
USEFUL HINTS.

VEGETABLE HAIR-WASH.

One ounce of tincture of cantharides, one ounce of spirits of rosemary, four ounces of oil of sweet almonds, ten drops of oil of lavender aug., twenty drops of oil of bergamotte super, five drops of otto of rose. Mix well. To be applied every other morning.

CREAM OF HONEY.

Eight ounces of oil of sweet almonds, one ounce of best spermaceti, two drams of best palm oil, three drams of oil of citronella, two drams of essence of lemon super. Stir well.

EAU DE COLOGNE.

One-eighth of an ounce of essence of bergamotte, one-eighth of an ounce of essence of lemon, two ounces of essence of musk, forty drops of oil of neroly super, ten drops of oil of citron super, sixteen ounces of spirits of wine, four ounces of orange flower water.

MOSS ROSE.

Ten ounces of extract of rose, three ounces of extract of ambergris, two ounces of extract of musk, three ounces of extract of orange, five ounces of rose triple.

CASTOR-OIL POMADE.

Two ounces of spermaceti, five ounces of Italian castor oil. Melt and add gradually with constant stirring, five ounces of spirits of wine. Then add one dram of oil of bergamotte, five drops of oil of neroly, five drops of oil of cloves, ten drops of oil of lemon grasse, five drops of oil of geranium. Stir well.

SAPONACEOUS DENTIFRICE.

Seven ounces of powdered orris root, one ounce of powered Castille soap, fifteen drops of oil of geranium. Sift.

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AMERICAN SALAD.—To make this you can easily at any time sow a little celery seed in a box and cut it when it is about the size of mustard and cress. Chop it up finely and add some sliced cold boiled potatoes, two or three truffles or mushrooms sliced very finely, a few nasturtium leaves and the white of an egg chopped into tiny dice, tossing all in tartare sauce. A very pretty way of serving it is to place the salad in a small glass dish and stand this in an *entrée* dish and fill up the space round with broken ice and some autumn leaves. You might add to the salad about two leaves of the middle of the heart of a cabbage, raw, chopped very finely.

HERE are two simple and inexpensive, yet very pleasant, recipes:—

Potato Rissoles.—These are a welcome variant to curry, stew, and the other methods of using up odds and ends of meat. Mince the required quantity of meat finely, add a little sweet herb, chopped parsley, and one egg. Mix into a firm paste, divide into six portions, moulding each portion into the form of a kidney potato. Having boiled the needed number of potatoes, mash them, adding pepper, salt, and one egg, then beat the mass into a creamy pulp. Take the portions of meat, covering each with the mashed potato, then fry in boiling fat until they are light brown in colour.

Eve's Pudding.—For this delicious pudding take a quarter of a pound respectively of suet, raisins, currants and sugar, half a pound of bread crumbs, three apples chopped fine, a little grated lemon peel and two eggs. Mix the whole well together, put in a buttered basin, boil for three hours, and serve with wine or lemon sauce.

EGGS AND RICE.—Fry two ounces of butter a golden colour. Break six eggs carefully into a pan, sprinkling them with salt and pepper, and when the white begins to set, turn

over each egg with a flat spoon, so that they may be cooked on both sides. Have ready four ounces of boiled rice, with one ounce of butter, and one ounce of grated cheese stirred into it. Take out the eggs from the pan, and put on a dish, with the rice round them.

EGGS ALLA VENEZIANA.—Soak two ounces of bread-crumbs in half a pint of milk, and when the bread-crumbs have absorbed the milk, add six eggs, salt and pepper to taste, and a pinch of nutmeg. Beat all well together and fry brown in boiling lard or butter.

EGGS AND TOMATOES.—Scald six or seven large ripe tomatoes, remove the skins and seeds, and cut them up in small pieces. Add a small bunch of herbs, and fry in boiling oil or butter for a few minutes. Remove the herbs, place the tomatoes round the pan, and pour in the centre six whisked eggs. When the eggs are set sprinkle them with pepper and salt. Serve hot, with eggs in the centre, and tomatoes round, and garnish with fried parsley.

EGG POWDER.

Four ounces of dried bicarbonate of soda, one ounce and three quarters of dried cream of tartar, one ounce of dried tartaric acid, six ounces of dried ground rice, sufficient fluid of extract of saffron to colour. The extract of saffron should be well mixed with the ground rice, and well dried.

CUSTARD POWDER.

Four ounces of dried arrowroot, four ounces of dried corn-flour, twelve drops of oil of bitter almonds, six drops of oil of nutmeg. Mix well.

BAKING POWDER.

Four ounces and a half of dried cream of tartar, two ounces of dried bicarbonate of soda, one ounce and a half of dried ground rice. Mix well, and sift; keep in a dry place.

CREAM FOR CHAPPED HANDS, ETC.

Four grammes of oxide of bismuth, thirty grammes of oleic acid, twelve grammes of white wax, thirty-six grammes of white vaseline, three drops of otto of rose. Make a cream; apply three times a day.

