

Godey's Lady's Book

Monday, July 09, 2012
2:05 PM

Milk of Roses is made thus: Put two ounces of rose-water, a teaspoonful of oil of almonds, and twelve drops of oil of tartar, into a bottle, and shake the whole till well mixed.

Freckles - The favorite cosmetic for removing freckles in Paris is an ounce of alum and an ounce of lemon-juice in a pint of rosewater.

Blackberry Wine (a seasonable recipe) - The following is said to be an excellent recipe for the manufacture of superior wine from blackberries: Measure your berries and bruise them, to every gallon adding one quart of boiling water. Let the mixture stand twenty-four hours, stirring occasionally; then strain off the liquor into a cask, to every gallon adding two pounds of sugar; cork tight, and let stand till following October, and you will have wine ready for use, without any further straining or boiling, that will make lips smack as they never smacked, under similar influence, before.

The following lively description we copy from the Iowa "Register:" -

"Commotion Among The Ladies. - As a general thing, about the first of every month, on the arrival of Godeys' Lady's Book, 'the ladies of our town are thrown into considerable commotion. Those who do not take it are hurrying hither and thither to find some one who does take it, 'just to get a peep at it,' as they express it. The other day, we received the June number at the post-office and before we had gone two rods on our way to our office, some person stopped us, and wanted to look at it 'just a minute;' and so they kept coming and looking for the space of nearly an hour, until our patience became completely exhausted, so we made a desperate effort, secured the 'Book,' and, as the saying is, you could have played cards on our coat-tail until we arrived at our office-door."

To Clean Black Satin. — Boil three pounds of potatoes to a pulp in a quart of water; strain through a sieve, and brush the satin with it on a board or table. The satin must not be wrung, but folded down in cloths for three hours, and then ironed on the wrong side.

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A YANKEE INDIAN PUDDING.

One quart of rich milk.

One pint of molasses.

Three pints of yellow Indian meal, sifted.

One large lemon.

One tea-spoonful of salt.

Pare off and cut into small pieces the yellow rind of a large lemon; lay it in a saucer and squeeze the juice over it. If you prefer flavouring the pudding with spice, prepare a table-spoonful of ground cinnamon, or a powdered nutmeg. Sift your Indian meal.

Warm the molasses, and while it is warm, stir it into the milk, and then stir in the meal, a little at a time. Lastly, add the salt, and the lemon peel and juice; or else the spice.

Dip your pudding-cloth into a pot of boiling water, and then sprinkle it thickly with wheat flour. Pour the mixture into the cloth. There is no better pudding-cloth than a square of coarse thick linen. It is more convenient in every respect than a bag.

If you find that the mixture runs through the cloth, thicken it with a little more Indian meal. Leave a space of about a finger-length all round, for the pudding to swell, and tie up the cloth very tightly, so that no water can get in. If there is the smallest opening at the tying place, stop up the hole with a plastering of wheat flour.

Put the pudding into a large pot of boiling water: and boil it very hard for three hours at least, or rather for three and a half. Keep ready a kettle of *hot* water to fill up the pot as it boils down. The pudding will not be the worse for boiling four hours.

Eat it with butter and molasses, or with wine-sauce.

With the addition of a pound of currants (washed, dried, and well dredged with flour) or of a pound of raisins stoned, cut in half, and well floured, this pudding will be found greatly to resemble an English plum-pudding, and is much more wholesome, as it may be eaten with safety by children and invalids.

Attention to the cleanliness of the mouth is the first step towards preserving the teeth in a sound state, and preventing that dreadful scourge the tooth-ache. For this purpose it is only necessary to wash the teeth daily with luke-warm water, or with salt and water. Hot water ought never to be used with this ingredient. White teeth being a particular object of ambition with females, a number of useless recipes have been invented for this purpose. Many, indeed, of these recipes are extremely pernicious, inasmuch as they will gradually destroy the enamel which more especially contributes to the solidity of the teeth. Among these dangerous nostrums may be reckoned, in the first place, those dentifrices, electuaries, and opiates which contain corrosive powders, such as emery, pumice stone, and others. Such articles wear the enamel by friction. In the next class may be ranged those tinctures, spirits, and elixirs which contain a mineral acid, and which chemically effect the destruction of the enamel.

The following precautions are necessary to preserve the teeth.

