

The Fenome Foot.

One of the oldest orthopedic surgeons in New York told a reporter that the number of cases of splayed feet in this city was rapidly increasing.

"Why, a splayed foot is a flat foot or one in which the arch of the instep has been broken down."

"Pray, why should people living in the city of New York break down the arches of their insteps?"

"They do it by wearing high-heeled shoes. Of course I am speaking of young girls and misses and not of grown up persons of either sex."

"What is the difference in the appearance of a pair of feet that are splayed and a pair that are not splayed?"

"All the difference in the world. The natural foot is beautifully arched at the centre, especially in females. A person who has a high instep has as good a right to be proud of it as any person with classic features has to be proud of the image that he sees reflected when he looks at himself in a mirror."

"Splayed foot is most common among the peasants of some of the European countries where the people are obliged to do hard work, such as carrying heavy burdens at a very early age. In such cases, especially in the morning and evening, naturally weak, ligaments sustaining the arch of the foot are very apt to give way by degrees, and then we have a pair of feet as flat as the paws of a grizzly bear."

"No, not entirely. I think it is sometimes produced by children beginning to dance almost as soon as they are able to walk, such as we see in some German dancing schools. It is purely a little younger sometimes sustains the whole weight of the body on the tips of the toes a quarter of an hour at a stretch. The bones at that age are little less than cartilage, and very easily deformed. As soon as the child is able only to revolve the Chinese practice of slapping the feet of their female children. I suppose the feet of young girls of tender constitution are also sometimes injured in this manner."

"How about roller-skating, which has lately become so popular?"

"Here can be found that a little exercise each day at roller-skating would strengthen and invigorate the muscles of the legs. But the trouble is, the girls see playing at roller-skating on the side-walks, and in the parks are allowed to greatly overdo the business. The result is that instead of well-rounded, plump, muscular limbs, we see, after a few weeks' practice, a pair of attenuated 'broomsticks,' accompanied by a wan expression and a general air of an unnatural nervousness of the whole organization. Oh, if the people of this world would only make use of the common sense with which kind nature has endowed them!"

The Summer Solstice.

On the 21st of June, at 8 o'clock in the morning, the sun entered the sign Cancer, and inaugurated the great physical epoch known as the summer solstice.

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DOMESTIC.

FARMERS AND POLITICS.—Farmers have plenty of roan and land to spare on which to grow wheat and corn. It is certainly a great convenience to buy chickens all ready for the home-made crust, or to have a can of canned oysters waiting to be opened, warmed and eaten after the place of amusement. And quite as acceptable is a tumbler of the lemon paste, ready to place between the feather jelly cakes, or to serve as inside for the flaky crust, the pie that you are so anxious who has never been able to attain success in making the inside of the lemon pie. A few years ago sardines were put up in one way, now they come in seven different styles, the latest being smoked sardines in oil, which, with their accompaniment of oil, are really the season's novelties. Shrimps, lobster, salmon, oysters and other fish are always acceptable, and most convenient are the various soups in tins, liquid and powders, which can be prepared in five minutes and are really delicious. Of these the French soups are considered the best, but most of our American canned meats, fish, fruits and vegetables, are thought by many good cooks to be inferior to those raised in France, Germany, England and Scotland.

A ROAST OF BEEF can be greatly improved in flavor and made more tender if the piece of a large joint is soaked for all over it after it is placed in the dripping pan. Cut the lemon in halves and squeeze out the juice, removing the seeds. The peel of the rind, as you pare an apple with a sharp knife and put it into a bowl of water, so do with the beef. Let the beef roast for half an hour without any water in the dripping pan, as the lemon juice will be sufficient to keep it from burning. Then add the usual amount of boiling water and cook for two hours. In the case of a small joint, the beef should be roasted for one hour and a half, and the water should be added for the last half hour. A roast of beef can be greatly improved in flavor and made more tender if the piece of a large joint is soaked for all over it after it is placed in the dripping pan. Cut the lemon in halves and squeeze out the juice, removing the seeds. The peel of the rind, as you pare an apple with a sharp knife and put it into a bowl of water, so do with the beef. Let the beef roast for half an hour without any water in the dripping pan, as the lemon juice will be sufficient to keep it from burning. Then add the usual amount of boiling water and cook for two hours. In the case of a small joint, the beef should be roasted for one hour and a half, and the water should be added for the last half hour.

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SWEETBREADS LARD.—Trim a couple of sweetbreads, soak them half an hour in tepid water, then parboil them for a few minutes, and lay them in cold water; when quite cold, take them out, dry them, and lard them thickly with fine lard. Put a little butter in a pan, add a bunch of sweet herbs, pepper, salt and spices to taste, and a small quantity of rich stock, lay the sweetbreads on this, and let them gently stew till quite done, then drain them, and pour over the liquor. When cooked, strain the liquor, skim off fat, reduce it almost to a glaze, brown the lard side of the sweetbreads with a salamander, and serve with the sauce.

