

## USEFUL HINTS.

**CHEAP QUILTS AND PILLOWS.**—In the absence of eider-down, or other expensive quilts, a warm coverlet can be cheaply made by sewing cotton wadding in brown paper. A pillow, far more cool and wholesome than one stuffed with feathers, can be cheaply made by filling the case with waste paper, cut or torn into small pieces. Old letters will do, but not printed paper—the effluvium from which, when heated, may be as bad as that from badly-dressed feathers.

**CHILBLAINS, HOW TO CURE.**—The following mixture is useful for allaying intense itching caused by chilblains. Sulphurous acid three parts, and glycerine one part, diluted with the same quantity of water. Apply with a soft camel-hair pencil.

**HORSERADISH SAUCE.**—This is a capital addition to cold roast-beef. Take a stick or two of horseradish, grate them until you have enough pulp to fill two table-spoons. Dissolve a tea-spoonful of Swiss milk in the same quantity of ordinary milk, mix in a tea-spoonful of made mustard and a tea-spoonful of vinegar, add the horseradish pulp and mix together.

**TEA.**—If a pot of tea has boiled on the hob, the bitter taste can be removed by adding a little *cold* water.

**BAKING.**—A bowl of water put into the oven while baking will keep cakes and pastry from burning.

**GILT FRAMES, TO REVIVE.**—After carefully dusting, wash with one ounce of soda beaten up with the whites of three eggs.

**OLD BLACK SILK DRESS, TO RENOVATE.**—Dissolve some glue or gum - arabic in boiling water. Mix with sufficient cold water, and sponge the dress all over with it on the wrong side; dry the silk, sprinkle it a little, roll up tightly in a towel, let it remain thus for several hours. Then with an iron, only moderately hot, iron it carefully out, and your dress will be as good as new.

**EVERTON TOFFEE, HOW TO MAKE.**—Procure a pound of treacle, a pound of moist sugar, and half a pound of butter. Put into a large saucepan over a clear fire. The butter of course goes in first, and then the treacle and sugar. Stir slowly with a knife; drop a little into cold water to ascertain if it is done, and if everything is satisfactory it will come out quite crisp.

**TO DARKEN MAHOGANY.**—If mahogany, or other wood, is required to be of a dark colour, cold drawn linseed oil should be used.

**TO CLEAN HAIR-BRUSHES.**—Take two brushes, and sprinkle each with powdered borax; then rub well together. Then pour hot water over the bristles, keeping the back of the brush as dry as possible. Shake the water well out, and dry, best in the sun. Brushes washed in this way will retain their stiffness.

**MILK.**—Some persons are averse to milk, because they find it indigestible or makes them bilious. A frequent reason for such consequences is that milk is drank as if it were so much water. Where digestion is not strong it only agrees when leisurely sipped, and bread eaten with it, or else cooked with suitable solids.

**TIGHT BOOTS.**—Tight boots, shoes, or gloves will go on easier if warmed before the fire.

**TAKING PHYSIC.**—If persons who are obliged to take nauseous medicine would first take a bit of alum into the mouth, they could take the medicine with as much ease as though it were sugar.

**STALE BREAD.**—Grate into coarse powder and preserve in wide-mouthed jars. Cork well up, and keep in a dry place, and it will be found most useful for the preparation of puddings, stuffings, &c.

**A "JOHNNY CAKE."**—To one quart of milk add three eggs, one tea-spoonful of carbonate of soda, and a tea-cupful of wheaten flour, mixed with Indian meal, enough to form a thickish batter. Bake very quickly, and eat hot with golden syrup or butter. Corn bread is made for breakfast in the same manner; both are very nice when cold.

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**TO MAKE YEAST.**—Yeast for home-made bread may easily be made as follows. Boil 1 lb of good flour,  $\frac{1}{4}$  lb of brown sugar, and  $\frac{1}{2}$  oz of salt in two gallons of water for one hour. When almost cold, bottle and cork closely. It will be fit for use in twenty-four hours and one pint will make four quartern loaves.

**TEA CAKES.**— $\frac{1}{4}$  lb fresh butter,  $\frac{1}{4}$  lb sifted sugar,  $\frac{1}{2}$  lb. of flour, one egg, and a little milk.

**BURNS AND SCALDS.**—Mix limewater and olive oil in equal parts; if you have it at hand, dissolve as much carbonate of soda as possible in it; soak a piece of lint or rag in the mixture, and cover the injured part entirely with it, that it may be kept from the air. Another plan is to make a thick paste of whitening and spread it over the burn.

RULES TO BE OBSERVED IN A SICK  
CHAMBER.

The first thing to be remembered is that the doctor's orders are to be implicitly obeyed.

Be careful that the room is kept perfectly clean and well aired.

Endeavour always to have a supply of fresh flowers, or, where their scent is too powerful, branches of bright leaves without perfume may be substituted.

Never introduce disagreeable topics, but seek to entertain the patient by some pleasant news or tale, so as to keep the mind as much as possible from dwelling on suffering and disease.

Never ask a sick person what he will have to eat, but carefully procure such food as is suitable. Should the patient particularly desire anything, hasten to satisfy the wish unless it would be hurtful. Serve the food in small portions in an appetising manner. A small dish well cooked and served awakens an appetite, whilst a large and carelessly dressed repast produces nausea and disgust.

Be very patient and of an even and cheery temper when attending on a suffering invalid. Remember that illness often renders us unreasonable and capricious. Listen with kindness and sympathy to the complaints and murmurings of the poor sufferer.

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TO PREVENT THE SMOKING OF A LAMP.—This may be easily effected by soaking the wick in good vinegar for a few minutes, then drying it well before using it. A good and clear light will be the result. In the case of a glass chimney there may not be sufficient air-draught.

PERSONS exposed to cold or wet during the day should bathe their hands and feet in hot water at night, which will prevent any ill effects. So easy a remedy should not be neglected.

PLAIN BREAD-AND-BUTTER PUDDING.—Cut the bread-and-butter in rather thick slices, lay them in a dish, strew a few currants over them, then another layer of bread and currants, and so on until the dish be filled. Beat two eggs, with one pint of hot milk, and add a little allspice and nutmeg, sweeten to taste, pour over the bread in dish. Be careful to let it soak for half-an-hour before baking. Bake for half-an-hour.

TO PRESERVE EGGS.—Eggs may be preserved in good condition for a considerable period, by simply dipping them in a solution of gum arabic, letting them dry, and afterwards packing them in dry charcoal dust.

TO REMOVE INKSTAINS FROM LINEN.—Dip the part stained in clean water, and then apply a few drops of *spirits of salts*, rinse the fabric and the stain will have gone.

TO MAKE RICE-CAKES.—To 1lb. of ground rice, add  $\frac{1}{2}$ lb. of sifted sugar, a teaspoonful of baking powder, mix well with  $\frac{1}{2}$ lb. of butter, beat up four eggs and make into a wet paste, drop into buttered pat pans, and bake in a quick oven.

GREASE SPOTS—HOW TO REMOVE.—Grease from composite candles may be removed from any woollen cloth by stretching the spot greased over a very hot iron or before a brisk fire for ten or twelve minutes, taking care not to scorch the cloth, then rubbing the place whilst warm with a piece of the same material, and brushing it briskly the right way of the wool.

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**GINGERBREAD.**—Flour  $1\frac{1}{4}$  lbs., Scotch oatmeal  $\frac{1}{4}$  lb., treacle  $1\frac{1}{2}$  lb., brown sugar 1 lb., butter  $\frac{1}{2}$  lb., ginger 3 oz., and seven eggs. Put the treacle, sugar, and butter on the fire together till hot, mix them well, add a teaspoonful of pearlsh; then beat the eggs well and add them. Add the other ingredients, well mixing all together in a large basin; let the mixture stand two hours before the fire, pour into a shape, and bake in a slow oven.

**TO MAKE FURNITURE POLISH.**—1 oz. beeswax and  $\frac{1}{2}$  oz. white wax, cut into thin shreds and dissolved in 1 pint of turpentine. It will require to be stirred occasionally, while dissolving; apply with a piece of flannel and polish with a dry soft duster.

**LIQUID GLUE.**—Add sufficient naphtha to shellac to make it of the consistence of good cream. Leave to dissolve.

**SOFT CORNS** between the toes may be cured by applying a small piece of cotton wool fresh every morning.

**ORANGE JELLY.**—To 1 pint of orange juice, carefully strained, add  $\frac{1}{2}$  oz. dissolved isinglass, and sugar to taste.

**SAGO MILK.**—Take one large spoonful of sago, wash it, and add to it one pint of milk; stir it until it boils, then let it stand half-an-hour to thicken.

**TO TAKE STAINS OF WINE OUT OF LINEN.**—The article should be held in milk whilst it is boiling on the fire, and watched until the stains disappear.

## USEFUL HINTS.

**DENTIFRICE.**—In three pints of boiling water dissolve two ounces of borax; before it becomes cold, add a teaspoonful of tincture of myrrh and a tablespoonful of spirits of camphor. Bottle the mixture for use. Half a wine glassful placed in a tumbler of water will be the right proportion.

**INK STAINS, TO REMOVE.**—Cream of tartar and salts of sorrel, 1 oz. of each. Mix well and keep in a stoppered bottle.

**PICKLE FOR TONGUES OR BEEF.**—Water, 1 gallon; common salt, 2 lbs.; saltpetre, 4 oz.; sal prunella, 1 oz.; brown sugar,  $\frac{3}{4}$  lb. Boil the whole well together. A tongue should be pickled fourteen days before it is considered well cured.

**LEMON CHEESE CAKES.**—Take 1 lb. crushed loaf sugar,  $\frac{1}{4}$  lb. butter, six eggs, leaving out two of the whites, the grated rind of two and the juice of three lemons. Place the whole in a saucepan, and let simmer until it thickens to the consistency of honey, stirring the whole time. *When cold place in jars for use; it will keep twelve months.*

**LEMON JELLY,** to make, squeeze the juice from twelve lemons, and add 1 lb. loaf sugar, 2 oz. isinglass. Let it boil twenty minutes; then strain it.

**BAKING POWDER.**—Carbonate of soda, 1 oz.; tartaric acid,  $\frac{1}{4}$  oz.; flour,  $\frac{1}{4}$  lb. Mix thoroughly, and keep tightly covered in a dry place.

**RECIPE FOR BLANC-MANGE.**—To a pint of milk add three table-spoonfuls of *hominy*, with a little salt; boil gently until it thickens, when add about  $\frac{1}{2}$  pint more milk; boil until sufficiently thick, add sugar and flavouring to taste. Pour into a mould and serve cold, with jam or stewed fruit.

## USEFUL HINTS.

**CHILBLAINS.**—One of our kind subscribers writes:—Sir,—Seeing that many of your correspondents are seeking remedies for chilblains, I advise them to try spirit of camphor and laudanum, mixed in equal quantities, and applied to the affected parts. The camphor stimulates, while the laudanum deadens pain and relieves the itching. I have found it very beneficial.—A MARTYR TO CHILBLAINS.

**RICE AND APPLES.**—Parboil half a pound of rice tied loosely in a cloth, untie and spread the rice out, then place in the centre some apples cut up, tie up the cloth so that the apples shall be surrounded by the rice, and boil again for half an hour; this very wholesome and pleasant dish may be improved by pouring over it, when ready for the table, a little milk and sugar,

**SALLY LUNN PUDDING.**—Break two Sally Lunn tea-cakes into small pieces, and soak them thoroughly in milk. Beat up three eggs and stir them well into one pint of milk, and flavour with almond or vanilla essence. Mix  $\frac{1}{2}$  lb. of sultanas or stoned raisins, sugar to taste, one oz. of candied peel cut fine, and, as liked, a very small quantity of nutmeg or mixed spice with the tea-cakes, and then stir in the milk and eggs. Boil in a well-buttered basin for two hours, and when turned out pour over half-pint of sweet sauce or a custard made with half-pint of milk, one egg, and a small teaspoonful of cornflour, sifted loaf sugar to taste, and a few drops of the same essence used in the pudding. A good way to ensure turning out this pudding—or, indeed, any of a similar kind—without breaking, is to line the basin with well-buttered white paper.

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**A GOOD AND QUICKLY-MADE CAKE.**—Take the yolks of four eggs, three spoonfuls of sugar, the same of flour, about two table-spoonfuls of milk, and the juice of half a small lemon. Beat the whites of three eggs into a stiff froth, and mix them with the yolks, flour, etc. Put the whole into a well-buttered tin, and bake for fifteen minutes in a quick oven.

**INKSTAINS FROM LINEN, TO REMOVE.**—Bessie writes that a safe method is to damp the linen, to rub a little essential salt of lemons, which is a white powder, on the stained part until the black stain disappears. Rinse in clear cold water and dry in the sun, or before a fire.

**PARKIN.—CONFECTIONER'S RECEIPT.**

A  $1\frac{1}{4}$  lb. of oatmeal,  $1\frac{1}{4}$  lb. of flour,  $\frac{1}{2}$  lb. of sugar, two tea-spoonfuls of carbonate of soda, and the following spices well mixed together:  $\frac{1}{2}$  oz. carraway seeds, 1 oz. grated ginger,  $\frac{1}{2}$  oz. pounded allspice, one nutmeg finely grated, and a pinch of cayenne. Mix all these ingredients thoroughly and add 3 ozs. of candied lemon peel, cut into chips; then melt 2 lbs. of treacle and  $\frac{1}{2}$  lb. of butter together, and stir in whilst warm. Put the paste thus formed into well-buttered square tins, two inches deep, and bake thoroughly in a moderate oven. If too hot, the parkin burns easily. The paste should be from  $1\frac{1}{4}$  in. to 2 in. deep.

**HOUSEHOLD RECEIPT FOR PARKIN.**

3 lbs. of oatmeal, 3 ozs. candied lemon peel in chips,  $\frac{1}{2}$  lb. of sugar,  $\frac{1}{2}$  oz. carraway seeds, and 1 oz. of grated ginger. Mix as above, with 2 lbs. of treacle and 1 lb. of butter melted together, and bake as directed in confectioner's receipt.

This cake is eaten in Lancashire and the West of Yorkshire on the 5th of November. It is a thoroughly wholesome article, and a slice of it is often as valuable as a mild dose of medicine when eaten for supper by a child.



## USEFUL HINTS.

**TO WASH WHITE LACE.**—Cover a bottle with fine flannel, tightly wrapped round it two or three times, and sewn on, wind the lace quite smoothly round, fastening with a stitch every now and then. Make a good soap lather in a deep basin and stand the bottle in, shaking it well and pressing the lather into the lace. Rinse in the same way with clean cold water, put the bottle in the sun to dry; when nearly so, lay it in a basin of water with a small quantity of borax to stiffen it. If to be ironed, this must be done on two or three thicknesses of flannel, the edges and raised parts being picked up with an ivory pin.

**TO REMOVE INK SPOTS.**—Wash the place with cold water without soap, and apply a solution of dilute muriatic acid; any chemist will give the proper proportions. This will only do for *white* materials. Ink may also be removed from white cotton by dipping it in milk; but this must be done *immediately*.

**TO REMOVE GREASE SPOTS.**—These may easily be eradicated from *linen* by washing with pearl-ash and water. For satin and silks the following is an admirable recipe: Pour on the spot two drops of rectified spirits of wine, cover with a linen cloth and press with a hot iron; the linen must be removed *at once*, and a little sulphuric ether rubbed gently over the stain.

**SCORCHED LINEN.**—Take an onion and macerate it well to extract all the juice, add to this a few shreds of soap, an ounce of Fuller's earth, and half a tumbler of vinegar. Boil these together for an hour, and allow the mixture to cool. Place it on the scorched part, and do not remove it until quite dry.

**SOAP JELLY.**—This should always be used for washing flannel, white woollen materials, or anything on which it is not advisable to rub soap. The mixture is made thus: Shred a pound of best pale yellow soap in a gallon of water, add two ounces of soda and the same of powdered pipe-clay. Set these ingredients on the kitchen stove, where they will dissolve in a few hours' gradual heat; the next day the soap jelly will be fit for use.

**FISH CAKES.**—Pull to pieces with two forks the remains of any cold fish, carefully removing the bones. Mix some mashed potatoes and a small piece of butter with the fish, and season with salt and pepper to taste, adding a *little* cayenne or Nepaul pepper. Form into cakes and fry in butter till a golden colour, and garnish with fried parsley.

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In conclusion, we would say to our girls one earnest warning word about what they may *not* do. They may *not* do any of those things which make them imitators of men; they may *not* try to break down the God-appointed fence which divides their department in the world's great workshop from the department of men; by so doing they only lose their own queenliness without gaining a single ray of male royalty in its place. Let our girls aim at being nothing but women—noble, brave, broad-hearted women—active alike with mind and hands; strong, earnest workers for God and man, and theirs shall be a fair and radiant story, that shall grow ever brighter and yet more bright.

Alice King.

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**GOOD AND ECONOMICAL CAKE.**— $\frac{1}{2}$  lb. flour,  $\frac{1}{2}$  lb. white sifted sugar,  $\frac{1}{2}$  lb. butter,  $\frac{1}{2}$  lb. currants,  $\frac{1}{2}$  oz. candied lemon, a little freshly grated lemon rind, two eggs, a small cup of warm milk, and a teaspoonful of baking powder. Beat milk and eggs together. Rub butter into dry flour; add sugar, currants, peel cut into chips, and grated lemon. Stir in the eggs and milk and lastly the baking powder. Bake *immediately*, in a well buttered mould in a moderate oven. The paste must not be *too* soft, or the currants will settle to the bottom of the mould. This cake may be varied in several ways, *all nice*. Leave out fruit and peel, and stir in a teaspoonful of caraway seeds—you have a light seed cake. With only chips of candied citron a nice citron cake. With no fruit or peel, and only almond flavouring, you get yet another variety.

**BAKEWELL PUDDING.**—(Excellent recipe). Line two soup plates or shallow tart dishes with puff paste; cover with a good layer of jam, apricot, greengage, strawberry, or raspberry (currants or gooseberries unsuitable). Well whisk five eggs, after taking out two of the whites; melt half a pound of fresh butter, beat with it  $\frac{1}{2}$  lb. of white sifted sugar, and a few drops of essence of almonds. When mixed, add the eggs and beat all to the consistency of thick cream. Pour half into each dish and bake. This dish is generally eaten cold. (When using almond flavouring or essence of almonds, be careful not to leave it within reach of young children.)

**SAVOY PUDDING.**—Lay six single savoy biscuits at the bottom of a pie dish, and pour over them a wineglass of sherry. Make a custard with five eggs, a pint of milk, and sugar to taste. Pour over the soaked biscuits, and bake. A little piece of stale sponge cake cut into strips will do instead of savoy biscuits, and the pudding may be varied as follows:—Cover bottom of dish with thin slices of sponge cake; then a layer of jam, which cover with more slices, pour in custard, and bake as before; but, as there is no wine in this case, flavour the custard with essence of vanilla or almond.

**TO PICKLE LEMONS.**—Grate all the rind off twelve lemons. Place them in salt, in an earthenware jar, for ten days. Then remove the lemons; thoroughly dry the salt, and put back the lemons for ten days more. At the end of this time take them out, rub off all the salt, place in a large stone jar, and cover with cold vinegar. Boil 1oz. of mace and one nutmeg grated in a little vinegar; add to the lemons, and cover tightly down so as to exclude the air. They must be undisturbed for *at least* three months; some persons leave them double that time. They may be cut up into suitable pieces as required for use. The grated rind may be used for flavouring when fresh; or dried carefully and bottled until wanted. This is useful as a substitute for fresh rind in veal or hare seasonings; or in sweet cakes instead of essence of lemon.

**TO CLEAN THE HAIR.**—Carefully separate the yolk of a fresh egg from every particle of white, and beat it with a wineglassful of tepid water. Rub the mixture well into the hair and the skin of the head. Wash off with plenty of warm water and rinse with cold. The alkaline matter contained in the yolk of the egg mixes with the natural oiliness in the hair and makes a soft lather. This mode of cleansing leaves the hair beautifully bright and soft, as well as thoroughly clean. Should the hair be very long and abundant, two yolks, with water in proportion, may be required.

**TO CLEAN BLACK SILK WITHOUT STIFFENING OR GLAZING ONE SIDE.**—Well brush the silk on both sides; then rub with a piece of coarse flannel to remove remaining dust. Have hot irons ready and a basin containing equal parts of whisky and cold water. With a piece of clean flannel dipped in this mixture, sponge the silk very thoroughly on the worn side. Do not be afraid of wetting the silk, but see that it is equally damp all over. Take a breadth of thin calico or old lining material washed free from starch, wring it out of clean cold water; lay smoothly over the prepared silk, and iron, pressing it very well. The irons must be pretty hot, and the pressing continued until the silk also is dry. Remove the calico, and you will find it has preserved the upper surface from glazing, and that your silk, if worth doing at all, has the gloss and consistency of new without the rustling stiffness which is always objectionable.