1. Cold applications are injurious to the teeth.
2. Too hot aliments are likewise hurtful. It has been observed, that great tea-drinkers commonly have yellow teeth.
3. Cutting thread or silk with the teeth is a bad habit which wears the enamel, loosens them, sometimes breaks pieces off, and in time spoils their form. The shortness of the incisor teeth in some females is a mark of this bad habit.
4. Avoid cracking nuts or walnuts, or biting hard substances of any kind with the teeth. If you do not break them always by such unnatural violence, you at least loosen them, and painful tooth-aches are not unfrequently the consequences.
5. Dangerous diversions, such as carrying or lifting weights with the teeth, are very destructive both of teeth and gums.
6. In masticating food both jaws ought to be equally used. Where one side is only put in action, the teeth

on the inactive side are more liable to accumulate tartar, and to decay; they are also less firm in their sockets, and are sometimes subject, especially the grinders, to be partly covered by the gums.

7. The use of metallic toothpicks, pins, forks, &c., with which people are in the slovenly and thoughtless habit of picking their teeth, ought to be studiously proscribed.

8. Abstain from washing the head.

9. Cold feet are another cause of tooth-ache.

10. The naked costume, damp night air, and the fashion of wearing the hair too short, very frequently contribute to disorder the teeth.

Dentifrices to clean the Teeth and Gums

Take an ounce of myrrh in fine powder; two spoonfuls of the best white honey, and a little green sage in very fine powder. Mix them well together, and wet the teeth and gums with a little every night and morning.

Obs. - This preparation will make flesh grow close to the root of the enamel.

Rub them with nettle or tobacco ashes, or with vine ashes, mixed with a little honey.

OBS.—Charcoal alone stands pre-eminent in the rank of dentifrices. From the property it possesses of destroying the colouring particles, it has been turned to a good purpose as a tooth powder for whitening the teeth; and as it attacks only the colouring matter on the teeth, it does no injury to the enamel. It possesses besides the property of opposing putrefaction, of checking its progress, and even causing it to retrograde; hence it is calculated to destroy the vices of the gums, to clean them, and to correct the fœtor which may accumulate in the mouth and among the teeth: in these two respects, powdered charcoal is the tooth-powder, for excellence, and is accordingly recommended by many eminent physicians and chemists. It may occasionally be used either with myrrh, Peruvian bark, cream of tartar, or chalk.

TO MAKE VERY FINE COLOGNE WATER.

Oil of Lavender.....	1	drachm
Oil of Lemon.....	2	drachms
Oil of Cinnamon.....	8	drops
Tincture of Musk.....	10	drops
Oil of Bergamot.....	1	drachm
Oil of Rosemary.....	2	drachms
Oil of Cloves.....	8	drops
Rectified Spirits of Wine.....	1	pint

Have ready the spirits of wine in a clean bottle. Then get at an apothecary's the above-mentioned oils and the tincture of musk; having them put together in a small phial, pour them into the spirits of wine; shake the bottle well and cork it tightly. It will be immediately fit for use, and will be found far superior to any Cologne water that can be purchased, and more economical.

From the Journal of Health.

HOW TO PRESERVE THE COMPLEXION.

To the question which has been proposed to us by some of our female readers—"What is the best fluid as an ordinary wash for the face; calculated, while it removes impurities from the skin, to preserve unimpaired the freshness of the complexion?"—We reply, without hesitation, simple soap and water—both articles being as pure as can be obtained. We have pointed out, in a former number, most of those causes by which the softness, transparency, and brilliant colour of the skin, are impaired. These being carefully avoided, daily ablutions with soap and water, will effectually answer all the purposes for which a long list of cosmetic lotions are in vain resorted to. Our female readers may rest assured that the only beautifiers of the skin are personal cleanliness, regular exercise, temperance, pure air, and cheerful temper. If any one of these be neglected, the skin and complexion will invariably suffer. It is only by preserving the skin free from all impurities, and thus ena-

bling it to perform with freedom, its important functions, that any external application is at all useful. To this end there is nothing so well adapted as pure water, with the occasional addition of soap. They who, from a ridiculous idea that washing frequently with water injures the skin, substitute distilled liquor, Cologne water, or any other fluid, simple or compound, pursue a practice most effectually calculated to destroy its suppleness, transparency, and smoothness, and to cover it with unseemly blotches. But it is not merely as a local wash we would enforce upon all the use of pure water. When applied in the form of a bath to the whole surface, at those seasons of the year in which its use, in this manner, can with propriety be resorted to, it is productive of the most beneficial effects, promoting the general well-being of the system, as well as that healthy condition of the skin, independent of which it can lay no pretensions whatever to beauty. It is a well known fact, that those nations by whom bathing is the most frequently resorted to, are those distinguished most generally for elegance of form and freshness of complexion.

A BAKED APPLE PUDDING.

Take eight large apples, pare and core them, put them into a sauce-pan with just water sufficient to cover them till soft, then pour it away and beat them very fine; stir in while hot a quarter of a pound of butter, loaf-sugar to your taste, a quarter of a pound of biscuits finely grated, half a nutmeg, three large spoonfuls of brandy, two of rose-water, the peel of a lemon grated; when cold, put in a quarter of a pint of cream, the yolk of six eggs well beat; put paste at the bottom of the dish.