STRAWBERRY PASTILE DROPS.—To one pound of strawberry pulp add one pound of pulverized sugar. Stir both together in a copper preserving basin over a brisk fire, until the mixture is thick and becomes sufficiently reduced to about the bottom of the pan as you draw the spatula across it. Now proceed to lay out the drops about the size of a shilling piece. Use for this purpose a left-handed man. Now place the drops in a drying-room, at a moderate heat, to dry. When dried use a thin knife to remove the drops from the tin sheets on which they have been laid out. Put them away between sheets of paper in closed boxes. Keep in a dry place.

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VEAL SWEETBREADS WITH MACARONI.—Chop two large sweetbreads and lard them with butter; let them boil for fifteen minutes, then plunge them into cold water. Place them in a pan, dredge them with flour, add half a pint of water, a little macaroni, pepper and salt, and cook for two hours. Have some macaroni boiled, drain it and cut it into very small rings, place it in a dish, lay the sweetbreads upon it, add an ounce of butter to the sauce, and pour over the whole. Garnish with a little lemon juice into it, let it just boil up, and pour over the sweetbreads. Serve with sliced lemon and cold parsley.

SWEETBREADS LARD.—Trim a couple of sweetbreads, soak them half an hour in tepid water, then parboil them for a few minutes, and lay them in cold water; when quite cold, take them out, dry them, and lard them thickly with fine lard. Put a little butter in a pan, add a bunch of sweet herbs, pepper, salt and spices to taste, and a small quantity of rich stock, lay the sweetbreads on this, and let them gently stew till quite done, then drain them, and pour over the liquor. When cooked, strain the liquor, skim off fat, reduce it almost to a glaze, brown the lard side of the sweetbreads with a salamander, and serve with the sauce.

STRAWBERRY PASTILE DROPS.—To one pound of strawberry pulp add one pound of pulverized sugar. Stir both together in a copper preserving basin over a brisk fire, until the mixture is thick and becomes sufficiently reduced to about the bottom of the pan as you draw the spatula across it. Now proceed to lay out the drops about the size of a shilling piece. Use for this purpose a left-handed man. Now place the drops in a drying-room, at a moderate heat, to dry. When dried use a thin knife to remove the drops from the tin sheets on which they have been laid out. Put them away between sheets of paper in closed boxes. Keep in a dry place.

BEET ROOTS.—Nearly 5000 heads of cabbages can be grown on an acre of ground, if the plants are set a yard each way. The size of the heads and weight in tons depend on the manure and method of cultivation, but as high a yield as thirty tons to the acre is not uncommon in England. It is claimed by farmers in the section that an acre of cabbages will produce more food than any other crop; that in feeding them to dairy cows they do not injure the quality of the milk, but, on the contrary, they only increase the yield, and furnish good succulent food in winter for cattle, hogs and poultry. They are easily kept during winter, either by storing the heads in the ground or by drying them in trenches with straw over the heads up, covering with straw and boards. The latter method is better where they are to be fed every day. The cutting away of the head leaves the stalks standing, which can be used in the spring. Choose very small cabbages, scrape them well, cut them in halves and blanch them for two minutes in salted water; put them into a stew-pan with some butter, add a little salt and sugar, let them fry gently until the butter is melted, and then add a quantity of good white stock; let it boil and remove it to the side of the fire; when the carrots are done thicken them with the yolks of four eggs beaten smooth with milk or cream, add a pinch of grated nutmeg and a piece of butter; as the butter dissolves dip them up.

DUMPLINGS.—Very nice palatable dumplings may be made from a rather rich paste. Cut it out with a large biscuit cutter; wet the edges of this paste and lay on one piece a large spoonful of current jelly, placing another piece of paste upon it, and thoroughly pinching the edges together. These may be baked in a steamer, or fried in a frying-pan, and are much lighter than boiled ones. Fine-apple marmalade or raspberry jam may be substituted for the current jelly.

SWEET RICE.—One quart of sweet milk, three tablespoonfuls of yeast and flour to make a thick batter; let it rise overnight, and in the morning add one cupful of butter (if the former, salt may be used) to a paste with one cupful of boiled or stewed raisins. Mix the tops of the raisins with some of the batter, and make a stiff dough; make it into small balls, let it rise very tight and bake.

OUTRAGE CASE.—When you have true oatmeal, when you are weak, spread out half an inch thick on a well buttered tin, and place it in a very hot oven to brown. Oatmeal cooked in this way can be eaten by persons who find the ordinary boiled mush too exciting to their digestive organs.

DOMESTIC.

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