**A NORFOLK GIRL WRITES:**—Dear Mr. Editor,—I was very pleased to find my favourite periodical, THE GIRL'S OWN PAPER, here when I came in from a walk this morning, and I shall be happy to give Babby a recipe for Norfolk cake coquilles. 1lb. of flour, 6oz. of sugar,  $\frac{1}{2}$  lb. of butter, two eggs, one table-spoonful of brewers' yeast,  $\frac{1}{2}$  pint of milk, and a little nutmeg to taste. Mix the flour, sugar, nutmeg, eggs, and yeast together; then butter and milk, which should be warmed in a saucepan, must then be added; when these ingredients are formed into a paste, it must be left for about two hours to rise. The coquilles must then be formed like buns and baked on a flat tin. They should be cut open, buttered, and eaten hot.

### VARIETIES.

#### A CHARADE.

My first is always found in boisterous play,  
My second may be seen in youngsters' caps,  
My third in saddest scenes is visible each day,  
My fourth's an article, and always found in traps,  
My fifth in vain is seen both day or night;  
A female-name my whole if read aright.

M. L.

#### AN ARITHMETICAL PUZZLE.

A lady about to travel, finding she had not sufficient accommodation for her extensive wardrobe, sent her maid to select an extra box for her. The tradesman sent four for the lady to choose from, and made out the following bill.

	s.	d.
2 Iron Boxes .. ..	14	0
1 Wooden do. .. ..	7	0
1 Wood do. .. ..	7	0

To Pay .. .. 7 0

Which box did the lady choose?

**ANSWER TO BURIED FRUITS (p. 446).**—  
1. Peach. 2. Pear. 3. Plum.

**ANSWERS TO SOME BURIED CANADIAN CITIES (p. 446).**—1. Montreal. 2. Quebec. 3. Ottawa. 4. Toronto. 5. Halifax.

also took fire. Both hands were so frightfully burnt that amputation would have been necessary, but the unfortunate victim expired prior to the operation.

**A FATHER'S LAST LETTER TO HIS DAUGHTER.**—The Prince Consort, on the 21st of November, a few days before his last illness, wrote to his beloved daughter at Berlin a letter which seems to be inspired by the sentiment of his approaching end:—"May your life, which has begun beautifully, expand still further to the good of others and the contentment of your own mind. True inward happiness is to be sought only in the internal consciousness of effort systematically directed to good and useful ends. Success, indeed, depends upon the blessing which the Most High sees meet to vouchsafe to our endeavours. May this success not fail you, and may your outward life leave you unhurt by the storms to which the sad heart so often looks forward with a shrinking dread."

ANSWER TO DOUBLE ACROSTIC (p. 479).

RAVENGLASS  
INGOLSTADT  
CARLISLE  
H O P  
AGRI-DAGH  
R O U G É  
DAGHESTAN

ANSWERS TO BURIED ENGLISH RIVERS (p. 479).—1. Ouse. 2. Trent. 3. Wye. 4. Tyne. 5. Wear. 6. Nen.

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**FIG PUDDING.**—One half-pound of figs, one half-pound of bread-crumbs, one half-pound of sugar, one half-pound of beef suet, three eggs. Remove the skin from the suet, chop it very finely, put it into a bowl, and, chopping the figs very finely, mix both together. Stir into this the bread-crumbs, beat in a separate bowl the eggs and sugar, mix this with the figs, suet, and bread-crumbs, and, greasing the interior of the mould, pour this into it, put on the cover, and plunging it into a large saucepan of boiling water, let it, with its contents, boil for two hours.

**LEMON SAUCE.**—One lemon, six pieces of cut loaf sugar, one teacupful of cold water. Pare the rind from the lemon, and cut this into strips the size of a straw. Put these strips of lemon-rind into a small saucepan, together with the lumps of sugar, and, covering these with the cold water, squeeze into the mixture the juice of the lemon. Put the saucepan over the fire, and stir the contents until boiling. When this takes place, cover the saucepan, and drawing it to one side of the fire, let all simmer slowly for twenty minutes. This sauce should be poured over the pudding with which it is served, in order that the straws of lemon-rind may garnish the top of the pudding.

**LEMON CHEESE CAKES.**—Take 3 lemons, —grating the rind and squeezing out the juice—6 eggs, well whisked, and 1 pound of sifted or lump sugar. Put all into a jar, stand and boil in a pan of water till thick, stirring occasionally, for about three-quarters of an hour. Then cover and keep in a cool place.

**LEMON SPONGE.**—One ounce of gelatine, one pint of water, two lemons, one half-pound of cut loaf sugar, whites of three eggs. Put the gelatine into a bowl, cover it with cold water, and let it soak for twenty minutes. At the end of this time add to it the rind of the lemons, squeeze over the lemon-juice, throw in the sugar, and pour all into a copper or porcelain-lined saucepan, place the saucepan over the fire, and stir its contents until boiling, after which it must be allowed to boil for two

minutes. At the end of this time pour the mixture through a sieve into a bowl, and let it remain therein until cold, but not long enough to set. Beat the whites of eggs slightly, pour them into the mixture in the bowl, and stir all together, when all must be whisked until thick and white. Pour the sponge into a mould, stand it in a cool, dry place, and when "set," turn it out upon, and serve in, a crystal dessert dish.

**WELCOME GUEST PUDDING.**—Eight ounces of bread-crumbs, one half-pint of milk, four ounces of beef suet, three ounces of citron, four ounces of sugar, rind of one lemon, three ounces of almonds, four eggs, one grain of salt. Place four ounces of the bread-crumbs in a bowl, and, bringing the milk to a boil, pour it over them. Cover the bowl with a plate, and allow the bread-crumbs to soak in the milk for ten minutes. While the bread-crumbs are soaking, pour over the almonds some boiling water to blanch them, and remove their skins. Remove the skin from the suet and chop it very finely, and chop the almonds. Stir into the bowl with the soaked bread-crumbs the four remaining ounces of crumbs, add to this the chopped suet and almonds, also the grated rind of lemon, together with the sugar and citron, cut into very small pieces.—Separate the yolks from the whites of the eggs very carefully, drop the yolks one by one into the bowl, and stir all well together. Whip the whites of the eggs to a stiff froth, adding the grain of salt. Mix this lightly with the other ingredients in the bowl, and, taking a quart mould, dry it thoroughly, greasing the interior with butter, pouring into it the mixture, and place securely over the top a greased sheet of kitchen paper. Place the mould, when filled, in a deep saucepan, containing enough water to reach half-way up the side, and let the pudding boil therein two hours. When done, the mould should be removed from the boiling water, allow two minutes for it to cool, and then turn the pudding out on the hot platter. This should be served with jam, or lemon sauce.

**CHUTNEY.**—English chutney may be made thus:—Take half-pound of mustard seed, half-pound of salt, half-pound of raisins (stoned), half-pound of brown sugar; six ounces of garlic, six ounces of cayenne pepper, one quart of gooseberries, one quart of the best vinegar. Dry and bruise the mustard, make a syrup of the sugar with half a pint of the vinegar, dry the gooseberries and boil in half a quart of the vinegar, and well bruise the garlic in a mortar. When cold, gradually mix and thoroughly amalgamate the whole in a mortar, and then tie down well. The longer preserved the better.

**RICE CAKE.**—Four eggs,  $\frac{1}{2}$  lb. white sugar pounded and sifted—(this can be bought ready and is called castor sugar),  $\frac{1}{2}$  lb. rice flour, a teaspoonful of baking powder, and a few drops of essence of lemon or almond. Beat the eggs ten minutes, add the sugar and beat ten minutes more, then the flavoured and rice flour, first mixing the baking powder with the latter, and beat five minutes more. Bake in a well-buttered mould in a moderate heated oven. N.B. always break each egg into a cup separately, and be sure it is perfectly sweet before mixing it with others. The smallest trace of taint or staleness will spoil the whole.

**WASH FOR SORE MOUTH.**—1 teaspoonful powdered borax, 1 dessertspoonful of glycerine, 1 dessertspoonful of tincture of myrrh. Dissolve borax in a little water, and mix it with the other ingredients in a four-ounce bottle. Fill up with pure water, shake well, and wash the mouth three times a day. The little white ulcers which are so painful in the mouth may be just touched with a solid caustic pencil, and the mouth rinsed either

with the above wash or with  $\frac{1}{2}$  a teaspoonful of tincture of myrrh, in a wine glass of water. Sometimes the ulcer may be cured by touching occasionally with pure tincture of myrrh, just in the centre.

**ANOTHER WASH FOR SORE MOUTH.**—A teaspoonful of powdered borax, a tablespoonful of honey, and four oz. of water; well mixed together. Hold in the mouth for a short time. These washes are not intended to be swallowed; but contain no injurious ingredients if a little should go down the throat.

**NICE TEA CAKES.**—To two pounds of flour add two ounces of butter and two ounces of lard; mix them well together, then beat up four eggs to a light froth and add them to a pint of milk, with a teaspoonful of salt—pour this gradually on the flour and work it well for about eight or ten minutes. Cut the dough with a sharp knife, and roll it into thin cakes the size of a breakfast saucer. Bake them in a quick oven. Currants may be added if preferred.

THE soles of boots may be made waterproof by melting a little bee's wax and mutton suet, and rubbing some slightly on the edges of the sole over the stitches.

WORSTED and lambswool stockings should not be mended with worsted or lambswool, as the new material will shrink more than the stockings, and render them short and shapeless. Soft cotton will be found better, unless the wool can be shrunk before using it.

**TO CLEAN SILK.**—The following method has the advantage of not giving a cleaned appearance to the dresses so treated:—Honey,  $\frac{1}{4}$  lb; gin,  $\frac{1}{2}$  gill; soft soap,  $\frac{1}{4}$  lb; boiling water,  $1\frac{1}{2}$  pints, mix and allow to stand until blood warm. Spread the garment upon a table on which a cloth has been previously placed. There must be no gathers. Dip a nail-brush into the mixture and rub the silk well in those places most soiled and spotted, then with a sponge go over the whole breadth generally, rubbing gently. Then rinse the silk in cold water, hang it up to drain, and iron whilst damp. The quantity given is sufficient for a plain dress.

## USEFUL HINTS.

**IVORY-BACKED BRUSHES, TO CLEAN.**—These may be cleaned in a few minutes, without spoiling the ivory or softening the bristles, by rubbing dry bran into them, and shaking them well to free them from the grain.

**SHETLAND SHAWLS, TO WASH.**—A good method for washing Shetland shawls, a Scotch recipe. The water should be rather more than lukewarm, and white soap should be boiled and mixed up in the water before the shawl is put into it. It must be washed in two waters, and rinsed in rather warmer water, to clear it entirely of the soap, otherwise it will get thick and hard. To a pint and half of warm water put two teaspoonfuls of dissolved gum arabic, mix the water and gum well together, dip in the shawl and squeeze it two or three times, so that it should take equally all over, then wring it well out of this water, and wring it again in clean linen cloths. Pin it out square on a carpet, with a clean sheet or table-cloth under it, till thoroughly dry.

**VENTILATION IN THE SICK ROOM.**—With a proper supply of windows, and a proper supply of fuel in open fire-places, fresh air is comparatively easy to secure when your patient or patients are in bed. Never be afraid of open windows then. People don't catch cold in bed. This is a popular fallacy. With proper bed-clothes and hot-bottles, if necessary, you can always keep a patient warm in bed, and well ventilate him at the same time.—*Florence Nightingale on Nursing.*

In most cases sal volatile or hartshorn will restore colours taken out by acid. It may be dropped upon any garment without doing harm.

**LILY S.** writes:—You give in your number of *THE GIRLS' OWN PAPER* for January 31st a recipe for washing lace. We find the following plan a very good one:—Get from a draper's a board on which stuff has been folded. Sew flannel tightly over it, so as to leave no creases. Then lay the lace straight upon it. Pin a piece of muslin or lino over it, to keep the lace in its place. Now wash with soap and flannel over the muslin. When soaked and washed rinse with clean cold water. Leave the laces on the board to dry either out of doors or by the fire. When dry take them off, and they will look like new. The covered boards will last several years.

**IRISH COLCANMON.**—Boil, mash, and pass through a sieve some young tender brocoli, and pound with an equal quantity of well-boiled, floury potatoes. Season with pepper and salt, and to every pound weight put two ounces of sweet butter and a small raw onion, shred fine. Let the whole be thoroughly mashed together, and browned in the oven, either in small cups, or a large buttered mould. Serve very hot with meat of any kind. Some persons only put one ounce of butter to the pound of vegetables.

**KING-CUP PUDDING.**—Recipes for cooking king-cup pudding. This recipe is from Soyer's cookery-book. "The weight of three eggs in their shells in dripping, half a tea-cupful of currants, a table-spoonful of powdered sugar; flour to thicken. Beat up the three eggs, add the sugar and currants, also the dripping (melted if too hard), beat up all together, thickening it with flour, but do not make it too stiff, or the pudding will not be light. Put it into small tins, and bake it a light brown colour."

**INK MARKS OR IRON MOULDS** may be removed by placing a plate (a pewter one if possible) on the top of a basinful of boiling water; then stretch the spot over the plate; wet it, and rub it with a small quantity of salts of lemon. When the stain has disappeared rinse the article in clean cold water.

**SAVORY OMELETTES.**—Break three eggs into a flat dish, or large plate; add a little cream, chopped parsley, pepper and salt, according to taste. Beat them well together with a knife. Have ready a brisk clear fire; put two ounces of butter into the omelette pan; get it to a boil, then add in the mixture, and keep it well stirred and shaken. When set, tilt the pan so as to fold the omelette; then turn it out on a hot dish, and shape it lightly with the fingers.

**TO WASH WHITE SILK STOCKINGS.**—Heat some rain water, and while on the fire cut into it a few slices of the best yellow soap to make a lather; put the stockings into it while this is warm, not hot. Wash again in a similar mixture. Rinse well in lukewarm water, then in a second in which there is a little blue. After rinsing, leave the stockings in a towel till nearly dry. Place them on a small sheet, lay them out flat, tacking them to the cloth to keep in shape, turn it over them, and have them mangled. Gentle rubbing with a piece of glass, such as the base of a wine-glass, will give them a glossy appearance.

BLACK silk stockings may be washed as above, with a little common salt in the washing water and a great deal of blue in the rinsing water.

**TO REMOVE STAINS FROM WHITE MARBLE.**—Mix common whitening to a paste with warm water, in which you have first dissolved a piece of soda the size of a filbert. Rub the stains well with this on a piece of clean flannel, wash off with Hudson's soap-powder and water. If this does not remove the marks, leave the paste on the stains for twenty-four hours, then wash off as above directed, and polish well with a soft duster or silk handkerchief.

**A NOURISHING DISH.**—To a quart of haricot beans or lentils put a few cloves stuck in a carrot and onion, pepper and salt, cover with cold water and boil until cooked. Drain off the water, and finish them with a little parsley chopped fine, and fresh butter, in the saucepan; then serve. *Note.*—Lentils do not require soaking, but haricot beans must be soaked in cold water for several hours.

**PRESERVING FRUIT.**—A correspondent of the *Farmer* gives the following table, showing the time required to cook different fruits for preserving, and the amount of sugar required:—

	Time for boiling fruit.	Quant. to sugar.
Cherries .....	5 minutes	6 ounces.
Raspberries .....	6 "	4 "
Blackberries .....	6 "	6 "
Strawberries .....	8 "	8 "
Plums .....	10 "	10 "
Whortleberries .....	5 "	8 "
Small pears, whole	30 "	4 "
" halved	20 "	6 "
Peaches, whole....	15 "	4 "
Pineapples, sliced..	15 "	6 "
Sour apples, quartered .....	10 "	5 "
Ripe Currants ....	6 "	8 "
Tomatoes .....	20 "	none
Gooseberries .....	8 "	8 "
Quinces, sliced ..	15 "	10 "

**RICE CAKES.**—A pint of flour, two eggs well beaten, a cup of cold boiled rice, a teaspoonful of salt, and sufficient milk to make a rather thick batter; all well beaten together and cooked on a griddle.

**SPIRALS.**—Two eggs beaten quite light, with sufficient flour stirred in to make the mixture very stiff; add a pinch of salt and stir again, then roll out quite thin, cut strips about 2 inches wide and 4 long, and roll round the finger as if curling hair. Fry in butter a delicate golden shade, and sprinkle powdered sugar just before serving.

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scratching the earth with his feet, and significantly entreating them to search that particular spot. Accordingly, on digging, the body of the unhappy Aubri was found.

Some time after, the dog accidentally met the assassin, who is styled, by all the historians that relate this fact, the Chevalier Macaire; when instantly seizing him by the throat, he was with great difficulty compelled to quit his prey.

In short, whenever the dog saw the chevalier, he continued to pursue and attack him with equal fury. Such obstinate virulence in the animal, confined only to Macaire, appeared very extraordinary, especially to those who at once recollected the dog's remarkable attachment to his master, and several instances in which Macaire's envy and hatred to Aubri de Mondidier had been conspicuous.

Additional circumstances created suspicions, and at length the affair reached the royal ear. The king (Louis VIII.) accordingly sent for the dog, who appeared extremely gentle, till he perceived Macaire in the midst of several noblemen, when he ran fiercely towards him, growling at and attacking him as usual.

The king, struck with such a collection of circumstantial evidence against Macaire, determined to refer the decision to the chance of battle; in other words, he gave orders for a combat between the chevalier and the dog. The lists were appointed in the Isle of Notre Dame, then an unenclosed, uninhabited place, and Macaire was allowed for his weapon a great cudgel.

An empty cask was given to the dog as a place of retreat, to enable him to recover breath. Everything being prepared, the dog no sooner found himself at liberty, than he ran round his adversary, avoiding his blows, and menacing him on every side, till his strength was exhausted; then, springing forward, he gripped him by the throat, threw him on the ground, and obliged him to confess his guilt, in the presence of the king and the whole court. In consequence of this, the chevalier, after a few days, was convicted upon his own acknowledgment, and beheaded on a scaffold in the Isle of Notre Dame.

The above recital is translated from "Memoires sur les Duels," and is cited by many critical writers, particularly Julius Scaliger, and Montfaucon, who has given an engraved representation of the combat between the dog and the chevalier.

## USEFUL HINTS.

**TO MAKE GOOD BAKING POWDER.**—Take 1lb. of ground rice,  $\frac{1}{2}$ lb. of carbonate of soda,  $\frac{1}{4}$ lb. of tartaric acid. Mix them thoroughly together, and the powder is ready for use. Must be kept in a covered tin or jar and in a dry place.

**QUEEN OF PUDDINGS.**—One pint of fine bread crumbs, a piece of butter the size of an egg rubbed in, a teacupful of fine sifted loaf sugar, the rind of one lemon grated, yolks of four eggs, and a pint of milk. Mix these ingredients together in a pie-dish, and bake in a quick oven until well set, but be careful not to let the pudding get leathery; it will take only a short time. When cool, spread a layer of apricot or strawberry jam over the top. Whip the whites of the four eggs with a teacupful of sifted sugar and either the juice of the lemon or a small teaspoonful of essence of lemon into a very stiff froth and throw lightly over, making it as rocky as possible, and piling it up higher in the centre. Very slightly brown it by putting it into the oven for a few minutes or passing a salamander over it.

**WHOLESOME CAKE FOR CHILDREN.**—Ingredients: 2 lbs. of flour, 1 pint of milk, 2 small teaspoonfuls of baking powder, a quarter of a pound of treacle, half a pound of brown

sugar, a quarter of a pound of raisins stoned and chopped fine, two ounces of candied peel, and half a pound of good beef dripping. Mix all the dry ingredients well with the dripping, then add the milk, beating well with a wooden spoon or hand. Butter a cake-tin, and, after half filling it, place it at once in a well-heated oven.

**DISCOLOURED LACE.**—When lace has become discoloured soap it well and put it in cold water, just enough to cover it. If very dirty, change the water at the end of twenty-four hours. When sufficiently steeped, wash it in warm water, and rinse it out carefully. Before ironing lace, it should be picked out evenly, and rolled in a towel; when nearly dry, it will be easily ironed, and look as well as if clear-starched.

**FLANNELS** should always be soaked before they are made up, first in cold then in hot water, in order to shrink them.

**SHELLS** with fine delicate sprays can only be safely and thoroughly cleaned by boiling them in a saucenful of water with white soap and soda till quite clean, then taking them out and pouring clean water over them; after which let them dry at a distance from the fire. White coral may be cleaned in the same manner.

**LENTIL SOUP.**—Having soaked 2lbs. of lentils for 12 hours, drain and put in saucenpan with 2 carrots, 2 onions, 2 good-sized turnips, all cut up quite finely, and a piece of dripping the size of an egg; simmer all together till the vegetables are reduced to a fine pulp, which will be in about three hours. They must be stirred every now and then during this time, then seasoned with salt and pepper, and boiled for ten minutes. Bones or any stock are an improvement to this soup, but it is very nourishing and nice without.

**TEA.**—In making tea, Dr. Kitchener recommends that all the water necessary should be poured in at once, as the second drawing is bad. When much tea is required, it is better to have two tea-pots instead of two drawings.

**TO KEEP ICE.**—The importance of being able to keep small quantities of ice for various purposes, and especially in sick rooms for medical use, cannot be overrated. An eminent medical man recommends the following simple method, which he has practised with success:—Put the ice in a deep dish or jug, cover it with a plate, and place the vessel on a pillow stuffed with feathers, and cover the top with another pillow carefully, by this means excluding the external air. Feathers are well-known bad conductors of heat, and in consequence the ice is preserved from melting. Ice may be so preserved for six or eight days. The plan is simple and within the reach of every household.

