icing, spread it over the top of the pudding and brown it.

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**SALT** is a simple remedy for many things. It will cure sick headache, make cream freeze, make the butter come, take ink stains out of cloth of any kind, kill wens, kill worms, make the ground cool, so it is more congenial to celery, cabbage, etc.; ease the itching pain caused by irritable skin diseases, like hives, itch, etc.; produce vomiting or stop it, as you like, and many other things too numerous to mention.

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**A SERIOUS QUESTION.**—Have you made one heart happy to-day? How calmly can you seek your pillow, how sweetly sleep! In all this world there is nothing so sweet as giving comfort to the distressed. Many sighs and tears are caused by our own thoughtlessness! How many a daughter wrings the soul of a fond mother by acts of unkindness and ingratitude! How many husbands, by one little word, make a whole day of sad hours and unkind thoughts! How many wives, by angry recriminations, estrange and embitter loving hearts! How many brothers and sisters meet but to injure and vex each other, making wounds that no human heart can heal! But if each one worked upon the maxim of striving to make some heart happy—jealousy, revenge, madness, hate, with their kindred evil associates, would forever leave the earth.

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**Fig. 4.—Serviette Complete.**

*Chicken Rice Pudding.*—Parboil a fine fowl, and cut it up. Boil, till soft and dry, a pint of rice; and while warm, mix with it a large tablespoonful of fresh butter. Beat four eggs very light, and then mix them gradually with the rice. Spread a coating of the rice, etc., over the bottom and sides of a deep dish. Place on it the pieces of the parboiled fowl, with a little of the liquid in which it was boiled—seasoned with powdered mace and nutmeg. Add some bits of fresh butter rolled in flour, and a little cream. Cover the dish closely with the remainder of the rice; set the pudding immediately into the oven and bake it brown. Cold chicken or turkey cooked the day before may be used for this purpose. The pudding may be improved by the addition of a few very thin, small pieces of cold ham or smoked tongue.

WE give a few receipts for sweetening the breath, that are considered excellent:—

*Elixir of Roses.*

Cloves . . . . .	12 grains.
Cinnamon . . . . .	40 grains.
Ginger . . . . .	3 drachms.
Spirits of wine . . . . .	1 pint.
Oil of orange-peel . . . . .	12 drops.
Otto of roses . . . . .	3 drops.
Essence of peppermint . . . . .	1½ drachms.

These are to be mixed and allowed to soak for a fortnight. Then the liquor is to be filtered off for use. A small quantity is to be used to wash out the mouth in about as much water as is preferred.

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**SPRINGING OUT OF BED.**

DR. HALL does not approve of the old doctrine which was formerly instilled into the minds of children—that they should spring out of bed the instant they awake in the morning. He says that “up to eighteen years every child should be allowed ten hours’ sleep, but time should be allowed to rest in bed, after the sleep is over, until they feel as if they had rather get up than not. It is a very great mistake for persons, old or young—especially children and feeble or sedentary persons—to bounce out of bed the moment they wake up; all our instincts shrink from it, and fiercely kick against it. Fifteen or twenty minutes spent in gradually waking up, after the eyes are opened, and in turning over and stretching the limbs, do as much good as sound sleep, because the operations set the blood in motion by degrees, tending to equalize the circulation; for, during sleep, the blood tends to stagnation, the heart beats feebly and slowly, and to shock the system by bouncing up in an instant, and sending the blood in overwhelming quantities to the heart, causing it to assume a gallop, where the instant before it was in a creep, is the greatest absurdity. This instantaneous bouncing out of bed as soon as the eyes are open, will be followed by weariness long before noon.”

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*Ink Stains.*—Pour plenty of cold new milk on the place, sop it up with a sponge as it becomes full of ink, repeat this with fresh milk till the stain entirely disappears, then wash it with cold water and a soft cloth, and continue to rub it till it is nearly dry. Of course it is more efficacious if done when the ink is first spilt: but it will do even after the stain is dry, though it will take more milk and a longer time, as it will require to soak in a little before dislodging the ink.

*To Clear Iron from Rust.*—Pound some glass to fine powder; and, having nailed some strong linen or woollen cloth upon a board, lay upon it a strong coat of gum-water, and sift thereon some of your powdered glass, and let it dry; repeat this operation three times, and when the last covering of powdered glass is dry, you may easily rub off the rust from iron utensils with the cloth thus prepared.

*To Destroy Flies.*—Strong green tea, sweetened well, and set in saucers about the places where they are most numerous, will attract and destroy them. This plan is much to be preferred to the use of those horrible fly-papers, which catch the poor insects alive, cruelly torturing them while starving them to death.

WHEN a lady is in danger of drowning, raise her by the dress, and not by the hair, which oftentimes remains in the grasp.