For a fine, clear and transparent kind of glue, which will unite glass so as to render the fracture almost imperceptible, nothing is equal to isinglass boiled in spirits of wine.

FLIES UPON PICTURES.

The following simple way of preventing flies from sitting on pictures, or any other furniture, is well experienced, and will, if generally used, prevent trouble and damage: Let a large bunch of leeks soak four or five days in a pailful of water, and wash the picture or any other piece of furniture with it: the flies will never come near any thing so washed.

POTATOE PUDDING.

TAKE half a pound of butter, and half a pound of powdered sugar, and stir them together till very light. Have ready a pound of boiled potatoes, which must be quite cold. Grate the potatoes, and beat four eggs till very thick. Stir the beaten eggs and the grated potatoes alternately into the butter and sugar, with a gill of cream or rich milk. Add a tea-spoonful of mixed spice, and a glass of wine, brandy and rose-water, mixed. Having stirred the whole very hard, put it into shells of puff paste and bake it half an hour. This quantity of the mixture is sufficient for two shells the size of soup plates.

Sweet potatoe pudding may be made in the same manner.

TO EXTRACT LAMP OIL FROM LINEN OR COTTON.

As soon as the oil has been spilt, take the article on which it fell, and immerse it in clean cold water. Let it soak a while, and change the water when the oil begins to float on the surface. Renew the water frequently during several hours, and by this simple process the oil will be gradually and totally discharged without any rubbing or washing.

Then dry the article and iron it, and no vestige of the oil will remain; neither will the colour be disturbed.

EFFECT OF COLD ON CHILDREN.

DR. TREVISAN has been making researches in Italy, principally at Castle Franco, analogous to those of Messrs. Villerme and Milne Edwards, in France. The conclusions at which he arrives are:—In Italy, of one hundred infants born in December, January, and February, sixty-six die in the first month, fifteen more in the course of the year, and nineteen survive; of one hundred born in spring, forty-eight survive the first year; of one hundred born in summer, eighty-three survive the first year; of one hundred born in autumn, fifty-eight survive the same period. He attributes this mortality of infants solely to the practice of exposing them to the cold air a few days after their birth, for the purpose of having them baptised at the church. Dr. Trevisan, as well as MM. Milne Edwards and Villerme, calls the attention of ecclesiastical authority to measures suited to put a stop to such disasters, without, however, violating the precepts or practice of religion.

PERSONAL APPEARANCE.

THIS is one of those things of accident, resting with nature. No man or woman can form their own persons, and none should be praised or blamed on this head. The disposition for looking well, is ruining half the young people in the world—causing them to study their glasses, and paint or patch, instead of pursuing that which is lasting and solid—the cultivation of the mind. It is always a mark of a weak mind, if not a bad heart, to hear a person praise or blame another on the ground alone that they are handsome or homely. Actions should be the test—and a liberal source of conduct pursued to all. It matters little whether a man is tall or short—whether the blood stains the cheek or runs in another channel. Fashion makes the difference as to beauty. The lily is as sweet if not so gay as the rose, and it bears no thorn about it. As to appearance, fashion should not be allowed to bear upon that which cannot be changed, except by deception, and what indeed, in reality, is not worth the trouble of being so, even if it could.

The sight of a white man in Africa is much more homely than that of an African here—and in Scotland, at one time according to Walter Scott, the fashion to judge of a handsome man was in a broad face and a red nose.

TO DRY-CLEAN CLOTHES OF ANY COLOUR.

First, examining where the spots of grease are, dip your brush in warm gall, and strike over the greasy places, when the grease will immediately disappear; rinse it off in cold water; dry by the fire, then take sand, such as is bought at the oil shops, and laying your coat flat on a table, strew this sand over it, and knocking your brush on it, beat the sand into the cloth: the sand should be a little damp; then brush it out with a hard brush, and it will bring out all the filth with it. This does also for coach linings and gentlemen's clothes, &c. In the summer time, when the dust gets into clothes, &c. after they have been well shaken and brushed again, pour a drop or two of the oil of olives into the palm of your hand, rub this over your soft brush, strike your coat over with it, and this will brighten the colour if either blue, black, or green.

HOW TO GET A TIGHT RING OFF THE FINGER.

Thread a needle flat in the eye with a strong thread; pass the head of the needle, with care, under the ring, and pull the thread through a few inches towards the hand; wrap the long end of the thread tightly round the finger, regularly all down to the nail, to reduce its size. Then lay hold of the short end of the thread and unwind it. The thread pressing against the ring will gradually remove it from the finger. This never-failing method will remove the tightest ring without difficulty, however much swollen the finger may be.