## ANSWERS TO CORRESPONDENTS.

### A R T .

**SCRU.**—You must go over all the painted part of your water-colour on terra-cotta with parchment size. When this is quite dry, give it a smooth coat of copal varnish.

**CLARICE.**—If the colours you inquire about are moist ones immerse the box in water for five minutes, and pour off all moisture and leave the lid open to dry; the scent you complain of will then go off, and the colours be fit for use. Your writing is not attractive, but it is very distinct; why do you write with a pen as fine as the point of a needle. If you were to use a broader nib, say "f," or a quill, you would be surprised to find how much more effective and characteristic your writing would be. There are evidences of decidedly good style in it, nullified by the scratchiness of your pen. By all means retain your pseudonym; changing it causes much trouble.

### MISCELLANEOUS.

**ANCHARED** is informed (r) that she must consult a good optician, and get glasses fitted to her sight;

**FLIES.**—It is said that flies will not enter a room where a wreath of walnut leaves has been hung up.

**TO BURN CANDLES SLOWLY.**—Candles are sometimes kept burning in sick rooms or nurseries the whole night. An easy method of preventing a too rapid combustion is to place salt finely powdered from the tallow to the black part of the wick of a partly-burnt candle; of course, the light is only sufficient for a bed-chamber.

**LIGHT BATTER PUDDING IN SMALL CUP SHAPES.**—Take three eggs, three spoonfuls of milk, and three of flour; butter some cups well, pour in the batter, and bake the puddings quickly in a hot oven. When done, turn them on to a dish, and serve with sweet sauce made of butter, sugar, and nutmeg.

**STEWED PEARS.**—To six large pears add half-a-pound of white sugar, half the rind of a lemon cut thin, five cloves, and a little prepared cochineal to colour them. Cut the pears in halves, and core them. Put them in an enamelled saucepan; water enough to cover them. Let them stew gently till quite soft without breaking them. When done, place them carefully on a dish sufficiently deep to hold the juice. Strain the syrup, and reduce it over the fire; then pour it over the pears.

**SCALDS.**—In an emergency the readiest and most effectual application for this very common, and frequently fatal accident, until medical assistance is obtained, is *flour*. This should be dusted on thickly with a dredger, so as to absorb the discharge, and cover the injured part completely. The application should be continued so long as any discharge appears.

**SLEEP.**—The amount of sleep needed differs according to the constitution and habit. Persons who perform much brain labour need much sleep. Children need more sleep than grown people, because construction is more active than decay in their brains.

**HERB GATHERING.**—The right time to gather herbs for drying or other purposes is when they are just beginning to come into flower (about July). They then possess their peculiar virtues in a higher degree than at any other period. When cut, they should not be laid in the sun, as excessive heat causes them to dry rapidly, and the leaves and stems become brittle. They should be laid in the shade, carefully protected from rain or any dampness.

**TO REMOVE DIRT FROM OLD OIL PAINTINGS.**—Sponge the soiled surface with warm water, then cover it with spirits of wine, renewed every ten minutes. Wash this off with water, but *without rubbing*. Repeat the process until the whole of the spirits of wine be removed.

**SOILED MANUSCRIPTS.**—These may be renovated by washing with a hair pencil in a solution of prussiate of potash in water. The writing will again appear when dry, if the paper has not been destroyed.

**MUSHROOM CATSUP.**—Bruise the mushrooms and sprinkle them with salt. Let them stand ten days. Strain, and add a little cloves, garlic, mace, pepper, ginger, and bay leaves; boil, and when cold, cover for a month. Boil again, strain, and bottle when cold.

**CHEESE CAKES.**—To a breakfast-cup of boiled hominy stir a large cupful of new milk, beat well, so as to remove all lumps, add a cupful of currants, an ounce of candied peel, cut into small pieces, and a *pinch* of salt; after mixing add two eggs, well beaten. Sugar and flavouring to taste. Line patty-pans with short paste, and fill with the mixture and bake.

opinions to others in an intelligent way if asked for it.

The common-place book for choice extracts must on no account be forgotten. This useful plan of preserving favourite passages cannot fail to be a source of great enjoyment. Many a pleasant and profitable half-hour will they probably supply us in after-life, and by means of them we may be able to give pleasure and profit to others.

In each case the title of the story, with the name of the author, should be noticed, and it is as well to give the publisher's name. Noting the date when read adds also to the interest as time rolls on.

A careful index should be made to both note-books, as this will greatly extend their usefulness, and is very little trouble if begun at first.

We cannot dispute the fact that the carrying out of the plan here proposed would considerably lessen the number of stories read. But if by halving the number our enjoyment be doubled, is not this careful reading to be preferred? It, instead of being "possessed" by a book for a time, then losing it, our minds so grasp it that we make it our abiding possession, need we regret?

Is a word of warning necessary before we need say that in making our analysis we must beware of doing so in a conceited or sarcastic manner? We shall have to criticise the writings of many men and women older and far wiser than ourselves, nevertheless we may conscientiously differ with them in some respects, and here and there we may detect some error. It might not be an undesirable thing for us to try to write a story ourselves, and then to put it honestly and thoroughly to this very test.

In one way the result will probably be highly satisfactory. We shall have some faint notion of some of the difficulties of authorship, and, better still, imbibe a lesson in humility.

A. M.

1880

## USEFUL HINTS.

**JENNY'S APPLE PUDDING.**—INGREDIENTS.—Three eggs, four or five large apples, three ounces of bread finely grated, three ounces of currants carefully washed and dried, about three ounces of sugar, a pinch of salt, and a little nutmeg. Mix all well together, and if too stiff add a little milk. Put the mixture into a buttered basin and tie it over with a cloth. Boil for two hours, serve plainly, or with sweet sauce made with corn flour.

**CHAPPED HANDS.**—Chapped hands may in part be prevented by carefully drying the hands after washing, and when they occur may be quickly cured by rubbing the hands over with lemon juice. When the chaps have been neglected and suffered to become large, this remedy causes considerable smarting for a few moments; if, however, as soon as the skin of the hands begins to get rough, a cut lemon is rubbed over them after washing, it does not cause pain, but produces a pleasant softness of the hands.

**RHUBARB WINE.**—8 lbs. rhubarb to 1 gallon of water, 1 lemon, 3 lbs. loaf sugar, bruise the rhubarb, mix with the water, and let it stand four or five days. Strain it, stir in the sugar and sliced lemon. Bottle in old champagne bottles. It becomes a very brisk wine, effervescing like champagne, and has the recommendation of being both pleasant to the taste and thoroughly wholesome.

**RHUBARB PUDDING.**—Well butter a rather deep dish and fill with alternate layers of rhubarb, peeled and cut into inch long pieces, and thin bread and butter; put brown sugar and grated rind of lemon with the rhubarb to

sweeten and flavour. The top and bottom layers should be rhubarb, and a few little bits of butter should be put on the top, and half-cupful of water poured in before the dish is put into the oven. Bake thoroughly. If eaten cold it may be turned out into a glass dish and garnished round with a little whipped cream or white of eggs whisked to a froth, like snow. The tinned apples used instead of rhubarb and in the same manner make very nice puddings. Tinned peaches and pears stewed and served with a rice mould, are excellent, especially when fresh fruit is scarce and dear.

**TOMATOES AND RICE.**—Boil a breakfast cupful of rice, as if intended for curry, and when cooked strain it thoroughly dry and mix it well with the contents of a tin of tomatoes. The American tinned tomatoes are very good for the purpose. Add a little onion chopped very fine, and a little butter; season with pepper and salt to taste. Put the rice and tomatoes in a pie dish, which must be well buttered and covered with bread crumbs, and strew a few little pieces of butter over the top, then bake in an oven till of a rich gold colour. This is to be eaten hot; it is by no means an expensive luxury, and is very generally liked.

**HOMINY PORRIDGE** is the staple breakfast of the American people. For young people, for reasonable, quiet people, for dyspeptics, for working people, for literary workers, in fact for all who wish to keep their digestions in good order, and to be able to work comfortably and satisfactorily, the *Sanitary Record* says hominy porridge is the only food. Hominy is a fine kind of Indian corn, ground roughly and largely, like Scotch oatmeal, and the way to make the porridge is to soak it in cold water all night, and to boil it for half-an-hour in the morning, stirring it frequently to prevent its burning. When boiled each grain should be soft and separate, like rice boiled for curry. It retains a pure opaque pearl whiteness. Without it has these characteristics it is either insufficiently or over cooked, and is unfit for porridge, or indeed any purpose but frying in slices. Hominy should be served in a hot bowl, and eaten off hot plates, with milk and sugar. Many persons, however, prefer it with treacle or skim-milk.

**BUTTERSCOTCH.**—1lb. of the coarsest brown sugar,  $\frac{1}{4}$ lb. fresh butter, and half a teaspoonful of vinegar to make it crisp. Put the ingredients in a lined saucepan, and let it boil gently for twenty minutes or half-an-hour, stirring it the whole time, or it will burn. Then, when it is finished—you can tell if it be so by taking a little of the butterscotch and putting it into cold water, and if it is done it will be crisp—pour the butterscotch into a buttered dish and let it remain until cool.

**CARVING.**—To carve neatly is an accomplishment worth acquiring. A good carver will make a joint serve more people than a bad one.

**GROUND GLASS.**—The frosted appearance of ground glass may be very nearly imitated by gently dabbing the glass over with a piece of glazier's putty, stuck on the ends of the fingers. When applied with a *light and even touch* the resemblance is considerable. Another method is to dab the glass over with thin white paint, or flour paste, by means of a brush; but this is inferior to the former.

**MEAT-SAFES.**—The sides of meat-safes should be occasionally well scoured with soap and slacked quicklime. A brisk current of air should pass through all places where provisions are kept.

**RAGS.**—Never throw away rags because they are dirty, nor keep them in that state. Have them well washed. Clean rags are always useful in a family.



#### FOUR-FOLD EMBROIDERED SCREEN.

Now that the autumn days are upon us and the lengthening evenings are reminding us that winter is at hand, we do not think we can give the readers of *THE GIRL'S OWN PAPER* a better idea to carry out in their leisure moments than the subject of our illustration. There is no article of furniture in a room more conducive to the feeling of cosiness and warmth than a folding screen; and there is nothing that gives greater scope for the display of artistic ability than this most beautiful adjunct to a room. The ordinary scrap screens are passably good, but are poor and commonplace by the side of an embroidered one such as we give in our illustration. The outlay need not be considerable, as four plain deal frames hinged together and stained black, or even polished without staining, could be made very reasonably by almost any intelligent carpenter. The rest of the effect, with the exception of the material for working upon, is left to the girls, and we feel sure that if our readers only knew how charming a hand-worked screen looks in a room, they would lose no time in setting about working one as a present to their parents or friends at this approaching Christmas.

The plants chosen, taking them in their order, are—1, the iris; 2, the white lily; 3, the anemone japonica; 4, the chrysanthemum. The iris grows in many colours, from pure white to rich purple, but we should suggest that this and the other end panel of chrysanthemums should be worked in any other colour than white, so that the two centre ones, being necessarily white, can be framed in, as it were, by the two outer panels.

Grass should be worked at the base of each flower to give the appearance of growth, and also to form a base to the design. Keep the greens harmonious in tone, the iris and chrysanthemum greyer, and the lily and anemone warmer in colour.



**WATERPROOF MIXTURE.**—To waterproof tweed or cloth, dissolve  $\frac{1}{2}$  lb. of alum in 2 quarts of water, which must be perfectly boiling; pour this into 2 gallons of spring-water, put in the tweed and leave it for 24 hours; after this time wring the tweed, and put it in the following solution:  $\frac{1}{2}$ -lb. of

sugar-of-lead, dissolved in 2 quarts of boiling water, then turned into 2 gallons of spring-water; leave the cloth in this six hours, and again wring it, and hang in the shade to dry.

**BAKED MILK.**—It is not generally known that baked milk is an admirable food for consumptive people and most invalids. It is made in the following manner: Put half a gallon of good milk into a stone jar, and cover with writing paper, tied down. Leave it in a moderately hot oven for eight or ten hours, till it has become the consistence of cream. The amount of nourishment to be derived from it is marvellous.

**CHARLOTTE RUSSE.**—Take a plain mould with a fancy top, pour into it, to the depth of half an inch, some jelly flavoured with liqueur, arrange into it some candied cherries in some sort of pattern, and when it begins to set pour in a little more, and, by judiciously turning the mould round, get the sides thinly coated with jelly. Cut some Savoy biscuits to fit exactly, and line the sides of the mould with them. Beat up half a pint of rich cream with 1 oz. of isinglass or gelatine (previously dissolved in sufficient water just to cover it). Sweeten to taste, and flavour it at will with liqueur or essence. Pour this into the mould, tie it with paper, and put it on ice to set.

**PLAIN CAKE.**—Rub  $\frac{1}{4}$  lb. of butter into 1 lb. of flour, add 1 lb. sultanas or currants,  $\frac{1}{2}$  lb. moist sugar,  $\frac{1}{2}$  lb. candied peel, sliced finely, one teaspoonful carbonate of soda, half-a-pint of new milk, and one egg. Beat well together, and when mixed pour into a cake tin and bake at once.

**JOHNNY CAKE.**—3 cupfuls of Indian meal, 2 do. of flour, 1 do. of sugar, 1 teaspoonful of carbonate of soda. Mix all the above ingredients together with buttermilk, or with a pint of cream.

**CURE FOR WARTS.**—Rub the warts, night and morning, for about five minutes, with the *inside* of the pod of what is called in England the *house-bean*, and in Scotland the *broad-bean*, and the warts will die away in a week's time.

**TO EXTRACT GREASE FROM SILKS.**—Scrape French chalk upon the spot, and hold it over a warm iron, or water-plate filled with boiling water; then shake, and lightly brush off the chalk, repeating the operation if required.

1881

#### VARIETIES.

##### DOUBLE ACROSTIC.

This pleases all,  
Both great and small.

1. A bishop's see lies near an inland sea,  
Where mighty western forests used to be.
2. Here sons of merchant learn with sons of  
lord;  
To ploughmen this is a familiar word.
3. Northumbrian King, who pushed his conquest  
north,  
And raised a fortress to command the Forth.
4. Dickens confers on me my world-wide fame—  
Even my old umbrella bears my name.
5. Paris, upon this hill, a judgment speaks,  
Which gives his Troy to the victorious  
Greeks.
6. Napoleon's General, who Dantzic held,  
Till famine his surrendering compelled.
7. By this shire's name 'tis evident and clear  
A Roman colony was settled here.
8. The name Columbus gratefully bestowed  
On the first Indian isle to which his seamen  
rowed.

XIMENA.

**MANNER AND DRESS.**—Flavia is ever well dressed, and always the genteel woman you meet. But the make of her mind very much contributes to the ornament of her body. She has the greatest simplicity of manners of any

"If you please, sir, that creature was a two-legged cat."

"What! what! what!" exclaimed Professor Smith, astounded, and pushing his spectacles above his bushy eyebrows. "Really, Miss Edison, you must pardon my saying that you are the most singular pupil it has ever been my lot to instruct. On what grounds, pray, do you found your belief that the ichthyosaurus was a two-legged cat? The most careful and profound research proves it to have been of the lizard tribe, and to have been possessed of the full compliment of six legs. It was utterly unlike a cat in every particular."

"Then," said Miss Helen, reflectively, "it is equally certain that the long-named thing was also utterly unlike a good many human beings."

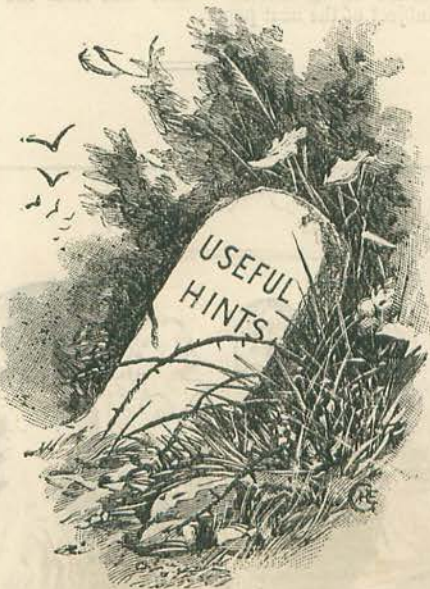
"No doubt," assented the Professor.

"But," said Helen, "I don't care to have you think that I was more frightened than hurt this morning, as you said half an hour ago, so I wish, please, just to tell you that the cat that scratched me was a human cat, and it scratched my pride and dignity badly, and they are both smarting still."

"Internally! ah, to be sure, internally!" exclaimed the old Professor, and he broke into a sudden burst of laughter, which greatly astonished most of his pupils. It appeared equally to astonish himself, and also to frighten him, for he checked his merriment as suddenly as he had given way to it, and with a hasty, almost humble, "I beg your pardon, young ladies," hurriedly resumed his geological lecture with an air of extra solemnity from that with which he usually honoured his lady pupils.

Miss Helen Edison had relieved her mind, and during the following quarter of an hour proved a most exemplary student.

(To be continued.)



GOLDEN PUDDING.—Bread crumbs, marmalade, brown sugar, and suet, each weighing

a quarter of a pound. Beat up two eggs, and mix the ingredients well together, and boil the pudding in basin for 2½ hours.

CUP PUDDINGS.—These puddings require a little time in making, as each ingredient is put in and beaten separately. Weigh out the butter, flour, and pounded sugar, according to the number of cups you wish to fill, each ingredient to weigh the same as one egg. First beat the butter to a cream, gradually sift in the sugar, again beating the mixture for five or ten minutes with the sugar. Separate the yolks from the white of the egg, beat the yolk well, and add to the sugar and butter; sprinkle in a little flour and again beat it, then whisk the white of the egg to a froth, and beat for another ten minutes or more. If the quantity is greater bake for twenty minutes, and serve with white sauce made of sweetened corn-flour. This mixture makes a canary pudding, boiled for 3½ hours; serve with sherry sauce.

TO REMOVE TEA AND COFFEE STAINS.—Pure cold water sponged over the part stained will be found the best method of removing it without injury to the most delicate colour and material.

SCORCHES from ironing can be removed by applying the following mixture: The juice of a bruised boiled onion, mixed with a small quantity of vinegar, white soap, and fuller's earth. The part will require to be well washed after the scorch is removed.

A GOOD RECIPE FOR BUNS.—One pound of flour, quarter pound of butter, half pound of lump sugar, half pound of currants, quarter of a candied lemon, one dessert spoonful of baking powder, one gill of cold milk, two eggs. Rub the butter into the flour first, and then mix all together.

COLLEGE PUDDING.—One pound of white bread grated, half pound of shred suet, half pound of currants, quarter pound of brown sugar, four eggs, a few pieces of candied lemon, and a little nutmeg.

MACAROONS.—Blanch 40 sweet almonds and 20 bitter ones; pound well in a mortar, gradually adding ½ lb. of well sifted white sugar. When reduced to a smooth paste, then flour a baking tin, lay on it some sheets of wafer-paper, and drop small quantities of the paste upon it in separate places. Then bake in an oven moderately hot, and cut round the paper so as to make twenty macaroons,—which the quantities named are sufficient to supply.

1881

## VARIETIES.

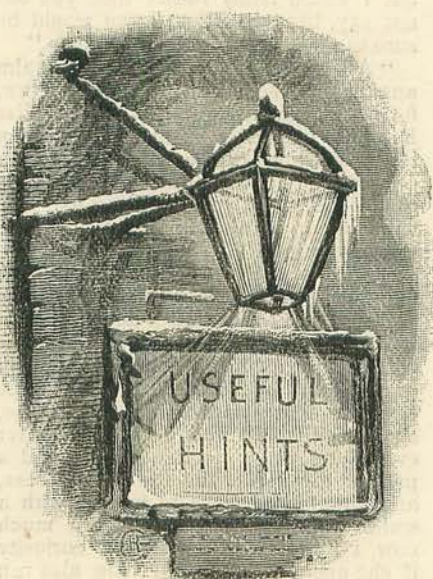
TALKING ABOUT HOME DUTIES.—It is in bad taste, to say the least of it, to make domestic economy and home duties the constant theme of conversation. They are the private employments of a woman; she must study other things in order to entertain her relatives and friends. Those who talk most of their duties are generally those who perform them most imperfectly.

MENDELSSOHN AT THE PIANO.—In playing the piano or any other instrument, spiritual gifts on the part of the player are of much greater importance than mere manual dexterity. This was specially noticeable when one heard Mendelssohn play. "My recollections of Mendelssohn's playing," says Madame Schumann, "are among the most delightful things in my artistic life. It was to me a shining ideal, full of genius and life, united with technical perfection. It never occurred to me to compare him with *virtuosi*. Of mere effects of performance he knew nothing. He was always the great musician, and in hearing him one forgot the player and revelled in the full enjoyment of the music. He carried one with

pied ten minutes or so since, when Rosa Bell interrupted her, drew up her chair again, and was very soon once more deep in the work over which she had begged and readily obtained kind Miss Crofton's permission to spend the working afternoon quietly hidden in the bedroom. She paid no apparent heed to the beating and shaking at the door, and only troubled herself to open her lips once when she called out that exasperating cool "Thank you."

(To be continued.)