CHILBLAIN TABLET.

Three ounces of white vaseline, one ounce and a half of white wax, half an ounce of white resin, half an ounce of camphor flowers, three drams of oil of cajuput. Melt the resin and wax, add the vaseline, then when somewhat cooled, stir in camphor and oil.

ANTICHAFFE NURSERY POWDER.

Three ounces of powdered fullers-earth, three drams of powdered boric acid, six drams of powdered oxide of zinc, three ounces of powdered wheat starch, half an ounce of powdered orris root, three drams of essence of bergamotte. Mix the powders thoroughly, add the essence of bergamotte, and pass through a fine sieve.

HELIOTROPE HAIR OIL.

Eight ounces of oil of sweet almonds, sixteen grains of heliotropin, sufficient alkanet root to colour. Digest at a gentle heat; lastly strain.

FURNITURE POLISH.

Five ounces of linseed oil, one ounce of spirits of turpentine; one dram of alkanet root to colour. Digest for a day or two, then strain, and add to the following previously mixed. One ounce of butyr of antimony, two ounces of distilled vinegar, two ounces of distilled water, two ounces of methylated spirits, half an ounce of solution of ammonia. Bottle, and keep well corked.

FURNITURE PASTE.

Six ounces of best kerosine, one ounce of best yellow resin, one dram of best vermilion to colour, ten ounces of spirits of turpentine. Digest at a gentle heat for an hour or so, then strain, and stir constantly until cold.

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WHITE-ROSE SACHET.

Nine ounces of powdered orris root, half an ounce of powdered benzoic acid, thirty drops of oil of patchouly, thirty drops of oil of rhodium, three drams of oil of rose geranium, two drams of otto of rose.

CHERRY BLOSSOM PERFUME.

Ten ounces of essence of peach blossom, one dram and a half of essence of mirbane (1 in 10), one ounce and a half of extract of violet.

SPRING FLOWERS.

Ten ounces of extract of rose, ten ounces of extract of violet, three ounces of extract of cassie, one ounce and a half of extract of ambergris, one ounce and a half of extract of musk, one-eighth of an ounce of essence of bergamotte, three ounces of rose triple.

ROSE TRIPLE.

Three drams of otto of rose, twenty ounces of spirits of wine (dissolve).

MOSS-ROSE SACHET.

Eight ounces of white-rose sachet, twenty grains of musk grain opt., five drops of oil of santal flor, fifteen drops of oil of rose geranium, three drams of essence of ambergris, five drams of essence of musk.

STEPHANOTIS.

Five ounces of extract of white rose, three ounces of extract of jasmine, two ounces of extract of violet, one ounce of extract of storax.

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ARECA NUT TOOTH PASTE.

Four ounces of powdered precipitated chalk, two ounces of powdered orris root, one ounce of powdered areca nut, half an ounce of powdered cinnamon, half an ounce of powdered myrrh, two drams of powdered pumice stone, eight drams of powdered cochineal, three ounces of oil of bergamotte, three ounces of oil of cloves aug., two ounces of oil of lavender, sufficient parts of glycerine to make a paste. Set aside a few days, then pot for use.

CHERRY LIP SALVE.

Four ounces of oil of sweet almonds, half an ounce of best white wax, half an ounce of best spermaceti, half an ounce of best alkanet root. Keep these melted and in a warm place for six or eight hours, then strain and stir well. When nearly cold add twenty drops of oil of rose geranium, five drops of oil of cloves opt., five drops of oil of santal opt. ; stir well.

GLYCERINE JELLY.

Half an ounce of Nelson's gelatine, five ounces of distilled water, five ounces of triple rose-water ; soak all night, heat gently to dissolve, add twenty grains of boric acid, and ten ounces of pure glycerine. Strain while warm, and add three drops or so of otto of roses.

TONIC HAIR WASH.

Four ounces of Eau de Cologne, half an ounce of spirits of rosemary, half an ounce of tincture of cantharides, one ounce of wood violet perfume ; mix. Apply to the roots of the hair with a sponge.

EUCALYPTUS TOILET CREAM.

Five ounces of white vaseline, one ounce of spermaceti, two ounces of honey (English), melt and stir in four drams of oil of eucalyptus, two drams of oil of rose geranium. Pour into opal pots just before setting.

QUININE DENTIFRICE.

Four ounces and a half of powdered precipitated chalk, one ounce and a half of powdered orris root, half a dram of sulphate of quinine, one dram of oil of rose geranium. Sift.

BORAX DENTIFRICE.

Four ounces of powdered precipitated chalk, two ounces of powdered borax, one ounce of powdered myrrh, one ounce of powdered orris root, one ounce of powdered cinnamon. Mix and sift.

CEMENT FOR CHINA, ETC.

One ounce of best isinglass, eighty grains of powdered mastic, two ounces of distilled water, four ounces of glacial acetic acid. Soak the isinglass in the water, and when all has been absorbed add the acid previously mixed with the mastic. Heat gently until a clear solution is formed, and bottle for use.

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