

from the oven. It is especially nice for chicken pie.

A. M.—A pig about three weeks old when roasted should be served whole on the platter, to be carved as served individually. One five to

The Annoyance of Flatulence

Many People Are Annoyed With Gas in the Stomach and Intestines

Flatulence is due to the presence of gas in the stomach and intestines, which often rolls about, producing borborygmi, or rumbling noises in the intestinal system, and causes the victim of this trouble considerable embarrassment, when such noises occur while in company.

An analysis of gas from the stomach shows that it consists to a great extent of nitrogen and carbonic acid. It is therefore probable that some of the gas in the stomach consists simply of air which has been swallowed, although for the most part, the source of flatulence is the gas given off from the food in the abnormal processes of decomposition.

In cases of chronic gastric catarrh, the secretion of gastric juice in the stomach is deficient, the food is digested slowly, and fermentation occurs with the evolution of gas.

Swallowed air, however, plays a more important part in causing flatulence, or gas in the stomach and intestines than is generally supposed, and while food may be swallowed without carrying air into the stomach with it, fluids, especially those of a tenacious character, such as pea-soup, appear to carry down a great deal.

Flatulent distension of the intestines occurs when a large amount of gas or air, either swallowed or evolved from the decomposition of food, escapes from the stomach into the intestines through the pylorus. The enormous distension of the intestines and dilatation of the stomach with gases, and the rapidity with which such flatulence occurs, has long been a puzzle to medical men, and has led some to think that the only possible explanation thereof, is a rapid evolution of gas from the blood.

In the treatment of gas in the stomach and intestines, charcoal is considered by most physicians as the leading and most effective remedy. Carminatives, or medicines, such as peppermint, cardamon, sodium, bicarb., etc., which expel the gas from the stomach in large volumes through the mouth, are resorted to by some people, but their use is disagreeable, and the frequent expulsion of gas through the mouth, most annoying, and after taking a remedy of this kind, one is compelled to remain out of company the rest of the day, on account of the continued belching of air.

STUART'S CHARCOAL LOZENGES do away with the necessity of undergoing the disagreeable experience of belching or expelling stomach gases through the mouth, by completely absorbing every particle of gas or swallowed air in the stomach, and also in the intestinal system, which prevents colic, and over-distension with accumulated air.

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seven weeks old should have the head removed, the back partly split in two through the length, so it can be laid flat on the platter.

S. L.—Wash the egg shells well before breaking, put the shells aside until you have time to separate the membrane from the shell, but do not leave until it dries; then throw the shell away and dry the membranes in a sunny window, and these films are just as good for settling coffee, and are much cleaner than crushed shells.

C. L. G.—Expose the goose feathers to the sunshine, or some gentle heat until perfectly dry, then beat in a thin cheese cloth bag to remove dust and dirt. If they have been carelessly handled, clean them with lime water, or a weak solution of carbonate of soda, or with water containing a little solution of chloride of lime. When clean, rinse well in clear water, dry as above, and beat well to "liven."

Answering Sallie M.

In answer to your question, we copy the following directions for keeping the edges of velvet from fraying when cut for fancy work: You can doubtless adapt it to your own work. "Place the velvet, pile down, on a flat surface. Tack the edges securely in place and go over the back of the velvet with a brush dipped in hot glue. Do not use the brush so wet that the glue will go through the velvet pile. Leave the velvet to dry over night, in the morning remove the tacks, and you will be able to cut out any desired shape. The edges will remain clear and there will be no fraying. To paste the cut velvet shapes on the foundation, use library paste very dry."—House-keeper.

A Recommended Cough Medicine

This prescription is recommended, not only by its author but by several who have used it. It cures the cough, not by stopping it, but by loosening it and assisting the lungs to throw off the offending matter clogging them. The ingredients can be had, generally, at any drug store.

Tinctures of bloodroot and balsam of tolu, of each four ounces; tinctures of lobelia and digitalis, of each two ounces; tincture of opium (laudanum), one ounce; tincture of oil of anise (oil of anise one-half teaspoonful in an ounce of alcohol), one ounce. Mix. Dose, about half a teaspoonful three times a day, in the same amount of honey, increasing to a teaspoonful if needed to loosen the lessened cough.

Another formula is given, which is pronounced excellent by those who have used it. A bottle large enough to hold sufficient to cure an ordinary cough from a recent cold, will cost about twenty-five cents. A good, thorough cathartic should be taken on or before commencing its use, as this will materially aid the cure.

Cough Mixture—Tincture of bloodroot, syrups of squills and ipecac, tincture of balsam of tolu and pargoric, of each an equal amount. The dose is half a teaspoonful on a little sugar whenever the cough is most severe, and at other times, three times daily.

Contributed Recipes

For better, take one quart of good cider vinegar and get one ounce of blood root; put the blood root into the vinegar, shake well, and let stand half a day. Then bathe the affected parts two or three times a day with this, and the better will be cured.

"For croup of any kind," Mrs. L. recommends this treatment: Take a glass of water and stir into it two tablespoonfuls of common flour of sulphur. Let stand a few minutes, then skim off all the sulphur that floats on the surface of the water, and

throw it away. Give one teaspoonful of the solution every few minutes. It is good for sore throat, also.

To cure seven-year itch, get five cents worth of gum camphor, dissolve in two tablespoonfuls of liquid carbolic acid, and when all is dissolved, pour in three ounces of sweet oil (about six tablespoonfuls). Shake well, and apply to the parts affected once a day. A sure cure.—Mrs. L. B.

General Household

To clean silverware, take very warm lard, rub all over the silver and then dust all over the common baking soda. Set this aside for an hour, or until you get ready to clean it. Then take tissue paper and rub thoroughly all over, and your silver will look like new. This is a very easy way.

When one is cooking with enameled ware, grease the outside thoroughly before putting on the stove; when through cooking with them,

rub the outside with crumpled paper and wash in the usual way. The grease prevents the smoke from sticking fast.

An excellent mahogany floor stain is made thus: Melt half a pound of beeswax, add to it two quarts of turpentine and enough raw umber and crimson lake, in powder, to make the mahogany tint. Apply with a brush and polish with clean woolen cloths. This is for a hardwood floor.

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