1881



**FISH CROQUETTES.**—Three quarters of a pound of cold boiled fish, five tablespoonfuls of bread crumbs, one and a half ounces of butter, two eggs, one half of a lemon, one teaspoonful of anchovy sauce, one half teaspoonful of salt, one half teaspoonful of pepper, one saltspoonful of grated nutmeg, one saltspoonful of powdered mace. Shred the fish with two forks, and remove from it the bones and skin. Place it, when prepared, into a bowl, and mix with it the bread crumbs. Melt the butter, and pour it over this mixture; add thereto the pepper, salt, mace, and nutmeg, beat all together, and squeeze over it the lemon-juice. Add to this the anchovy sauce and the two eggs; stir all together, and form into croquettes of equal size, about three inches in length. Drop, one by one, into hot, clarified fat or lard, fry for two minutes, then remove them from the pan, drain them, and serve in a napkin folded to form a basket.

**CHARCOAL,** laid flat while cold on a burn, causes the pain to abate immediately; by leaving it on for an hour the burn seems almost healed when the burn is superficial. The charcoal is valuable for many other purposes. Tainted meat, surrounded with it, is sweetened; strewn over heaps of decomposing pelts, or over dead animals, it prevents any unpleasant odour. Foul water is purified by it. It is a great disinfectant, and sweetens offensive air if placed in shallow trays around apartments. It is so very porous in its "minute interior spaces," it absorbs and condenses gases most rapidly. One cubic inch of fresh charcoal will absorb nearly one hundred inches of gaseous ammonia. Charcoal forms an unrivaled poultice for malignant wounds and sores, often corroding away the dead flesh, reducing it one quarter in six hours. In cases

of what we call proud flesh it is invaluable. I have seen mortification arrested by it. It gives no disagreeable odour, corrodes no metal, hurts no texture, injures no colour, is a simple and safe sweetener and disinfectant. A teaspoonful of charcoal, in half a glass of water, often relieves a sick headache; it absorbs the gases and relieves the distended stomach, by pressing against the nerves, which extend from the stomach to the head. Charcoal absorbs a hundred times its weight of gas or wind in the stomach or bowels, and in this way it purifies the breath. It often relieves constipation, pain, or heartburn.

**HAM OMELET.**—Eight eggs, one teaspoonful of pepper, one teaspoonful of salt, two ounces of butter, three tablespoonfuls of cold boiled chopped ham. Break the eggs into a bowl, and beat them with a wooden spoon until the yolks and whites blend. Melt one ounce of the butter in an omelet pan, stir into the beaten egg the chopped ham, pepper, and salt, and pour half of the mixture into the pan with the hot butter. Stir all until the omelet begins to set at the edges; draw all down to one side of the pan, and when it becomes firm on the under side, turn the omelet quickly over the other side of the pan without breaking its form, and remove the omelet to a hot platter. Repeat this process for the second omelet, the cooking of which should only consume about two minutes, and serve both as quickly as possible.

**MINT SAUCE.**—Strip the leaves from the stalks and pound them in a mortar, with sufficient loaf sugar to sweeten the sauce; add the vinegar by degrees. This makes a smooth, well-flavoured, and rich green-coloured mixture, and will be found a great improvement to the usual method of merely chopping the mint.

**"FADED BLACK CASHMERE."**—If you do not wish to rip the breadths apart, brush the skirts perfectly free from dust, and then sponge them on the right side with clear, cold coffee, and iron with a moderately hot iron on the wrong side, or using a woollen fabric to iron on. White goods will lint. To restore a dress that has turned brown, cut the seam open close to the sewing, to save the trouble of ripping, and brush them free from dust, then take two spoonfuls of the extract of logwood and two spoonfuls of the crystals of copperas, and put them into three or four gallons of boiling hot suds. Put in all the pieces of black you desire to colour over, and let them boil five minutes. Take out and rinse in warm water with a stick, lifting them up and down. Do this thoroughly, and iron on the wrong side before they become too dry. To restore faded drabs and slate colours.—Save the tea leaves and cold tea for a few days, then boil in some water and strain from the leaves, and treat as described above.

**REMEDY FOR CHILBLAINS.**—If not broken—Make a paste of flour of mustard and lard (without salt), and rub well in by the fire, putting on a pair of gloves or socks to sleep in. If broken—Melt a tallow candle and mix with pulverised chalk, spread on a piece of old linen or calico, and bind over the place.

## VARIETIES.

**READING AND THINKING.**—Some girls we know are very industrious readers, and think that by this means alone they are bound to grow very wise. Now it is of no use to read and accumulate facts if we do not also think. Better indeed to think and not read, than to read and not think.

### MUSIC IN THE DRAWING-ROOM.

Let us speak of drawing-room music and note what changes are going on at present in popular taste. We shall perhaps see that

**POTATO CHEESE CAKES.**—Take one pound of mashed potatoes, quarter of a pound of sultana raisins, ditto of sugar and butter, and four eggs. Mix well together, and bake in patty-pans lined with puff paste.

**PICKLED EGGS.**—Boil the eggs for ten minutes and remove the shells. When quite cold place in a jar. Boil some vinegar with ginger-root and spices, as for ordinary pickling; cover the eggs completely with it, tie down the jar with a bladder, and keep till they begin to change colour.

**TO RESTORE FADED UPHOLSTERY.**—Beat the dust out of the hangings, and brush them afterwards; then with a hard brush apply a strong lather of Castile soap; wash off the lather with clean water, and then wash them with alum water. Should the colours be much faded, touch up with water-colours mixed with gum-water.

**QUEEN CAKES.**—Take one pound of sifted sugar, one pound of flour, one pound of butter, eight eggs, half a pound of currants (washed and picked), flavour with nutmeg, mace, and cinnamon (as preferred), beat the whites of the eggs for twenty minutes, work the butter to a cream, add the sugar, and mix all. Then beat the yolks for half an hour, and put them to the butter. Beat all together, and then add the currants, flour, and spices. Sprinkle with sugar when placed in the little tin pans for baking.

**TO RESTORE RUSTY BLACK LACE.**—Half cup rain water, one teaspoonful borax, one teaspoonful alcohol; squeeze the lace through this four times; then rinse in a cup of hot water in which a black kid glove has been boiled. Pull out the edges of lace till almost dry, then press for two days between the leaves of a heavy book.

**PUFF PASTE.**—The butter and flour should be weighed in equal proportions, the former being cut into thin slices, each slice being separately rolled with a little flour into flakes. Then gather all together into a heap, sprinkle them with cold water; for one pound of paste about a gill and a half is required. Make all into a smooth paste by hand, and then roll out till reduced to the thickness of half an inch. A pound of paste should be divided into four portions, and rolled out, on a floured board, till as thin as a wafer, then folded over some four or five times; and then used as required. Good lard may be substituted for butter, for a meat pie; three quarters of a pound being sufficient for one pound of flour.

**SHORT PASTE.**—To ten ounces of flour and half a pound of butter add one tablespoonful of sifted sugar. Mix. Beat up the yolk of one egg in two tablespoonfuls of cold water, and roll out the paste once.

## USEFUL HINTS.

**COPPER** utensils or brass articles may be as thoroughly cleaned and look as bright by washing them with a solution of salt and vinegar as by using oxalic acid, with the advantage of running no risk of poisoning either children or careless persons. Use as much salt as the vinegar will dissolve, and apply with a woollen rag, rubbing vigorously, then polish with pulverised chalk, and the article will look like new, with little labour, as the acid of the vinegar is very efficient in removing all stains from either copper or brass.

**VEAL BALLS.**—One half-pound of cold veal, eight tablespoonfuls of bread crumbs, two tablespoonfuls of chopped parsley, one teaspoonful of mixed dried herbs, one half-teaspoonful of pepper, one teaspoonful of salt, one salt-spoonful of grated nutmeg, two eggs. Put six tablespoonfuls of the bread-crumbs into a bowl, and chopping the veal finely mix it therewith. Season this with the pepper and salt, adding the nutmeg, also the parsley and herbs, after which the whole must be thoroughly mixed together. To give this consistency drop in the yolks of the two eggs, saving the whites separate upon a plate. Roll the mixture now into small balls, using an ounce of flour upon the hands to prevent sticking. Beat the whites of the eggs slightly, roll the balls therein, and placing the remaining bread-crumbs in a paper, roll them also in it. Throw them into smoking, clarified fat for four minutes, when they should be taken out and put to drain on kitchen paper, after which serve upon a hot napkin.

**SAVOURY HASH.**—Three quarters of a pound of cold meat, one Spanish onion, one ounce of butter, one ounce of flour, one teaspoonful of salt, one half teaspoonful of pepper, one dessert-spoonful of catsup, one dessert-spoonful of Harvey's sauce, one half-pint of second stock, one carrot, one turnip. Clean and chop fine both the carrot and turnip, when they must be put to boil in a small saucepan with boiling water until tender, which will take about twenty minutes. While these are cooking melt the butter in a separate saucepan, brown it in the onion sliced, then cutting into slices cold roast beef, or beefsteak, roll them in the flour, and, placing these slices in the butter with the onion, brown slightly also. Pour over this the stock, the Harvey's sauce, and catsup, stir gently until the stock boils, and season with pepper and salt. When the meat is thoroughly heated through arrange them in a flat dish and pour the gravy over. Strain the water from the carrot and turnip, and pile them high on the top of the pieces of meat when ready for serving.

**CUSTARD PIE.**—Three eggs, three gills of milk, one ounce of sugar, one half-teaspoonful of grated nutmeg. Line a pie-tin with pie-crust, and putting the eggs and sugar into a bowl, beat them together until the eggs become very light. Add to this the milk, and pour all into the crust-lined pie-tin; place the whole in a moderate oven, and bake the pie for half an hour. When done, grate over the surface the nutmeg, and serve cold or hot, as the taste may suggest, although custard pie should be cooled at once if desired cold, as the crust soaks and becomes unpalatable with standing.

**A SIMPLE SPONGE CAKE.**—Take five eggs, three quarters of a pound of sifted sugar, break the eggs upon the latter, beat all together for half an hour. Take the weight of two and a half eggs in their shells of flour, and after the time of beating is expired stir in the flour the grated rind of a lemon and as much of the juice as desired, and pour immediately into a tin lined with buttered paper; place at once into a rather cool oven.

**CLEANING WHITE FURS.**—Wash in a cold lather of soap and water, with a little soda and blue; if not sufficiently clean, draw it through several clean lathers; rinse in fresh water, and hang up to dry.

**PREPARATION OF FRUIT ICES.**—Take one pint of strawberries, one pint of cream, rather less than half a pound of white sugar, and the juice of one lemon. Wash the fruit through a sieve, remove the seeds, mix all together, and freeze; adding a little new milk to quicken the process. Strawberry and raspberry jam may be used in lieu of fresh fruit, or equal quantities of the two together; but in this case less sugar will be required.

**WATER ICE** may be made thus. Take a large bottle of the fruit, the juice of a lemon, one pound of sugar, and half a pint of water. Rub the fruit through a sieve, mix, and freeze.

**LEMON AND ORANGE WATER ICE.**—Make thus. Of the juice and the water each half a pint, rasping off the rind before squeezing with lump sugar, and adding it to the juice; then mix, strain, leave to stand for an hour, and freeze. Beat up the whites of three eggs with a little sugar, and as the ice begins to set work it in with a spatula.

**STRAINED INDIA-RUBBER.**—Professor Tait has found that india-rubber, after having been stretched for years and become permanently strained, or if it be stretched while warm nearly to rupture, will recover its former dimensions when it is dipped into hot water.

**STOOPING AT WORK.**—The *Lancet* says: "The dangers which the seamstress, especially the young undeveloped girl, incurs by prolonged stooping over her work have been exposed by us on more than one occasion. Every practitioner will have been able to trace cases of deviation of the spine, uterine complaints, etc., to the bending of the back, and the crossing of the legs for so many hours day after day. Our object now is to record the successful attempt made by Dr. Malherbe to avoid these melancholy consequences of an industrious occupation. The new system employed is that of fixing to the edge of an ordinary table a sort of cushion on which the work can be easily fastened or spread out, and represents the seamstress's knees. A framework of the simplest description admits of the raising or lowering of this cushion, so that the work may be done either sitting or standing; but in either case the vertebral column is maintained perfectly straight, while the facility thus given to a change of position will tend to mitigate the fatigue a young person would otherwise experience. Recognising that example is more forcible than theory when waging war against common routine, Dr. Malherbe at once sought an opportunity for making some practical experiments. He therefore introduced his contrivance at the Communal School of Nantes, and no objection was raised on the part of the pupils. Two among them had a slight tendency to malformation, which has been to some extent rectified since the introduction of this reform in the attitude of sewing. Evidently the remedy to a great evil is simple and practical, and should be made the subject of more extensive experiments."

The following is the Scotch method of washing woollen shawls:—Scrape one pound of soap, and boil it down in water. When cooling beat it with the hand; it will become a sort of jelly. Add three tablespoonfuls of spirits of turpentine and one of spirits of harts-horn. Wash the article thoroughly in it, then rinse in cold water until all the soap is taken off, then in salt and water. Fold between two sheets, taking care not to allow two folds of the article washed to lie together. Mangle and iron with a very cool iron. Shawls done in this way look like new. Use the salt only where there are delicate colours that may strike.

admiration and gratitude that great storehouse of infinitely varied scales of colour, ranging from the richest flaming crimson, gold, and purple to the palest green and grey, or the most sombre storm hues. I mean the sky at sunrise and at sunset. Do this, and if an instinctive feeling for what is right and beautiful in colour combination is not thus awakened within you, I fear it would not be aroused by all the rules of chromatology or by the most exact consideration of the coloured rays in the prismatic spectrum.

(To be continued.) 1881

## USEFUL HINTS.

Two recipes given for removing spots of mould on fabrics—one by first rubbing them over with butter, and afterwards applying potassa moistened with a little water, and then rubbing the spot, when all traces of it will disappear. The other method directs that the mark be first wet with yellow sulphide of ammonia, by which it will immediately blackened. After allowing it a minute or two to penetrate, the excess of sulphide is to be washed out, and the black spot treated with cold diluted chlorohydric acid, by which it is at once removed. Finally, wash well with water. This method is said to avoid the serious objection of weakening and rotting the fibre.

**COPYING INSCRIPTIONS FROM MONUMENTAL STONES.**—The copying of monumental stones is a pleasant and interesting amusement. Lay cartridge paper on the stone you wish to copy and rub it with heel-ball, which is to be got at any shoemaker's. The most perfect impression of any stone will thus be obtained. In a few instances, where there is a good deal of incised carving, such as coats-of-arms, floriated work, &c., or where the stone is much jagged and broken, substitute thin, white, glazed calico for the paper, the latter being liable to be torn by the rubbing.

**HOW TO KEEP BOUQUETS BRIGHT AND BEAUTIFUL.**—There are many ways of preserving bouquets, some being pretty successful in keeping the flowers for a long time in all their beauty. Here is a new method we have recently met with: perhaps those of an experimental turn of mind will give it a trial. Sprinkle the bouquet lightly with fresh water and put it in a vase containing soap-suds. Each morning take the bouquet out of the suds and lay it sideways in clean water; keep it there a minute or two, then take it out and sprinkle the flower lightly by the hand with water. Replace it in the suds, and it will remain as fresh as when first gathered. Change the suds every three or four days. This method, it is said, will keep a bouquet bright and beautiful for at least a month.

**FOR GIVING A FINE GLOSS TO LINEN CUFFS, COLLARS, &c.**—Add a teaspoonful of salt and one of finely-scraped white soap to a pint of starch.

**TO CLEAN BLACK RIBBON.**—Boil an old black kid glove in a pint of water, and let it cool sufficiently to be held in the hand without burning it. If the ribbon is very dirty rinse it two or three times in clean water, then use the glove as a sponge, well washing the ribbon with the liquor in which the glove was boiled. Iron the ribbon when partly dry, placing paper over it instead of a cloth.

A kind reader sends us the following; the result, he says, of fifteen years' experience:—

**RECIPE FOR "MEDIUM" FOR PAINTING ON CHINA.**—An excellent substitute for oil of turpentine, and answers equally well;

the only difficulty with it is that it takes longer to dry, which, in my opinion, is an advantage, as it enables the colours to be blended into one another more easily, and for a longer time. Dry the painting slowly before the fire, or in a cool oven, as soon as finished. By so doing the colours are less liable to attract lint or dust. By using this medium it is possible to do much more work, by painting the second time if the first painting be dried very slowly, so as not to burn the nature out of the colour. Half an ounce balsam of copaiba, twenty drops of oil of lavender; keep free from dust. Mix your colours same as usual.

**LEMON MARMALADE.**—Peel and quarter the lemons; soak the peel in water, with a pinch of salt, twelve hours; boil the same four to six hours, till quite soft; take out the peel and drain; scoop out the white, and cut rind into thin threads; divide the fruit, take out pips and white, and soak both the latter in the hot water in which the peel was soaked previously; then strain. Weigh the fruit and the peel; add an equal quantity of sugar to them; and to every 3 lbs. of fruit, peel, and sugar (all together), put  $\frac{1}{2}$  pint or (if you like it liquid)  $\frac{3}{4}$  pint of the strained water in which the peel and pips were soaked. Boil the whole together one hour, gently stirring and skimming. The above is also a good recipe for orange marmalade.

**RECIPE TO CLEAN SILKS, SATINS, AND RIBBONS.**—Take of honey quarter of a pound, soft soap quarter of a pound, soft water quarter of a pint, mix thoroughly. Apply it to the material to be cleaned as it lies on a table, and well brush it, more especially in the soiled places, with a nail-brush; rinse it then by dipping it in cold water, having provided two or three basins for the purpose, and dipping in each one after the other so as to cleanse it thoroughly; then hang it on a line to drain. As soon as the dripping has ceased, iron it on the wrong side. After this treatment it will not be found to look greasy or become stiff after the ironing.

**FURNITURE POLISH.**—Equal parts of oil and vinegar mixed. It cleans, in addition to giving a polish

**STAINS ON GOLD LACE.**—Remove the lace from the uniform and boil it (the lace) in hydrochloric acid slightly diluted. The acid will dissolve and remove the verdigris and leave the gold uninjured.

**JOHNNY CAKE.**—Take of Indian meal, three cupfuls; flour, two cupfuls; sugar, one cupful; carbonate of soda, one teaspoonful; mix all with buttermilk and bake.

**RAT EXTERMINATOR.**—The latest expedient for ridding a house of rats is furnished by a writer in the *Scientific American*, who says:—"We clear our premises of these detestable vermin by making whitewash yellow with copperas, and covering the stones and rafters in the cellar with a thick coat of it. In every crevice where a rat might tread we put the crystals of the copperas, and scatter the same in the corners of the floor. The result was a perfect stampede of rats and mice. Since that time not a squeak of either rats or mice has been heard about the house. Every spring a coat of the same yellow wash is given to the cellar as a purifier as well as a rat exterminator, and no typhoid, dysentery, or fever attacks the family."

**THE BEST POUND CAKE.**—Beat one pound of butter to a cream, one pound of eggs—weighed before broken—beaten till they froth for about twenty minutes; one pound of raisons (if desired), and one pound of sugar. When well mixed, add half a teaspoonful of milk, and work that in before putting it in the oven.

And thus we bid farewell to the May Queen, satisfied that we leave her in the path of duty, and that she will continue in it. And should old Evan's dream come true, the path will still be the same, widening ever until it shall join the road that leads to the Eternal City.



### USEFUL HINTS.

**INK SPOTS.**—If soaked in warm milk before the ink has a chance to dry, the spot may usually be removed. If it has dried in, rub table-salt upon it, and drop lemon-juice upon the salt. White soap diluted with vinegar is likewise a good thing to take out ink spots.

**SOFT GINGERBREAD.**—One cup of sugar, one cup of molasses, one half-cup of butter, one cup of sour milk, two eggs, one tablespoonful of cinnamon, one teaspoonful of cloves, one-half of a nutmeg, one tablespoonful of ginger: do not mix very stiff; two teaspoonfuls of soda (dissolved in a little hot water); put this in last; bake in a quick oven in a square tin.

**SPONGE CAKE.**—Four large eggs, two cups of flour, two cups of sugar; beat the two parts of the egg separate, the whites to a froth; then beat them together, stir in the flour, and, without delay, put it into the oven.

**RECIPE FOR GOOD MARKING INK.**—Mix a solution of vanadate of ammonia with tincture of galls. The result will be an intensely black fluid which cannot be obliterated by the action of acids, alkalis, or chlorine.

**AUSTRALIAN BUSH COOKERY RECIPES.**—In making bread and pastry to ensure success with soda, or baking powder, your sponge

must be lightly mixed, not at all stiff, just firm enough to mould into the form of loaves, and must be put in a hot oven. Take 12 lbs. flour, 1 heaped tablespoonful salt, the same of soda; mix with skim milk or buttermilk. If very thick the bread may be baked at once; if only sour, leave the sponge mixed for some hours; mix lightly again, and bake in small loaves or flat cakes; bake one hour. Another receipt: 12 lbs. flour, 1 heaped tablespoonful each salt and soda, 1 flat tablespoonful cream of tartar; work this a little stiffer than milk bread, put in the oven at once in loaves or flat cakes; bake one hour. Excellent scones or tea-cakes may be made by taking a piece of dough mixed by either of the above receipts, rolling it out about a quarter or half-an-inch thick, and baking on a hanging pan or camp-oven on a slow fire, turning them over from side to side as they cook. To make cakes with either soda or baking powder, take a quarter of a pound dripping or lard to every pound of flour (sugar, if you wish them sweet, half-a-pound; with quarter of a pound they are nice), and currants or carraways, of either quarter of a pound or less if you choose; of baking powder add one level teaspoonful to every pound of your mixture, and mix with either sweet milk or cold water. For soda take one heaped tablespoonful for every 10 lbs., and mix this with sour or butter milk. If you wish you can make this receipt into either small or large cakes by mixing it like batter, or stiffer, as you think best. Mixed thin, and boiled in a greased basin, the above mixture will make an excellent pudding. Dripping will do, though by substituting the same quantity of suet it is improved. With no currants in it, only sugar and a little essence of lemon, it is an excellent pudding. To make fritters, mix 1 lb. flour, quarter-teaspoonful soda,  $\frac{1}{4}$ -lb. or less sugar in a batter, with thick milk; add a few currants if liked; drop with a spoon into a pan quarter-full of boiling dripping; when coloured on one side, turn over. They should be like small cakes when done, very crisp and light; sprinkle with white sugar when served. To make baking powder as good as can be bought, take 1 lb. carbonate soda,  $\frac{3}{4}$ -lb. cream of tartar,  $\frac{1}{4}$ -lb. tartaric acid; mix, pass through a flour sieve or wire strainer, bottle in pickle bottle, and keep well corked.



**CALVES' FEET JELLY.**—Split four feet, and boil them gently in a gallon of water for four hours, skimming well when the broth is reduced to half that quantity. Strain the stock into a basin through a sieve, and when cold and in a firm jelly, scrape off the grease, wash the surface with scalding water, wipe, and place it in a stew-pan, adding 2 lbs. of sugar, the juice of 12 lemons, the rind of 6, a bruised stick of cinnamon, and 20 coriander seeds. Set on the fire, dissolve, and add the whites of 6 eggs well whisked with half-a-pint of water; continue whisking the jelly, while on the fire, until it commences to boil. Then add a pint of sherry, put on the lid, laying some live embers of charcoal upon it, and leave the jelly to simmer slowly by the side of the stove for about twenty minutes longer. Then pour through a jelly bag into a basin, returning it again through the bag, until it passes quite clear and bright-looking. It can be coloured with cochineal, or annatto, or other suitable preparations to be procured at a chemist's.

**MACARONI CHEESE.**—Cut the macaroni in two or three inch lengths, place in a stewpan with  $\frac{1}{2}$  lb. of grated Parmesan, or Gruyère cheese, 4oz. of fresh butter, a spoonful of good béchamel; season with pepper and salt, toss all well over the fire, pile it in the centre of a dish, bordered round with fried croutons of bread, covering also the bottom. Cover the top with equal parts of fine bread-crumbs and grated Parmesan, and pour over all a little melted butter through the holes of a spoon, and place the dish in the oven to be baked.

**TAPIOCA CREAM.**—Soak two tablespoonfuls of tapioca over night in just enough water to cover it. Boil one quart of milk with the tapioca in the morning; add a little more than half a tea cup of lump sugar, a pinch of salt, and the yolks of three eggs well beaten; stir them in the milk, then remove it from the fire. Flavour to taste with lemon or vanilla; beat the three whites of the eggs to a stiff froth, and drop them on the cream when cold.

**CURE FOR CHILBLAINS.**—Bathe the parts affected in the water in which potatoes have been boiled, as hot as can be borne. On the first appearance of the blains this bath, affords relief, and in the more advanced stages repetition prevents breaking out, and generally results in a cure. One ounce of white copperas dissolved in a quart of water and applied occasionally is also considered efficacious.

**A NICE WAY TO BAKE APPLES.**—Choose good sour apples, dig out the cores, and fill the cavities with sugar, and, if liked, a small

clove. Place the apples in a dish, or tin, with about a cup of water. Bake them in a quick oven. This makes a good dish for children, and is very cooling and pleasant for invalids.

**AN EASY WAY TO MAKE AN OMELETTE.**—Beat the whites and yolks of three eggs separately, add a teaspoonful of water and a pinch of salt to the yolks; beat and mix them with the whites lightly. Put about as much butter as will lie in the bowl of a teaspoon into the frying-pan, hold it over the fire till it melts, then pour in the egg. When the surface is nearly dry, fold one half of the omelette over the other, slide it gently off on a plate and serve quickly.

**OATMEAL CAKES.**—Mix a handful of fresh coarse oatmeal with a little water and a pinch of salt; rub in a little butter. Make the paste sufficiently moist to roll out the thickness of a shilling; put it on a girdle over a clear fire. When slightly brown on one side, toast the other side before the fire. Each cake must be mixed separately.

**SCALDED BATTER PUDDING.**—Four piled tablespoonfuls of flour, four eggs, a little salt, and rather less than a pint of milk. Mix salt with the flour, and when the milk is quite boiling pour it gradually over the flour, stirring it with a fork until it is sufficiently mixed. Set it to cool, and in the meanwhile whisk the eggs very thoroughly and stir them in to the other ingredients when these are just warm. Boil for an hour and a half in a well-buttered cloth, leaving room for the pudding to rise. It will be very light and delicate, a perfect pudding for an invalid; but in the preparation no spoon should be used, the mixing being done wholly with a fork. Serve with wine sauce, or, if this is objected to, plain melted butter and jam, or a little raspberry vinegar.

**SIMPLE RECIPES FOR COUGH, HOARSENESS, AND THROAT IRRITATION:**—

1. Soak a soft fig for about a week in pale brandy, and take half when the cough is troublesome.

2. Put a lemon into boiling water. Boil it for a quarter of an hour. Then press out the pulp into a jar, removing the pips, and mix it very thoroughly with a quarter of a pound of honey. Take a teaspoonful when required.

3. Dissolve 1 oz. of gum arabic and  $\frac{1}{4}$  lb. of sugar candy in a pint of water. A little lemon juice and a chip or two of the rind, cut off very thin, may be added, and greatly improve the flavour. A teaspoonful of the mixture taken at bed-time will often allay the tickling and irritation of the throat, and secure a night's rest. It should be sipped very slowly. By sucking a little pure gum arabic the same effect may be produced, as it coats over the susceptible surface. The mixture is, however, more palatable, and especially for children.

4. Thin linseed tea, which should always be boiled, not merely infused, sweetened with sugar-candy and flavoured with lemon juice and rind, is also an excellent demulcent, and highly nutritious. Some black Spanish juice may be boiled with the linseed. This old-fashioned remedy is often undervalued, because it is extremely cheap, and may be used with only the limit of the patient's inclination.

5. For tickling in the throat a teaspoonful of the soft, cold pulp of a roasted apple often proves useful, especially in the night.

6. Put a large tablespoonful of black currant jam into half a pint of boiling water. Stir and bruise thoroughly; let it stand till cold, and drink of the liquor when the cough is troublesome.

7. Half a teaspoonful of Condry's fluid—*crimson*—mixed in half a tumbler of water is an excellent morning gargle for a susceptible throat. It is also a purifying wash for the mouth and teeth, but should not be swallowed.



IT is not well to have a wet umbrella opened out to dry, as the stretchers are apt to warp in the bent form, so giving an unsightly appearance when the umbrella is closed. The silk should be left to drain, and then gently wiped with an old silk handkerchief.

China, when very dirty, can be cleaned with finely powdered fuller's earth dissolved in warm water, and rinsed well in clean cold water.

Best cure for corns. — Have your boots or shoes to fit your feet, instead of making your feet fit the boots or shoes.

To cure warts.—Dissolve as much common washing soda as the water will take up; wash the warts with this for a minute or two, and let them dry without wiping. This repeated will gradually destroy the largest wart.

Sal-volatile or hartshorn will generally restore colours taken out by acids.

Do not let coffee and tea be kept near each other, unless closely covered in tin canisters, as they are easily impreganted, and the flavour of each injured.

Stains of iron on marble may be removed by wetting the spots with oil of vitriol, lemon juice, or oxalic acid diluted in spirits of wine. Leave spot for a quarter of an hour, then rub dry with a soft linen cloth.

Papier-mâché articles should not have soap used in the washing. Simply apply cold water with a sponge, after which they should be dredged with flour whilst damp, and then polished with a flannel.

Glass vessels and other utensils may be easily purified by rinsing them with powdered charcoal.

Straw matting should be cleaned with a coarse cloth dipped in salt and water, then wiped dry.

Oil-cloth should never be scrubbed; first sweep it well, then with a soft cloth and lukewarm or cold water wash the cloth all over, and dry thoroughly with another soft cloth. Never use soap, or hot water.

## USEFUL HINTS.

**A WELSH PUDDING.**—Well butter a pie dish, place at the bottom some slices of bread and butter, then a layer of black currant, raspberry, or any other jam which may be liked, then some more bread and butter, and repeat until the dish be filled. Bake in a moderate oven, and when done turn out on a dish, sift some powdered sugar over, and pour round the dish, not over, some sweet sauce, made of milk, flour, and sugar. This pudding may be also made with fresh fruit, instead of preserved, in which case some sugar must be sprinkled over it with every layer.

**BAKING POWDER.**—Tartaric acid, 6 oz.; carbonate soda, 8 oz.; ground rice, 2 oz. Break up all lumps and well mix, put in a bottle, keep well corked, and in a dry place.

**THREE MINUTES' PUDDING.**—Bake in a very sharp oven three minutes only. 2 oz. flour,  $1\frac{1}{2}$  oz. sugar, 2 eggs, 2 small teaspoonfuls baking powder.

**LEMONADE.**—3 lb. loaf sugar, 2 oz. tartaric acid, 20 drops essence of lemon, 8 pints of water (boiling), dessertspoonful of yeast; bottle day after making.

**LEMON SYRUP.**—3 lb. loaf sugar, 2 oz. tartaric acid, 20 drops essence of lemon, 4 pints boiling water.

**BOILED APPLE CUSTARD.**—6 apples, 1 teacupful of flour, 5 drops essence of lemon, 2 eggs, small piece of butter, half-pint milk, quarter pound sugar:—Stew the apples, and when heated beat to a pulp, having added the essence of lemon and some sugar. Let it cool. Then mix the milk, eggs, butter, and flour, and beat all well. Then add the apples. Put all into a pudding mould, and let it boil one and a half hour. Serve cold with milk.

**CRANBERRY TART.**—The fruit must be washed through a colander several times, then put into a china-lined saucepan to stew gently for one and a-half hour. They must be perfectly cold before putting the crust on. To a pint of cranberries add a half pint of water and a pound of moist sugar. To make a nice crust you must use  $\frac{1}{4}$  lb. of salt butter,  $\frac{1}{4}$  lb. of lard,  $\frac{1}{2}$  lb. of flour. Take first the flour, and mix it with some filtered water sufficient to moisten it, then spread in with a knife the butter and the lard. Bake for an hour and a-half.

**CHEAP ORANGE MARMALADE.**—Six good-sized Seville oranges, quarter them and cut them into fine slices. Put the pieces into three quarts of water for 24 hours. Boil them for two hours slowly, but steadily, then add 5 lb. of sugar, boil them again as before for three-quarters of an hour or more if the syrup looks too thin. Add the juice of one lemon when taking off the fire. The pips to stand 24 hours.

**TO CLEAN WHITE WOOLLEN SHAWLS.**—Spread a cloth over a table, lay on it the article to be cleaned, powder it well with finely ground starch, fold, powdering at each fold, press well together, cover up for some hours, then rub well together with both hands, shake off the starch thoroughly. If carefully done this process leaves the article as white and fresh as when first manufactured.



**INEXPENSIVE JERSEY WONDERS.**—To be eaten hot, never later than three days old. 1 lb. butter, 4 lb. flour, quarter pound of sugar, 1 egg, well beaten, with sufficient water to make all the ingredients (with a large teaspoonful of baking powder) into a paste. Knead it well, and roll out as you would for pastry, cut into portions three inches long and two broad, make two slits lengthways in each, and plait the three pieces down in a plait of three, so as to make a shape like a small French roll. Lay them when done on a flat dish ready for boiling. *Boiling.*—Put into a deep stewpan 1 lb. of fresh lard; when it boils drop in it our wonders; they will almost immediately rise to the surface. Turn them about with a steel fork until they are of a rich brown colour, take them out with a strainer on to dishes to dry. Be sure the

lard boils again before you put in others, as if it bubbles at all it is a sign the lard does not boil, and the wonders will be spoilt.

**CRYSTALLISED FRUIT.**—To every pound of fruit allow 1 lb. of loaf sugar and a quarter pint of water. For this purpose the fruit must be used before it is quite ripe, and part of the stalk must be left on. Weigh the fruit, rejecting all that is in the least degree blemished, and put it into a lined saucepan with the sugar and water, which should have been previously boiled together to a rich syrup. Boil the fruit in this for ten minutes, remove it from the fire, and drain the fruit. The next day boil up the syrup and put in the fruit again, and let it simmer for three minutes, and drain the syrup away. Continue this process for five or six days, and the last time place the fruit, when drained, on a hair sieve, and put them in an oven or warm spot to dry. Keep them in a box, with paper between each layer, in a place free from damp.

**QUICKLY-MADE AND SIMPLE PUFF PASTE.**

—Take 1 lb. of dry flour, rub into it 8 or 10 oz. of butter and lard, in thin flakes, placing them on a plate, until nearly all the shortening has been absorbed; mix a little water with the remaining flour, until it is a stiff paste; roll this out as thin as possible, arrange the flakes of butter and lard over it evenly, fold it up and roll it out; fold and roll till the pastry is thoroughly mixed; line your tins, put in mince, or preserve, cover, place in a quick oven, and in about ten minutes they will be of a delicate brown, and will rise to the twenty flakes, which is the ambition of most cooks to attain. The whole affair will be over in half-an-hour, if the artiste has a quick light hand.

**RASPBERRY SANDWICHES.**—Take one breakfast cup of flour, three-quarters of a breakfast cup of castor sugar, 3 large eggs, a pinch of salt, 1 teaspoonful of cream of tartar, half a teaspoonful of carbonate of soda. Mix the flour, sugar, salt, and cream of tartar

together, beat the eggs up well and mix them in, pour a dessertspoonful of boiling water upon the soda, and add that to the mixture; after beating it all well together, spread thinly on well-buttered tins, and bake in a moderate oven. Cut up in slices and put layers of jam in between; sprinkle a little powdered sugar over the top.

**MUD STAINS FROM FRENCH MERINO, TO REMOVE.**—Dissolve a little carbonate of soda in water, and wipe the stains with it.

**PAINT OR TAR FROM HANDS, TO REMOVE.**—Rub the hands with a little butter or grease, and then wash with soap and water.

**TO KEEP MOTHS FROM CLOTHES.**—A few clippings of Russian leather laid in the drawers and boxes where the clothes are kept.

**SPOONS FOR BOILED EGGS.**—Cheap bone spoons are the best with which to eat eggs. Silver spoons become discoloured, owing to the sulphurous matter contained in the eggs. The quickest method of removing these stains from silver spoons is to rub them with salt between the thumb and finger.

**HOW TO KEEP YOURSELF WARM.**—Should there be insufficient clothing upon the bed, lay a sheet of brown paper, or newspaper, under the quilt. This will answer all the purposes of a good blanket, and without a heavy weight. A sheet of paper wrapped round the body under the jacket or mantle is a great comfort during a cold winter walk.

**APPLE TANSY.**—Pare some apples, cut into thin round slices, and fry in butter. Beat up half a dozen eggs in a quart of cream, and pour them upon the apples.

**GINGER WINE.**—Six gallons of water, and eighteen pounds of lump-sugar. Thin rinds of seven lemons and eight oranges, and eight ounces of ginger. Boil the whole for an hour, and cool. When lukewarm, add the juice of the oranges and lemons, and three pounds of raisins. Work with yeast, and put into the cask with half an ounce of isinglass. Bottle in six or eight weeks.

## USEFUL HINTS.

**SHREWSBURY CAKES.**—Take 1lb. of flour,  $\frac{1}{2}$ lb. of lump sugar,  $\frac{1}{2}$ lb. butter, an egg, and  $\frac{1}{2}$ oz. of carraway seeds. Mix into a paste, roll out, and cut into round cakes with the top of a glass. Bake in a hot oven.

**TO REMOVE HAIRS AND THREADS FROM A CARPET.**—A washleather dipped in cold water and wrung out, rubbed over the surface, will remove hairs, threads, and dust, and will brighten up the carpet.

**PEARLS.**—The colour of pearls may be improved and preserved by keeping a bit of the root of an ash tree in the box where they are kept.

**A NEGRO COOK'S RECIPE FOR BOILING RICE.**—“Wash him well; much wash in cold water, the rice flour; make him stick. Water boil all ready very fast. Throw him in—rice can't burn water—shake him too much. Boil a quarter of an hour or little more; rub one rice in thumb and finger; if all rub away, him quite done. Put rice in colander, hot water run away; pour cup of cold water on him; put back rice in saucepan: keep him covered near the fire; then rice all ready. Then eat him up!”

## USEFUL HINTS

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**SODA PUDDING.**—Quarter lb. suet,  $\frac{1}{4}$  lb. brown sugar,  $\frac{1}{2}$  lb. currants,  $\frac{1}{2}$  lb. flour, 1 egg, half teaspoonful of carbonate of soda, and a little milk. This pudding may be either steamed or boiled.

**TO REMOVE MARKING INK FROM LINEN.**—Apply iodine to the spots, and then take out the stain of iodine with bisulphate of soda.

**SWISS FRITTERS.**—Cut the crumb of a French roll into square slices half an inch thick. Beat up an egg with a little nutmeg, cinnamon, and sugar, and soak the slices of roll in the mixture. Then fry them till they be turned to a nice light brown.

**A PLAIN PUDDING.**—Weigh  $\frac{3}{4}$  lb. of any scraps of bread, crust or crumb, cut them into small pieces, and pour boiling water upon them, allowing them to become well soaked. After standing until the water be cool press it all out, and mash the bread smooth with the back of a spoon. Add a teaspoonful of powdered ginger, sweeten with moist sugar, and add  $\frac{3}{4}$  lb. of cleaned and well-picked currants. Mix well, butter a pan, and lay the mixture in it. Flatten all down with a spoon, lay some pieces of butter on the top, bake in a moderately hot oven, and serve hot.

**TO CLEAN BRASS INLAID WORK.**—Dip a piece of felt into a mixture of Tripoli and linseed oil, and polish. If the wood be rose-wood or ebony, polish with finely-powdered elder ashes, or make a polishing paste of rotten-stone, a pinch of starch, sweet oil, and oxalic acid mixed with water.

**COLD VEAL DRESSED WITH WHITE SAUCE.**—Thicken half a pint of new milk with flour and butter rubbed together very smoothly. When hot, put into it some thin slices of cold veal without fat or brown outside. Simmer very gently until it nearly boils. Then add to it the yolk of an egg well beaten with half a teaspoonful of anchovy sauce. Stir all up together, simmer a short time longer, and serve with sippets of toast round the dish, and, if liked, a little fried bacon.

**TO REMOVE INK STAINS.**—The Pharmaciaen's Journal of Antwerp recommends that, if the ink stains be aniline, they should be moistened with strong alcohol, mixed with acetic acid. Pyrophosphate of sodium is also recommended for general use for the same purpose. A little tallow should be dropped on the ink stains, and then they should be washed in a solution of the sodium until the grease and the stain have both vanished. If not successful the first time the process may be repeated.

**CARROT PUDDING.**—Take  $\frac{1}{2}$  pound of raisins,  $\frac{1}{2}$  pound of currants, and the same of suet. 1 oz. of lemon peel, 2 tablespoonfuls of flour. Boil and pulp two large carrots, and add to the pudding, which requires two and a half hours of good cooking.

## USEFUL HINTS.

**A SIMPLE CURE FOR CROUP.**—Warm some pure olive oil. Give the patient, as soon as the brazen-ringing cough is heard, half a teaspoonful every ten minutes or quarter of an hour internally, and well rub externally the chest, windpipe, and between the shoulders with the warm oil, laying on both back and chest a good piece of flannel soaked in warm oil; new flannel is better than old. Cold oil is of no use; it must be nicely warm, but not too hot. If this be done at the first approach of the disease, a couple of doses frequently quiets the cough for the night, a severe attack will give way in an hour, and the child fall peacefully asleep. In no case has the writer ever known it to fail, even in low, damp, croupy localities. The dose should be repeated whenever the child wakes or coughs during the next day or two, and the cure will rapidly become perfect.

**WIENER SCHNITZEL.**—Take as many veal cutlets as are required for a moderate-sized dish. Slightly beat up three eggs, and let the cutlets stand in the egg for an hour or two. Then take them out, roll them in bread-crumbs, and fry in butter until thoroughly

cooked. Take them from the frying-pan, and put them on paper to drain. Rinse out the basin in which the egg is left with a teacupful of *sour cream*, and pour it into the frying-pan directly you have taken the cutlets out, with a little lemon peel, cut very thin, and in small pieces. Stir all well, and let it get thoroughly hot but not boil; then pour it over the cutlets. This is a very popular Austrian dish.

**LEMON MINCE-MEAT.**—Boil four lemons until quite tender, then pound them in a mortar or chop them up while warm; adding to them two pounds of pounded loaf sugar. Let this stand till next day, then add two pounds of suet, two pounds of currants, one pound of raisins chopped, a little brandy, one ounce of mixed spices, and port wine to taste, say half a pint of brandy and wiae together.

**SIXPENNY PUDDING.**—Take a quarter of a pound of sugar, a quarter of a pound of suet, a quarter of a pound of flour, and a quarter of a pound of breadcrumbs, with grated peel and juice of one or two lemons. Mix well, and boil or steam in a well-buttered mould for one hour; serve with sweet sauce.

**SCOTCH BROTH.**—Put two pounds of best

end of a neck of mutton into a saucepan with two quarts of water, and a small cupful of pearl barley. Let it simmer gently for an hour and a half, taking care to remove the scum as it rises. When this has simmered for that period, add one carrot sliced and one grated, two onions or leeks cut small, and two turnips in pieces of about an inch square, and boil for one hour longer. One turnip and carrot besides those cut up is required, but must be left whole, and served up with the boiled mutton.

**MEAT FRITTERS** (nice for breakfast).—A plain batter, always using baking or egg powder to economise eggs. Mince some Australian meat and mix with the batter. Drop a large tablespoonful into a pan of *boiling* fat (marrow or dripping). Three or four may be fried at once, taking care to keep each spoonful separate. When fried a nice brown lay on a hot fish-strainer or kitchen paper to free from fat, and serve *hot*.

**RISSOLES.**—With breadcrumbs, herbs, hard-boiled egg, a little flour, minced Australian meat; the same as ordinarily made with veal, ham, &c. Fry and serve with gravy made with the jelly of the meat, and a little sauce.

## USEFUL HINTS.

**HEADACHE.**—Sponge the head all over night and morning with water as hot as you can bear it, and rub dry with a coarse towel.

**CURE FOR BRONCHITIS OR SUFFOCATION.**—One tablespoonful of salad oil to three of old French brandy. Put it into a bottle and shake well until it is a froth. Dose, one tablespoonful when necessary; likewise use a little of the liquid to rub the throat and between the shoulders gently with a warm hand.

**CURE FOR BOILS.**—A tablespoonful of yeast taken every day mixed in half a tumbler of cold water for three months, is a certain cure.

**CURE FOR BURNS OR SCALDS.**—An application of common whiting and oil (or water, if oil is not to hand) draws the fire out of the burn or scald, and gives immediate relief. Make the ingredients into a paste and lay it over the part affected, covering it up with some old linen and cotton wadding.

**HEAT SPOTS ON SKIN.**—One oz. of cream of tartar and half an ounce of flour of brimstone mixed. Take a teaspoonful of the powder and a teaspoonful of strained lemon juice in half a tumbler of cold water, three times a day for a fortnight. Vegetable diet and cold bathing desirable.

**TO CLEAN DECANTERS OR BOTTLES.**—Put the tea-leaves from the teapot into your decanters over night with a little cold water, in the morning *shake them well* until quite clean, then rinse and place in your bottle rack to drain. After polishing with a soft cloth, they look bright and beautiful.

**TO PREVENT A TEA-POT GETTING MOULDY.**—After washing and drying thoroughly, place a lump of sugar inside; it absorbs all dampness.

**TO CLEAN JEWELLERY WITHOUT STONES.**—Chains, locket, anything without stones may be cleaned by brushing in soap and water with a small piece of soda in, then rinse and dry on a towel, after which place the articles in a large plate of bran, taking care to cover well with bran. Then put the plate in a moderately heated oven for half an hour and rub with a piece of wash-leather when you take them out of the oven.

**FALLS.**—Rub the part affected with a piece of fresh butter, and it will prevent a bruise or any discolouring of the skin.

**CHILBLAINS.**—Rub every night with oil or cold cream, and sleep in warm socks or stockings.

**EARACHE.**—A good sized linseed-meal poultice hot, with eight or ten drops of laudanum in the middle, will cure the most severe earache.

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## USEFUL HINTS.

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**TO KEEP EGGS FRESH.**—Rub them all over with a little butter when taken from the nest, and they will keep fresh for two or three months in a cool place.

**CURE FOR HAY FEVER.**—Cut up *small* some of the new hay and make tea of it. Drink a wineglass of the tea about three times a day, and it will relieve and carry off the fever.

**RELAXED THROAT.**—Get one-pennyworth of pure *Stockholm* tar; place it in a jug and pour over it one quart of boiling water, stir it well with a piece of stick, cover over and let it stand all night; then bottle and cork it tight. Use it as a gargle night and morning, swallowing a small portion if possible. The above is an infallible remedy.



**SORE THROAT.**—A teaspoonful of powdered borax to two tablespoonfuls of honey. Warm in the oven in a small cup or china pot, stirring until it is dissolved. When cool apply it repeatedly with a camel's-hair brush to the throat and roof of mouth; this will soon effect a cure and enable the patient to swallow.

**SPICED BEEF.**—Take three or four slices of pork and fry till it is a light brown; then lay in your raw beef in one piece; let it brown a little on both sides; then cover it with warm water and let it stew over a moderate fire for five, six, or seven hours very gently; add water as it simmers away, so that there will be enough left when done to make gravy. About *half-an-hour* before it is done salt to your taste, and add one teaspoonful of whole cloves, one teaspoonful whole allspice, and a good-sized stick of cinnamon. When done take out the meat, strain the gravy, and thicken it with a little flour.

**DIPHTHERIA.**—Put one teaspoonful of flour of brimstone into a wineglass of water; stir it with the finger and use as a gargle, swallowing some of it if possible. If a patient cannot gargle, take a live coal, put it on a shovel, and sprinkle a spoonful or two of flour of brimstone upon it; let the patient inhale the fumes, and the fungus will die. In extreme cases blow the sulphur through a quill into the throat, and after the fungus has shrunk, give the gargle.

**INK STAINS.**—Ink stains may be removed from woollen table-covers, carpets, &c., by rubbing the places with milk until the stain *disappears*.

To prevent the globes and chimneys of lamps or gas cracking, put them in a saucepan of cold water and let it come gradually to the boil; do not cover the saucepan with a lid.

**THE cotton or wick** used for lamps should be laid in vinegar before trimming, this will prevent the lamp smoking or blackening the chimney.

**TO CLEAN A FRYING-PAN.**—Rub your pan round well with a piece of brown paper while it is over the fire, this will always keep it bright and sweet for use.

If oil is spilled over the lamp, a newspaper is the best thing you can use to clean it off.

**TO CLEAN GILT FRAMES.**—A gill of good vinegar in a pint of cold water, a large camel's-hair brush (a shaving brush will do), and clean soft cloths. The frame must be perfectly free from dust. Dip the brush into the liquid, and squeeze it slightly, that it may not be too wet; brush the gilding (a small piece at a time) lightly up and down till it is quite restored. The brush must be constantly washed; and in finishing, it should be squeezed dry, and the gilding brushed till dry. Frames and other gilt articles should be dusted daily with a soft brush, and never touched with a cloth. By observing this, and cleaning every two years, covering will be found quite unnecessary, and the gilding will always be in good order. The liquid must be renewed when dirty.

**BATHING.**—Hot or cold baths should not be taken till three hours, or longer, after a meal.

**PASTE FOR CLEANING POLISHED STEEL.**—One ounce of fine emery, two ounces of lime dust, and four ounces of neat's foot oil, mixed into a paste. When used, it must be *well* rubbed on with flannel, wiped off, and polished with a leather dipped into sifted lime dust.

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## USEFUL HINTS.

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**MOTHS, PREVENTION OF.**—The cuttings of Russia leather placed among furs, blankets, cloth, &c., will effectually prevent moths. Camphor is also *a good thing*. The article must be kept in a dry place, and free from dust.

**TO WASH SILK STOCKINGS.**—Wash silk stockings in cold water and with white soap; rinse them in cold water; lay them flat in a fine towel, roll it up tightly, and let them remain till dry; then rub them with a piece of dry flannel, to give them a gloss. As they must not be left in water, it is better to wash one pair at a time. Silk stockings washed in this way will always look new, and never require colouring or mangling.

**HEALTH.**—A morning bath and daily exercise are proved to be *promoters of health*. When a bath cannot be obtained, a good substitute is to rub the body with wet towels, and then with dry coarse ones, till the skin glows. A glass of cold water drunk immediately after the bath will be found beneficial.

**TO CLEAN BLACK STRAW AND CHIP HATS OR BONNETS.**—Mix equal parts of black ink and sweet oil together, take the wire out of the bonnet, and then brush the mixture well all over the outside, and afterwards rub with a cloth, bend it into shape and hang up to dry. It will look equal to new. Put in a *fresh wire* before trimming.

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## USEFUL HINTS.

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**CHOCOLATE CARAMELS.**—One pint of sugar, dissolved in as little water as possible, half a cup of butter, one tablespoonful of vinegar, one cup of grated chocolate; boil until quite thick, put in buttered tins, and cut in squares when partly cooled.

**APPLE FRITTERS.**—Make a batter, not very stiff, with one pint of milk, two eggs, and flour to bring it to a right consistence. Pare and core six apples (large ones), chop them small and mix them well in the batter. Fry in lard, and serve with powdered sugar sifted over them.

**RICE AND HOMINY GRIDDLE CAKES.**—Mix two tablespoonfuls of flour with two tea-cups of cold rice or hominy, and a little milk, add one or two eggs. Add as much more milk as may be necessary to give the desired consistency when cooked. Too much flour or too much egg makes them close.

**TOOTH POWDER.**—Half an ounce of Peruvian bark, half an ounce of powdered myrrh, and one ounce of powdered charcoal make a most refreshing tooth powder; the quantities named will last three or four months and cost sevenpence.

## USEFUL HINTS.

**MEAT PUFFS.**—Make a puff paste with dripping or lard, roll out about a quarter of an inch thick and in oblong pieces, and place a spoonful of cold meat of any kind, chopped fine and well seasoned, on each piece of paste; roll up, brush over with egg, and bake in a quick oven.

**MACARONI SOUP.**—Break one quarter of a pound of pipe macaroni into small pieces, place them into one quart of boiling water, and cook for an hour; then add two cups of strained stewed tomatoes, and just before serving pour in half a cup of cream or milk.

**THE HAIR.**—Jamaica rum, constantly used to wash the hair, keeps it very clean and promotes its growth. *It is most injurious to sleep with the hair plaited.*

**THE TEETH.**—If you wish to preserve fine teeth, always clean them thoroughly after you have eaten your last meal at night, taking care to rinse the mouth with water.

LITTLE girls can very early learn to take care of their own clothes, and thus feel the happiness of being useful; they can also easily knit stockings, make patchwork mats, weed the garden (if so fortunate as to possess one), and cultivate a love of flowers.

**TO COLOUR SOUPS.**—Amber is obtained by adding grated carrot to the stock. Red, by using red skinned tomatoes *without the skins and seeds.* Spinach leaves pounded, and the juice expressed and added to the soup, will give a green colour. For brown soup, use either burnt sugar or burnt onions, and add to the stock.

**CLEAN** a brass vessel or kettle before using it for cooking with salt and vinegar.

**MARBLE MANTELPIECES.**—Marble should never be washed with suds; it destroys the polish. It should be dusted, and the spots taken off with a nicely oiled cloth, and then rubbed dry with a soft duster.

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## USEFUL HINTS.

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IF you have a garden, do not throw away suds. Both ashes and suds are good manure for bushes and young plants.

CARPETS.—The oftener carpets are shaken the longer they wear; the dirt that collects under them grinds out the threads. Do not sweep carpets oftener than is necessary; a broom wears it very much. When a carpet is faded, strong salt and water will often restore the brightness of the colours.

To clean gold jewellery with stones in, wash in warm suds made of fine soap with ten or fifteen drops of sal-volatile in it. This makes jewels very brilliant.

EGYPTIAN PUDDING.—One pound of suet, one pound of raisins, three-quarters of a pound of fine bread, half an ounce of allspice, four figs chopped fine, four tablespoonfuls of sugar, two eggs, two glasses of brandy, the peel of half a lemon chopped fine; mix all well together and put into a mould, steam it for four hours.

AN infusion of elder leaves poured over plants will preserve them from caterpillars.

**STEWED FRENCH PLUMS OR PRUNES.**—Soak them in cold water over night, and cook them in the water in which they have been soaking; to a pound of prunes put one pint of water and half a pint of claret; sweeten with sugar to taste, and simmer gently for about two hours. This makes a nice dish for dessert.

**BAKED APPLES.**—Cut out the cores of a dozen good-sized apples, and fill up with sugar and one or two cloves in each; pour a little water in the tin, and bake in a quick oven until tender.

**KEEP** a bag for odd pieces of tape and string; they will come in useful; also a bag or box for old buttons, so that you may know where to go when you want one.

**IF** the tops of lettuces are cut off when they are becoming too old for use, they will grow up again fresh and tender, and may thus be kept good through the summer.

**HERBS** should be gathered while in blossom. If left till they have gone to seed, the strength will be lost.

**LEMON AND OTHER CREAMS.**—To one pint of cream add four tablespoonfuls of sifted loaf sugar, one ounce of isinglass, previously soaked in a little milk, and the peel of a lemon; simmer gently until the isinglass is dissolved, let it cool a little, and then add the yolks of two eggs well beaten. Strain it into a jug, and place the jug in a saucepan of cold water; then over a slow fire stir the cream until it thickens, but do not let it boil. When nearly cold put in the juice of a lemon, pouring the cream backwards and forwards until the juice is well mixed. Dip your mould in cold water before pouring the cream into it, and then put it in a cool place to set. The colour of your creams may be varied by simmering a little beetroot in some milk for a pink cream, and spinach for green; these are both harmless and tasteless, therefore may be used with safety. Fruits may also be dropped into the moulds, setting it with a little of the cream first.

**PANCAKES AND FRITTERS.**—Mix eight ounces of the finest flour very smoothly with a pint of milk. In order to keep the batter smooth, mix the flour with the milk into a stiff paste at first, and gradually add the remainder of the liquid, beating thoroughly. Beat up the yolks of three eggs lightly, then add them, with a pinch of salt, to the batter. When ready to fry, stir in the whites of the eggs beaten to a strong froth. Put a dessert-spoonful of dissolved butter or lard into an eight-inch frying-pan, and when it is hot pour in quickly four tablespoonfuls of the batter, previously measured into a cup; let it run over the pan, which hold over a brisk fire, and shake gently until the under side is brown and the upper set. Toss it, and let the other side brown. Turn the pancake on to a hot dish, sliding one half out of the pan and turning the other on to it, so as to make it into an oval shape. Plain fritters are made with water, oil, or dissolved butter, instead of milk, and fried like pancakes. Mix smoothly a quarter of a pound of finest flour with a pinch of salt and half a pint of water, stir in one tablespoonful of oil or of dissolved butter, and the yolks of three eggs. When ready to fry, add the whites of the eggs beaten to the strongest froth, and finish like pancakes.

**IN** all cakes where butter or eggs are used the butter should be well rubbed into the flour, and the eggs whipped to a foam, before the ingredients are mixed.

dinner *demi-toilette*, in a hand-bag or the pocket of a rug-wrapper, and also some frills, lace, or other little accessories to your dress; it will prove a refreshment to yourself to make some change and a mark of respect to others. Never imagine that "anything will do" because in a foreign country.

Speak gently when in a public room, and remember that your own language is generally understood. I could never forget the distress and confusion experienced by my brother and myself, many years ago, when, after joking and making ridiculous comments of a personal character on two elderly maiden ladies, our *vis-à-vis* at table, we discovered that they were our own countrywomen, though speaking beautiful French! Imagine the punishment we each underwent when we met them at dinner next day! and it taught us a lesson for life. Many people often bring discredit on themselves, and raise a prejudice against their fellow-countrymen, by invidious comparisons drawn between home and foreign habits, comforts, etc. Remember that while you pay for all you have, in food, lodging, attendance, and otherwise, you are, in a certain sense, only a guest, for you reside there on sufferance and under the protection of their laws, for which you have paid no taxes nor any dues to entitle you to the privileges of citizenship.

My few notes on the subject of "Good Breeding shown when Travelling" have now come to an end. I can tell my young friends in plain language what should or should not be done by a refined and courteous lady; but the whole style of their dress and deportment, and even the tone of the voice, must be regulated by an intuitive and innate sense of the gracious and beautiful, or acquired from frequent association with others more experienced and cultivated than themselves in all matters pertaining to good taste at all times and in all seasons.

S. F. A. CAULFEILD.

1884

## USEFUL HINTS.

### A VAPOUR BATH IN YOUR BEDROOM.

—Place a pail, three parts filled with boiling water, under a chair with a cane seat, have ready two hot bricks which have been heated in the fire; place them gently in the pail of water, and sit down upon the chair, covering yourself entirely with a large blanket, letting the latter fall round the chair so as to keep the steam in, which makes a vapour bath. Have a warm blanket ready at the end of half an hour to wrap round you, and get into bed with it on.

**STEWED ARTICHOKEs.**—Peel your artichokes, and have ready sufficient boiling water (slightly salted) to cover them; boil until done, then strain, and have ready a pint of boiled milk, into which some flour and a little piece of butter have been previously stirred; boil ten minutes, and dish. Cold boiled potatoes can be served in the same way.

**POTATO SOUP.**—Boil one pound of potatoes, and when done beat them up very fine with a fork, gradually adding one quart of boiling milk, in which has previously been stewed a small onion, chopped fine, and a piece of mace; season to taste, and boil for a quarter of an hour, taking care to keep it stirred.

**SCOTCH CAKE.**—Two pounds of flour, one of butter, and one pound of finely-sifted sugar. Dry the flour in the oven, and then mix in one dessertspoonful of baking powder, then the sugar, and rub in the butter until you have a smooth dough. Press the dough with your hand until it is about a quarter of an inch thick, then place it in your tins on buttered paper, pinch round the edges with your finger and thumb, and ornament the top with comfits or lemon-peel cut in small pieces. Bake in a moderate oven fifteen or twenty minutes.

**POTATOES.**—If you wish to have potatoes mealy, do not let them stop boiling for an instant; and when they are done, pour the water off, and let them steam for ten or twelve minutes over the fire. In the spring of the year it is better to boil potatoes in two waters, pouring off the first as soon as it comes to the boil, and then covering the potatoes a second time with cold water, adding a little salt.

**TOFFY.**—Melt three ounces of butter in a small saucepan over a clear fire; stir into it one pound of brown sugar; keep stirring until it is done, which can be ascertained by dropping a little into a cup of cold water, when, if it hardens and breaks between the teeth without sticking, it is done, and may be poured out into a buttered dish. It may be flavoured with almond, lemon, or ginger, and will take twenty minutes to boil.

**MAXIMS FOR HEALTH.**—*Rise early.* Eat simple food. Take plenty of exercise. Do not dress children in tight clothes; it is necessary for their limbs and muscles to have full play, if you wish for health and beauty. Wear shoes that are large enough, or you will be troubled with corns, and your feet become misshapen. Wash very often, and rub the skin thoroughly with a hard brush or rough linen towel. Wash the eyes in cold water every morning, and do not read or sew at twilight or by too dazzling a light.

tive; and during my stay in Switzerland the pleasure of my walks has been wonderfully enhanced by collecting flowers and leaves suitable for the purpose. I found many kind friends willing to help me in this pleasant task, and I am returning to England with a liberal supply of lovely cards for the sick girls of our society. My object in addressing you, to-day, is to beg your readers to do as we have done, and to lay in a plentiful supply of autumn leaves (which are wonderfully effective), grasses, ferns, mosses, and such flowers as can yet be obtained, and which are likely to press well. They should be placed between blotting paper, under a heavy weight, and afterwards firmly pasted or gummed on to cards, on which some comforting lines of poetry, or a verse out of the Bible, should be plainly written or printed. Lastly, a piece of silver paper should be attached to the cards to protect them from injury. If your readers would attempt this occupation, I think they would find it a most pleasant one, and it is one certainly calculated to solace those who are afflicted. Some of your readers may themselves be visitors to workhouse infirmaries and hospitals, where such cards would be very welcome; but if they who are unconnected with such institutions will kindly send the cards to me, I will undertake that, during the ensuing winter, they shall be duly given to the patients in London hospitals and infirmaries. The parcels should be directed to "The Lady Brabazon, care of Miss Bellson, 12, Montague Villas, Richmond, Surrey."—  
Yours very faithfully, M. T. BRABAZON.

1885

## USEFUL HINTS.

**SALAD DRESSING.**—A useful and valuable help to one's table is a good salad dressing, and when well made will be found to keep good for some weeks. Take two eggs, thoroughly boil them until quite hard, put them into cold water and when quite cold take the yolks only and pound finely in a mortar; add to this a tablespoonful of sugar, ditto of mustard, and dessertspoonful of salt, mix this thoroughly with a very little cream; when quite smooth add the remainder of the cream, in all one pint, add to this very slowly one pint of vinegar. It will require shaking before using; it is very good for lobster salad. This recipe we have always found most useful and appreciated by the superior members of our family circle—the men folks, I mean—so therefore hope it may prove of use to others, and especially so to those dear girls who try in every way to brighten the life of the bread-winners by their loving care in seeing to the small comforts which help so much to brighten and lighten the greater trials of life. I fear there are many dear husbands, fathers, and brothers who often return home to very badly cooked dishes, and not much better arranged tables, all of which might be different if our women folk studied more the comfort and taste of those to whom they owe, perhaps, everything. Only when the earthly ties are severed does the thought dawn of the many things that might have been done.

**TO MAKE A SATIN POCKET.**—Buy an ordinary stiff and plain palm-leaf fan, ten inches wide and ten deep without measuring the handle; three yards of two-inch wide reversible satin ribbon for handle, three yards of narrow ribbon the same colour, half a yard of black satin or velvet in the piece, a quarter of a yard of maize satin also in the piece, twelve inches of whalebone, a quarter of a yard of Victoria lawn, and a bunch of velvet pansies. Take the maize satin, lay it on the front of the fan and shape it, cutting it out larger than the fan, and curving it inwards in

the centre so as to leave exposed the fibres of the palm-leaf as they near the handle. Put a piece of wadding under the silk, and quilt it either in a succession of circles or in a diamond pattern, then stitch it on to the fan round its edge, leaving the edge neat, but not turning in any satin. Take the narrow ribbon, box-pleat it at one edge, and stitch it round and over the satin so that it comes half an inch beyond the fan. Take the velvet or black satin, cut it in a length of twelve inches one way and three-quarters of a yard the other, and line it with fine Victoria lawn, turning its upper edge down for two inches. Gather the upper edge with two runnings, put in the first an inch from the edge, the second three-quarters of an inch below the first. Draw the gathered part until it is twelve inches long, but leave the running threads unfastened, putting the fulness to the centre; gather the lower edge to the size of the lower part of the fan and shape it by cutting away the sides, turn it inside out, and stitch it to the fan over the top of the box-pleated ribbon, keeping the fulness to the centre of the fan: then turn it right side outwards and run in the whalebone between the two gatherings at the top of the velvet; draw these up to twelve inches and fasten off securely. The whalebone will make the flap of the pocket stand out well from the inside. Finish the pocket by fastening on one side the bunch of pansies and then ornament the handle. Cut off half a yard of the ribbon, find the middle of the rest and tie it twice round the very bottom of the handle, then bring both ends to the centre of the handle and secure them to that height by tying the half yard of ribbon cut off at first round them there as a loop and as a pretty bow; tack on both ribbons for seven inches, and then tie them together with another pretty bow. This last loop and bow is used to suspend the fan from the wall. The cretonne fan is made like the satin one, either with one or two coloured sateens or cretonnes, but instead of the edging of fine quilled ribbon the second part of the pocket is sewn over the first, and is then trimmed with peacock feathers. Thirteen peacock feathers are required round the fan, a split feather to edge the inside of the pocket where it joins the palm leaf, and four or five to make a side ornament, to which a bow with ends is also added. The back of both the pockets should be made tidy by being plainly covered with material.

## ANSWERS TO CORRESPONDENTS

### EDUCATIONAL.

A. G. O. E.—The charge for merely boarding and lodging in one of the high schools varies from £40 to £60 per annum. If able to give your services efficiently, perhaps some arrangement might be made for your receiving certain lessons. You should show your paintings at stationers' shops, and obtain trade orders if you can.

NIL DESPERANDUM.—First make a confidant of your mother; tell her all you have confided to us, and all your wishes and feelings, and then do as she desires. It is the plain path of duty. It often happens that God places our lot in life where we should not ourselves have cast it, but He makes all things work together for good to them that fear Him and follow His guidance.

S. W. (Secretary, Hospital for Children, Great Ormond-street).—We are much obliged to you for the printed information you have kindly sent us, and for informing us of the alteration in your rules as regards the age at which nurses are admissible for training at your hospital, *i.e.*, commencing it at 20 instead of 17 years. Our readers made a mistake in supposing that six weeks instead of six months was the period of training. We will take due advantage of the further information you have given us, and direct all inquirers to apply to the lady superintendent.

L. N.—Candidates for the profession of nursing are generally required to be from 25 to 40 years of age, and it is not likely that an exception should be made at St. Thomas's, Lambeth. You will perceive, however, that training at the Children's Hospital (above named) may begin from the age of 20, but you may join a class of the St. John's Ambulance Guild, and



## USEFUL HINTS.

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FURNITURE POLISH.—Take of Castille soap, white wax, and beeswax, 1 oz. of each, shave these into half a pint of turpentine in jar or bottle, stand this in cool oven for some hours, and, when dissolved, add half a pint of cold soft water; shake well before using. All furniture should be washed with vinegar and water (about half a pint of vinegar to a quart of water), polished well with soft linen, then apply this polish, which will be found fully to repay all trouble. For removing dust from the ornamental work of furniture nothing is better than a goose wing, which is light and yet strong. I may add, to those girls who love to see their surroundings in perfect order, they will fully acknowledge that, although the recipe is so simple, it is well worthy of a place in the storeroom.

INSTRUCTIONS FOR WASHING FLANNEL SHIRTS.—Wash the garment in a moderately warm soap lather, then rinse thoroughly in clean water (warm), and *dry quickly*. Avoid boiling the flannel or rubbing soap on it. *Do not* let it lie in a damp condition.

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## USEFUL HINTS.

**INDIAN PICKLE.**—Those who possess the comfort of a good garden well stocked with vegetables will find this recipe of great service. Procure a large stone jar, not too wide a mouth, holding about two gallons. To each gallon of vinegar allow 6 cloves of garlic, stick of horseradish,  $\frac{1}{4}$  lb. of bruised ginger,  $\frac{1}{4}$  lb. of whole black pepper, 2oz. of long pepper, 2oz. allspice, 12 cloves. Put all this spice in a perfectly clean boiler or saucepan with the vinegar, and, when boiled for half an hour, when the vinegar is cold, strain it from the spice. This liquor is now ready for any vegetables that may be in proper order, such as cauliflowers, French beans, gherkins, cucumbers, small round pickling onions, capsicums, chilies. These vegetables should be nicely prepared—such as the cauliflower cut in small branches, the smallest French beans not cut as for table, but just cut tops off; these should be put on dishes with salt on them for three days, and then boiled in vinegar, just enough to cover them, for ten minutes; strain them and put them when cold into your spiced vinegar already prepared. You should take a  $\frac{1}{4}$  lb. of mustard and 2oz. of mustard seed, 2oz. of turmeric, and 1oz. of cayenne; these mix together with a little vinegar, boil, and, when cold, add to the jar. When all the vegetables are collected they should be well mixed and the jar covered with a bladder. This pickle will keep good for years if well attended to in the preparation. For small families, the above quantity may be decreased at pleasure, taking care properly to proportion the various ingredients.

**TO PREVENT CABBAGE OR OTHER GREEN WATER SMELLING.**—Put in the saucepan with the cabbage either a piece of charcoal, some red pepper pods, or a piece of bread, either will prevent the annoyance; but the charcoal is the most effective.

## USEFUL HINTS.

VEAL CUTLETS À LA LYONNAISE.—Stir together in a saucepan a small lump of butter and a dessertspoonful of flour, add slowly a tablespoonful of milk; to this put one tablespoonful of finely-chopped parsley, one very finely-chopped shallot, and twelve chopped button mushrooms, the yolk of an egg, a little cayenne pepper, and some salt; stir over a gentle fire until quite thick, then turn on to a plate to cool. Take one pound of very thin veal cutlet, divide into small nicely-shaped pieces. When the mixture is cold spread some of it on the top of each cutlet, brush them over with egg, dip them in bread crumbs, and fry in a basket, letting them be well covered with fat.

HOW TO FINISH CREWEL OR SILK EMBROIDERY.—Embroidery should never be ironed; if worked in a frame, before taking it out make some strong boiled starch, let it get quite cold, when it should be a thick jelly; take some of it in the fingers and rub it well on to the back of the needlework; remove any surplus starch *with a piece of soft paper*, and leave in the frame until perfectly dry. Of course, the starch is only to be put on the work, not on the material. If the work has been done on the hand, it must either be put in a frame or nailed out as tightly and evenly as possible on a cloth on the floor. Mantel borders and other large pieces of work must always be done in this way. If you starch your work it is quite unnecessary ever to finish off the ends of your silk or wool, as the starch will keep them in place. Anyone who has noticed the Japanese embroiderers at work in the "village" at Knightsbridge will have observed that they only draw their silk through when they have finished a needful. Work finished this way stands out well and wears much better, but it must be thoroughly dry always before it is unnailed.

RECIPE FOR MAKING MARKING INK.—Put into a small blue glass bottle 100 grains of lunar caustic, two drams of gum arabic, one ounce of rain water, and sufficient sap green to make a strong green preparation; cork, and shake well before using. It is a good plan before marking things to wet them where they are to be marked with a little strong soda and water in which a little gum arabic has been dissolved; when they are dry, if rubbed with a spoon handle, it makes a very nice surface to write on. This is particularly needed when the articles have been washed, as otherwise the ink is liable to run. This ink must, like other marking inks, be set with a hot iron before being sent to the wash.

**COLD MEAT COOKERY.**—"Au Miroton."—Cut two large onions in slices, fry them in butter or dripping until they are gold colour, dredge flour over them, add three-quarters of a pint of broth and some pepper and salt, stew half an hour; cut cold meat in slices, put it in the gravy, stew gently half an hour, then add half a teaspoonful of vinegar and serve; if the flavour is liked, tarragon vinegar may be used.

**AUX FINES HERBS.**—Butter the bottom of a dish, strew over it a very small quantity of sweet herbs, some parsley, onion, and pickled gherkin, all finely chopped; a few dried bread crumbs, pepper and salt, then put slices of cold meat cut thin, then another layer of the herbs, parsley, &c., and finish by placing some lumps of butter on the top of the bread crumbs. Bake in a slow oven, and serve in the dish in which it is baked.

**A LA POULETTE.**—Fry a little flour light brown with butter or dripping, add to it some cold meat (veal or beef are best for this dish) finely minced, moisten with water, add chopped parsley, pepper, and salt, simmer ten minutes, take off the fire, thicken with the yolks of one or two eggs according to the quantity of meat.

**MILLET PUDDING.**—Millet is rarely used—not as much as it ought to be. Treated like rice, it makes a very good baked pudding; or, for a boiled one, take three tablespoonfuls of millet seed, boil it in a pint of milk; when done, add two well-beaten eggs, a little white sugar, and the grated rind of a lemon, or a little essence; put into a buttered pudding mould and steam for an hour and a half; turn out, serve with white sauce flavoured with lemon. A little candied peel much improves this pudding.

**COLD SALMON, TO DRESS.**—Put an ounce of butter into a saucepan, sift in while stirring it as much flour as it will take, then stir in a third of a pint of milk, a tablespoonful of mushroom ketchup, a tablespoonful of anchovy sauce, and a little cayenne pepper; let the sauce boil up, then put in the salmon in small pieces, having removed *the skin and bones*; keep hot for two or three minutes, and then serve.

**AN EXCELLENT PASTE FOR FRITTERS (FRENCH).**—Put a tablespoonful of good salad oil into a basin, and stir to it three tablespoonfuls of flour, add a tablespoonful of orange flower water, a dessert spoonful of pounded sugar, and the yolks of two eggs; stir in a little milk or water to make it the proper consistency. Just before using, add the whites of two eggs beaten to snow. This paste is used to dip any kind of fruit fritters in.

**LACQUER FOR BRASS.**—Now that brass is used so much I think that a recipe for lacquer will be useful to many readers of *THE GIRL'S OWN PAPER*. Put an ounce of turmeric, two drachms of annatto, and two drachms of saffron into a pint of spirits of wine, shake the bottle in which you put it every day for a week, then strain it through coarse linen into a clean bottle, and add three ounces of clean seed lac; leave it a fortnight, shaking the bottle occasionally, and it will then be fit for use. To prepare brass for lacquering, wash it in ammonia and water, rinse in clear water, and dry thoroughly. To lacquer: Warm the articles, and lay the lacquer on evenly all over with a soft brush. To clean lacquered articles, never use anything stronger than warm soap and water, or you will remove the lacquer. If the above recipe makes a deeper coloured lacquer than is liked, less annatto must be used.

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## USEFUL HINTS.

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**TO STEW VEAL WHITE.**—Take two pounds of breast of veal, wash it, dry it, and then rub a little flour over it, cut it in pieces about two inches wide, put two tablespoonfuls of cold water into a tin-lined stewpan, place the pieces of meat in it, add six or eight boned anchovies, according to their size, pour in sufficient milk to cover the veal, and keep it stewing gently two hours. Then take out the meat, mix a tablespoonful of flour with the yolk of an egg, a little cold milk, salt, and cayenne; stir this into the liquid in the stewpan, put the meat back to get hot, but do not let it quite boil for fear of curdling; serve. This quantity of veal takes a pint and a half of milk. The stewpan should be kept well-covered all the time the meat is cooking.

**ITALIAN CAKE.**—The following recipe I purchased when in Italy from an Italian cook. The cake is always so much liked that I have translated the recipe for the readers of *THE GIRL'S OWN PAPER*. The instructions must be followed exactly or the cake will not be a success. **Ingredients.**—The yolks of twelve eggs, fourteen ounces of dried and sifted flour, fourteen ounces of very finely pounded sugar, seven ounces of butter, the whites of five eggs. **Method.**—Stir the yolks of eggs together, strain them, then beat them for half an hour with the fine sugar. It is important that the sugar should be very fine. Beat the whites of eggs to a stiff froth, then add them to the yolks; next sift the flour in slowly, melt the butter, but do not oil it, add it gradually, stirring all the mixture all the time, but do not beat it after adding the whites of eggs. Butter a cake mould, and sift as much pounded sugar into it as will adhere easily to the butter, put in the mixture, and bake in a moderately hot oven. When baking be very careful not to shake or jolt the cake, or it will not be nearly so large as it should be. When put into the oven the mould should be about half full.

**MAGIC PLATE CLOTHS.**—These are sometimes very handy, and are very easily prepared thus: Boil two ounces of hartshorn powder in a pint of water, pour it over some pieces of soft rag, let them soak, then hang them out to dry, without wringing them; when dry they are ready for use, and can be put away until required.

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TO REMOVE THE SMELL OF NEW PAINT.—Place in the room painted a large basin of cold water with a good handful of hay in it. This is a plan frequently adopted in large hotels, where they are almost always painting somewhere.

TO MOUNT AND UNMOUNT PHOTOGRAPHS.—Place the photographs in a dish of cold water, and leave them twelve hours at least; they will then generally float off the cards when slightly agitated. But sometimes the cards and photographs are waterproof from the wax on them; in that case, when they have been twelve hours in the water, the backs of the cards must be peeled off to let the water under the glaze. Never try to unmount photographs in a hurry, and never use hot water, as it rots the prints. To remount them, dip each photograph in water, lay it face down on a sheet of white blotting-paper, then with the finger rub thick boiled (but cold) white starch over the back place on the leaf or mount, dab with a piece of soft linen, cover with a sheet of white writing-paper, and place under a weight. In mounting views in an album it is best not to do too many at once, or the leaves will warp before you put them under pressure.

KEEPING FURS.—A furrier told me a short time ago, in answer to the question, "How to keep moths away from my furs?" that there was "nothing like work for it," by which he meant that the best way was to take them out very often, and cane and shake them. He added that in the trade nothing else was done; for, if they used turpentine, creosote, or other supposed preventives, customers would not purchase the furs afterwards; and if they employed arsenic or colocyath (bitter apple), the poisons might do them as much harm as they would do the moths.

A GOOD WAY OF DRESSING COLD FISH.—This recipe is suitable for dressing cod, haddock, plaice, turbot, or brill. Remove the skin and bones from the fish, and break it into flakes. Have ready two or three hard-boiled eggs, some white sauce made rather thick with milk, butter, and flour, a little salt and cayenne, also some well-mashed potatoes. Take a hot flat dish, and place a bank of mashed potatoes two inches high round near the edge of it, lay the cold fish evenly over the middle of the dish, cut the eggs in quarters, and place them on the top of the fish, then pour in the sauce, which must be quite hot, fill to nearly the top of the potato bank, and put into a brisk oven to brown.

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## USEFUL HINTS.

**GOOD LUNCHEON CAKE.**—Take half a pound of butter or dripping, three eggs, half a pound of brown sugar, one and a quarter pound of flour, quarter of a pound of candied peel, half a pound of sultanas, half a pint of milk, two drams (quarter of an ounce) of carbonate of soda, one dram of tartaric acid. Mix the acid and soda with the flour, then rub in the butter or dripping, add the sugar, sultanas, and candied peel, beat the eggs well, make the milk a little warm, add it to the eggs, then mix quickly with the other ingredients, put into a warm buttered tin, and into the oven as speedily as possible. The oven should be rather hot. The cake will take about an hour and a half to bake.

**BAKING POWDER FOR BREAD OR CAKES.**—Take one ounce of tartaric acid, put it in a mortar with three ounces of cornflour, mix them, then add two ounces of carbonate of soda, rub well together with the pestle, then put in a dry bottle, and cork. For making bread two good teaspoonfuls will be sufficient for one pound of flour.

**TO WASH NEW WHITE LACE SO THAT IT SHALL STILL LOOK NEW.**—Procure a round pickle bottle, sew white muslin over it as smoothly as possible, have a piece of good pale yellow soap that is nice and soft, rub it well over the muslin, then commence to wind the lace on to the bottle. This must be done very evenly, and care taken that the edge of the lace is not doubled in anywhere; as it is put on the bottle each layer of lace must have a little soap rubbed on it. Two or three widths of lace may be put on the same bottle, provided the widest is wound on first. When all the lace is on, sew muslin tightly over it, covering the bottle entirely, rub plenty of soap on the outside, then cut the remainder of the piece of soap into shavings, put it with the bottle into a white enamel saucepan, cover with cold water (no soda), let it stand on the side of the stove to get warm very slowly, then boil for two hours (or three if the lace is very dirty) with a plate on the top of the saucepan instead of the lid; then take out the lace and rinse well, first in warm water then in cold, until no soap comes out, press out what moisture you can, then stand before the fire or preferably in the sun if the weather permits, until the lace is thoroughly dry, then take off the muslin and unwind the lace, which will be quite ready for use. The under muslin can be left on the bottle for future use. The oldest and most delicate lace may be cleaned in this way. The appearance will be spoilt if the muslin is removed before the lace is perfectly dry.



**TO KEEP CUT FERNS AND FLOWERS FRESH.**—Procure a spray-producer; such as are frequently used for blowing perfume through answer the purpose very well. When you have arranged your flowers, blow a water spray all over them. As long as you keep them, repeat this process when they look dry. The finer the spray the better. A short time ago I was arranging flowers for a dinner-table; the day was very warm, and I was very anxious to keep the maidenhair fern fresh. For one plateau I kept it in water until late and then stuck it in with the flowers, looking wonderfully fresh; in the other plateau I put the fern as I arranged the flowers, and then blew a very fine spray all over it. At the end of the

evening the maidenhair that had not had the spray was quite faded, while that which had had it was almost as fresh as when I put it in. I believe the reason is that the water when put on the leaves as spray has so much air with it that it does not run off and leave the leaves dry as it does when one dips them in water. If flowers are faded from being packed (particularly roses) a little ammonia or a few drops of sal-volatile put into the water in which the stalks are will considerably help to revive them.

**CROCHET RESPIRATORS.**—For invalids of all ages the air should be warmed before it passes into delicate lungs, and it has been agreed by most medical men that metal respirators are not so healthy as respirators where the air is passed through wool. In cases of infection the spread of the disease to those engaged in personal attendance on the sick is often prevented if the contaminated air in the room is not breathed directly by the healthy person, but is passed through a disinfectant. To perpetually hold up to the mouth such a remedy is troublesome, but to fasten on something that will hold it is comparatively easy. Both for invalids and their attendants the respirators made of wool will be found invaluable. They are made as follows:—Use a fine bone crochet-hook and double Berlin wool, white and grey. First row, with the grey wool; four chain, into which work four double crochet. Second row; two double crochet into the first chain on previous row and one chain into each of the others, and finally make one chain. Work the rows in ribs by always inserting the hook into the back and not front loop of the stitch. Work twenty-one rows as the second row, increasing at each row by working two double crochet into the single chain made at the end of each row. Work two rows without increasing, and then decrease for twenty-one rows by taking two stitches together at the

commencement of each row until only four stitches remain, which cast off. Make a second piece of crochet with white wool, similar to the one made of grey wool; sew the two together and fasten a loop of elastic to one end of the respirator and a small button to the other, and put the respirator on by passing the elastic round the head. For wearing during nursing, drop small pieces of camphor between the two pieces of wool before they are sewn together entirely. The respirators can be knitted in double knitting as long as the work is increased in every row to the centre and then decreased.

**STEWED ENDIVE** (Very good).—Pick to pieces, mash and drain four or five heads of endive, throw them into boiling water with a handful of salt; boil on a quick fire till tender, strain in a colander, squeeze dry, chop fine. Place in a saucepan one ounce of butter, a little grated nutmeg, pepper, and salt; stir the endive in this over the fire for twenty minutes; add a little cream, and serve with fried sippets. Lettuce may be used instead of endive, but it is not quite so good.

**POTATOES AU GRATIN.**—Boil, peel, and mash smoothly one pound of potatoes, place a layer of them in a baking-dish, then sprinkle over them some grated cheese (Parmesan is best) and a few small lumps of butter; repeat the layers till the dish is full; put some bread-crumbs on the top, brown and serve.

**SCALLOPED ARTICHOKEs.**—Boil thoroughly and break up one pound of artichokes (Jerusalem, *bien entendu*), mix one ounce of butter with one ounce of flour, a little milk or cream, and a small teaspoonful of anchovy sauce, the yolk of an egg, and a little lemon juice; stir the artichokes in this, then put all into a flat dish; put bread-crumbs on the top; salamander.



right in my suspicions as to her feelings, Alan, I could not accept a happiness which would cause her pain, supposing she too should have been mistaken."

"But she never was mistaken for a moment," said the soft voice of Elsie in the darkness behind them, and her arm stole lovingly round Janet's neck. "She saw how things were tending from the very first. Oh, Janet, I am so happy, dear. Papa and I often talked it over when you left us by ourselves, and we hoped so much that this might happen. Ah, there you are, papa, waking up at last, and I think you will say it is high time."

THE END.

## USEFUL HINTS.

### FRENCH OR DRY CLEANING AT HOME FOR GLOVES, TIES, BOOTS (EITHER SATIN OR KID), FURS, AND PLUSH.

THIS method is so simple that, to young ladies who go out a great deal, gloves are a great consideration, and when by such a simple process you can have clean gloves in a few minutes, most ladies would like to learn the method, the cost of which is so trifling. The first thing to do is to procure benzine, or benzoline (the former I prefer), from a chemist; sixpennyworth will clean at least a dozen pairs, and then can be used again, if care be taken that, in returning it to the bottle, no sediment is allowed to return, but wiped from the bowl with a cloth kept for that purpose.

The best thing to scrub the articles on is a common slate and an ordinary nail-brush, and care must be taken that water on no account must be allowed to come near the spirit.

There are two bowls used, one for soaking, the other for rinsing.

After soaking the articles, lay them on the slate and scrub those parts which are the most soiled gently until clean, then rinse them through the clean spirit, and put them on a rounded stick, or a glove stretcher will do if not opened, and rub gently all over until dry, then hang them up on a piece of twine to take the smell out of them.

It is always best to do your cleaning in the day with windows open, so that the air carries off any smell; although not unpleasant, some people object to it. Light or fire should be avoided, as the spirit is inflammable, but with a little ordinary attention there is not the slightest cause for fear.

This method of cleaning is so simple that a child of ten years old could, without the slightest fatigue, clean from twenty to thirty pairs per hour.

The rubbing cloths are made of the commonest kind of coarse towelling, half a yard square, and when these are dirty and require washing, they should be thrown into strong soda water and boiled, and when thoroughly dried are ready for use.

Boot and shoe cleaning is precisely the same as for gloves, only in the case of kid shoes, instead of being dried with a cloth, they are finished with plaster of Paris, the plaster being rubbed on with the hand.

White furs are treated in the same way, and then shaken well to get the powder out and raise the fur nicely.

Dark furs are rinsed in clear spirit after scrubbing, then rubbed nearly dry with a cloth, shaken, and hung up to dry the same as gloves.

I think it best to take the linings out of muffs (not other things), because it is very difficult to get the lining to set smooth afterwards.

Neckties are smoothed over with a warm iron after cleaning, and, as a rule, look equal to new. Furniture coverings can have all grease

removed from them by rubbing the part with the brush first, and then quickly with a cloth; if the first application is not sufficient, the second one is a certainty.

This process of cleaning removes dirt and grease of every kind, but not stains. Sometimes a spot of grease on a dress spoils the effect, and some people think nothing will do but to retim or take the soiled part away; but this spirit, carefully used on the spoilt part, will almost instantaneously remove all trace of grease.

M. C.

## THERE'S PEGGY!

THE following incident is narrated in the autobiography of Richard Lovell Edgeworth, father of the more famous Maria Edgeworth:—"One day," says Mr. Edgeworth, "in one of the crowded streets, I met a poor young girl, who seemed utterly bewildered; she stopped me, to ask if I would tell her the name of the street she was in. Her accent was broad Scotch, and her look and air of perfect simplicity was, I perceived, not assumed, but genuine. I gave her the information she wanted, and asked her where she lived, and if she was in search of any friend's house. She said she did not live any where in London; she was but just arrived from Scotland, and knew nobody who had any house or lodging of their own in town, but she was looking for a friend of the name of Peggy; and Peggy was a Scotch girl, who was born within a mile of the place where she lived in Scotland. Peggy was in service in London, and had written her direction to some house in this street, but the number of the house, and the names of the master or mistress, had been forgotten. The poor girl was determined, she said, to try every house, for she had come all the way from Scotland to see Peggy, and she had no other dependence!

"It seemed a hopeless case. I was so much struck with her simplicity and forlorn condition, that I could not leave her in this perplexity, an utter stranger as she evidently was to the dangers of London. I went with her, though I own without the slightest hope of her succeeding in the object of her search: knocked at every door, and made inquiries at every house. When we came near the end of the street, she was in despair, and cried bitterly; but as one of the last doors opened and as a footman was surlily beginning to answer my questions, she darted past him, exclaiming, 'There's Peggy!' She flew along the passage to a servant girl, whose head had just appeared as she was coming upstairs. I never heard or saw stronger expressions of joy and affection than at this meeting; and I scarcely ever, for any service I have been able in the course of my life to do for my fellow-creatures, received such grateful thanks as I did from this poor Scotch lass and her Peggy for the little assistance I afforded her."

## ANSWERS TO CORRESPONDENTS.

### EDUCATIONAL.

EILEEN.—"Od," or "odic," is the name invented by Baron von Reichenbach, and applied to what he deemed a new force in nature, which was all pervading, and manifested itself at the poles of magnets, crystals, etc. The theory was long discredited, in spite of Reichenbach's years of patient research, but within the last year or so the subject has been re-investigated, and the investigators consider that there is some truth in these theories after all.

INQUIRER.—Kindly read the article entitled "Work for All," pages 25, 119, 179, 347, 518, and 662, vol. v.

MOOCHEPARAH.—We never heard of such a restriction on private schools. Ask your informant to give his authority.

**CURD CHEESECAKES** (Lincolnshire recipe).—Turn a quart of milk (good measure) with one teaspoonful of rennet. Drain the curd very dry; rub into it two ounces of good butter, and two and a half ounces of finely-pounded white sugar, two and a half ounces of currants, the grated rind of half a lemon, one small teaspoonful of powdered cinnamon. The yolks of two eggs and the white of one are to be well beaten with two tablespoonfuls of brandy, and added to the other ingredients. Mix all well together, and fill tartlet cases and bake. The brandy may be left out if not approved of.

**BIRTHDAY PLUM PUDDING**.—Take fourteen ounces of sifted breadcrumbs, one pound of currants well washed and dried, one pound of Valencia raisins stoned and cut in halves, six ounces of candied peel, three-quarters of a pound of moist sugar, half a nutmeg grated. Mix these ingredients, then add ten eggs well beaten; mix well, and add a wineglassful of rum or brandy. Put in a pudding mould and boil for eight hours. Note that this plum pudding has neither suet, flour, nor butter in it. It is on that account considered by many to be more digestible than an ordinary plum pudding.

**TO CLEAN BEDROOM WATER BOTTLES**.—These are frequently left looking anything but bright, because, apparently, there is nothing handy to clean them with. French chamber-maids generally use paper for the purpose. Before they empty the bottles they put in some little pieces of soft paper; these they shake well in the bottles, empty them, and rinse with fresh water, and the bottles keep as bright as possible. In some localities the tops of water-bottles get a sort of frosted look from the lime in the water; water will not remove this, but a little common salt rubbed wherever the white marks are will remove them instantly.

**FRICASSÉE OF VEAL WITH CELERY**.—Next to the fillet, the ribs or breast are most suitable for this dish. The meat should be cut into convenient-sized pieces, and laid in a stewpan with a good lump of butter and two or three finely-chopped onions. When it has cooked for a little while, half fill the stewpan with boiling water, add salt and pepper to taste, and some sticks of celery divided into small pieces. Stew slowly for two hours, and before serving thicken the gravy with a little fine flour. Asparagus is also good with this dish.

**TRIPE A L'ITALIENNE**.—Take one pound of single tripe, wash it well, then simmer it in milk and water until it is quite tender. Cut it in narrow strips like ribbon macaroni; melt three ounces of butter in a stewpan, chop up two small onions and cook them in the butter; then add two large tablespoonfuls of chopped parsley, and put the tripe in with two or three spoonfuls of the milk and water in which it was boiled. Shake in a quarter of a pound of grated Parmesan, stir over the fire for a minute or two; serve very hot.

**NUREMBERG WHITE GINGERBREAD**.—One pound fine flour, one pound sifted sugar, one pound almonds blanched and cut fine, eight eggs, four ounces candied orange-peel, four ditto lemon-peel (both cut fine), half an ounce powdered cinnamon, half an ounce powdered cloves, one ounce powdered ginger, half an ounce potash dissolved in a little milk or rose-water. The eggs must be first well beaten, and afterwards thoroughly mixed with the sugar, spices, and peel. Then add slowly the flour and potash, lastly the almonds. Have ready some pieces of white paper or wafer about the size of playing-cards. Spread the mixture thickly on, place on a baking-tin, and bake in a not too hot oven until done.

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## USEFUL HINTS.

**TO CLEAN ORIENTAL AND OTHER BRASS ORNAMENTS.**—Take a lemon without the peel, cut it in two, and take out the pips; well rub the articles to be cleaned with the pieces of lemon, then wash them in plain warm water; dry with a soft cloth, and polish with a clean leather, and the brass will look new again.

**A COLOURLESS CEMENT.**—Put one ounce of chloroform into a stoppered bottle, with one ounce and a quarter of caoutchouc cut into very small pieces. When this is dissolved, and the mixture quite fluid, add a quarter of an ounce of mastic in tears. Let the whole remain with the stopper well in for eight days, when it will be fit for use (or it will keep for any time). This is an excellent cement for china,

glass, and many other things. It is used in the ordinary way; the china or glass to be joined is warmed, and the bottle of cement is stood in warm water when it is too thick to use without. Take care not to cement the stopper into the bottle.

**SWISS TRIFLE.**—Take sufficient from a pint of cream to mix four teaspoonfuls of best flour into a smooth batter. Put the remainder of the cream into a saucepan, make it hot; have ready six ounces of sugar on to which you have grated the rind of a lemon, then pounded the sugar; put this into the cream, and when it is quite hot add the flour that you mixed with some of the cream, simmer for five minutes, stirring gently all the time. When quite cold stir in slowly the drained juice of two lemons.

Next take a glass dish, cover the bottom of it with macaroons or ratafias, spread a layer of greengage jam over these, then a layer of the prepared cream; repeat these three layers so that there are six, and the top one is cream. This trifle is not much to look at, as the top is flat and it is not ornamented, but to eat I think it is the queen of sweet dishes.

**ALMOND NUTS.**—Half a pound fine flour, half a pound sifted sugar, half a pound pounded almonds, six ounces butter, two eggs, the grated rind of one lemon. Beat the butter to a cream, add the eggs (well beaten), sugar, spices, almonds, and flour. Stir the whole briskly together for a quarter of an hour, form into small balls, and bake in a slow oven until of a pale yellow colour.

## USEFUL HINTS.

## CREWEL CRACKERS.

TAKE a piece of cardboard about 6 inches long and 3 wide, and cover one side with thin silk or material. Then sew it up lengthwise, with the silk inside, to make a cylinder, or paste a strong piece of paper round it. Paper is preferable, as the join in sewing is apt to spoil the shape. Then cut a piece of figured silk or satin about 12 inches long, and sew very tightly round the cardboard, leaving about three inches of material at each end, half of which must be fringed out. Take two skeins of crewel wool, cut once and double, and insert one skein from each end, drawing gently in opposite directions till the cut ends are level with the end of the fringe.

Tie a piece of gold cord or ribbon very tightly round the silk just beyond the cardboard at each end. This gives it the appearance of a cracker, if made in suitable material. Large ones made in plush, the ends trimmed with lace, are very pretty for music cases, and also for work tidies. In the latter case they should have a round piece of cardboard sewn

in at one end, and have cords or ribbons fastened from each end and tied in the centre, by which to hang them against the wall.

G. M.

PIED A LA POULETTE.—Take some sheep's feet (they can be bought prepared at tripe-shops), stew them very gently in sufficient water to cover them until they are tender enough for you to remove the bones. Then make some white sauce, in which put a dozen small button mushrooms which have been soaked in vinegar and water. Put the boned sheep's feet in this sauce, make them quite hot, add the juice of a lemon, and serve. The liquor that the feet have been boiled in makes good broth. Calves' feet that have been used to make jelly can be served up in this way. In France sheep's feet dressed à la poulette are much esteemed. They make an elegant little dish at a very small cost.

CHEESECAKE PUDDING.—Take three ounces curd, two eggs, well beaten, and sufficient milk to make the mixture the consistency of a

batter; add a few currants and some grated lemon peel, sugar to taste; line a pie-dish with paste, pour in the mixture, and bake in a rather quick oven.

## POLISHING FLOORS.

Floors polished with beeswax and turpentine are both agreeable to the eye and healthy. The floors should be thoroughly well scoured with strong soda, and then gone over with vandyke brown (which can be bought *ground in water*), mixed with a little size. If the boards have never been previously stained go over them twice with the brown. The beeswax will melt in turpentine, if the turpentine be warmed. When cold it forms a kind of jelly, and this must be well rubbed over the boards with flannel, and then polished by friction. If the boards when once stained and polished are occasionally rubbed over with beeswax and turpentine, a very polished surface can in time be obtained. In places where the stain wears off, re-stain with vandyke brown, and polish.

## USEFUL HINTS.

## TO CLEAN KID GLOVES.

STRETCH the gloves on a clean piece of paper or a wooden hand, and apply benzine collas with a piece of cotton or flannel. Apply the benzine in a circular direction. Dry with blotting paper. By exposure to the air all traces of smell will speedily disappear.

## TO CLEAN WHITE KID OR JEAN BOOTS.

When not very dirty, put half an ounce of hartshorn into a saucer. Dip a bit of clean flannel in it, and rub it on a piece of white curd soap; rub the boots with this, and take a fresh piece of flannel as each piece becomes soiled. When the boots are really dirty, the better way is to stuff them as full as possible with old rags or common cotton wadding to prevent any creases; then mix some pipeclay with water to rather a stiff paste, wash the jean boots with soap and water and a nail-brush, using as little water as possible to get

the dirt off. When they appear tolerably clean, rub the pipeclay with a flannel well over them, and hang them up to dry. When dry, beat out the superfluous clay with the hand, and rub them till they look smooth. Flake white may also be used.

## LIQUID TO REMOVE GREASE SPOTS, &amp;c.

Dissolve one ounce of pure pearlash in a pint of spring water, and to the solution add a lemon cut in small slices. Mix the ingredients well; keep the mixture in a warm state for a couple of days, then strain it and bottle the clear liquid for use. A little of this poured on stains of grease, pitch, or oil will remove them. The cloth should be washed in clean water as soon as they disappear.

## TO CLEAN WHITE OR VERY LIGHT SILKS.

Take a quart of lukewarm water, and mix with it four ounces of soft soap, four ounces of honey, and a good sized wineglass of gin.

Unpick the silk and lay it in widths on the kitchen table. Then take a perfectly new common scrubbing-brush, dip it in the mixture, and rub the silk firmly up and down on both sides, so as to saturate it. Rinse it in cold water twice, until free from soap, and hang it on a clotheshorse to drain, until half dry; then iron it with a piece of thin muslin between it and the iron, or it will be marked on the ironed side. Keep the silk quite smooth when laid on the table, so that every part may come under the brush. White silk requires a little blue in the water.

Silk stockings should be carefully washed in water that is neither hot nor cold. Any pure white soap will do, and the stockings should be dried on wooden frames made for the purpose. White silk handkerchiefs must be quickly washed in a lather of pure white soap, to which a squeeze of blue, with a spoonful of salt, has been added to prevent the colour from running.

### TO REMOVE GREASE FROM SILKS, SATINS, HATS, COATS, &C.

Saturate a piece of clean flannel with benzine collas, and rub gently; then expose to a good current of air.

### TO LOOSEN A TIGHT STOPPER.

Apply hot water to the neck of the bottle, which will expand, while the stopper retains its former temperature and becomes loose. In the case of a phial containing smelling salts, dip the neck and stopper in vinegar or a solution of citric acid. Then place the phial in a vessel of hot water, when the stopper will readily come out.

### TO TAKE INK STAINS OR IRON MOULDS FROM LINEN.

Place the linen over a basin containing boiling water, strain it tight, and wet the stain with water. Then carefully drop on it a few drops of diluted spirit of salts from a feather or hair pencil; wash carefully in clean water when the stain has disappeared. A simple method of removing stains from linen is to dip it in pure buttermilk, and dry it in a hot sun; then wash in cold water, and dry it, two or three times a day.

### TO REMOVE CLARET OR PORT WINE STAINS.

Apply a little salt to the spot stained, and also moisten it with sherry. After washing, no trace of the stain will be left.

### TO CLEAN WASH-LEATHER GLOVES.

Remove the grease-spots by rubbing with magnesia or cream of tartar; prepare a lather of lukewarm water and white soap; wash the gloves in it, wring them, and squeeze them through a fresh lather. Rinse first in lukewarm water, then in cold, and stretch them (on wooden hands, if possible) to dry in the sun or before a fire.

### TO WASH IVORY-BACKED HAIR BRUSHES.

Make a solution of borax (in the proportion of one teaspoonful of borax to a pint of boiling water) in a shallow dish. Whilst quite hot, immerse the bristles only of the brush, and agitate them slightly, till thoroughly clean; then place on a dry cloth, bristles downwards, and when quite dry the bristles will be found to be as stiff as when new. This treatment

answers equally well for every description of hair brush. The chief essentials are speed and quick dressing.

### TO REMOVE GREASE FROM STONE STEPS OR PASSAGES.

Pour strong soda and water, boiling hot, over the spot, lay on it a little fuller's earth made into a thin paste with boiling water, let it remain all night, and repeat the process should the grease not be removed. Grease is also occasionally taken out by rubbing the spot with a hard stone (not hearth stone), using sand and very hot water with soap and soda.

### TO REMOVE MILDEW.

Mix soft soap with powdered starch, half as much salt, and the juice of a lemon. Lay the mixture on both sides of the stain with a painter's brush; let it lie on the grass day and night till the mildew stain disappears.

### TO TAKE GREASE SPOTS OUT OF CARPETS.

Mix a little spot in a gallon of warm soft water, then add half an ounce of borax; wash the part well with a clean cloth, and the grease or dirty spot will shortly disappear.

## USEFUL HINTS.

## KEEPING JAM.

For many years my jams never kept well; they either fermented or turned mouldy. My cooks in turn blamed the fruit, the place they were stored in, the sugar, etc., but did not for a moment imagine they could be in fault.

At last, wearied out, I determined to try myself, and see if I could not make jams and jellies that would at least keep a reasonable time.

I believe I have succeeded well in this rainy summer, and with delicate fruits such as strawberries, raspberries, etc.

The secret is never to leave the preserving-pan for one moment from the commencement of the proceedings, and not to skim the fruit.

I put as a rule one pound of sugar to each pound of fruit, and stir the mass well from the time it is put on the fire; as the scum rises, and when boiling has begun, I stir more vigorously. After a time the scum begins to boil itself clear. When quite clear, the jam thickens, and I then take the pan off the fire and put the jam into warmed jars.

All the jams I have made this way are bright and clear, and some of the fruit has been gathered on a damp day.

Red currant and raspberry jellies I have managed in the same way, and with the same

satisfactory result. I never skim the jelly as the scum rises, but let it boil itself clear. I find fifty minutes or an hour ample time for preserving ten pounds of fruit; allowing twenty minutes for brisk boiling.

I have adopted this plan with an oil stove as well as an open fire. I need hardly say that by this method waste of any kind is avoided.

## TO KEEP TARTS OR MEAT PIES HOT.

The present suggestion offered may not have occurred to some of our young cooks. Suppose you have another dish of the same size as that in which your tart or pie is made, take it and fill it about one-third full of water—I need hardly say hot water—and let your tart or pie rest over this until it is wanted, either on the top of the oven or inside. If mince, of course it must be watched to see that the crust does not take any hurt, but this will keep your fruit or meat quite hot without hurting your crust. It is much the same as the “bain marie” that is used on the top of the stove or hot plate to keep the various contents of the saucepans hot.

## A USEFUL AND KINDLY WORD OF ADVICE TO GIRLS.

It is not generally known that a threading of cotton or silk elastic in the back of stays in

place of the cord that is usually sold in them, is a great comfort and no little contribution to health. Ease of movement is what most people desire, yet few, perhaps, go the right way to secure it. I have worn elastic in my stays for many years and have found great advantage arise therefrom. I remember when first I bought it for the purpose, and mentioned it to the girl who served me, she laughed at the very idea. “Why, whenever you move,” she said, “up and down, you will have your stays gaping open.” “Exactly what I want,” I said; and so my stays have gaped open for many years and will do so I trust to the end of my life. I have found comfort and ease therefrom, and advise others to try the same.

I should add, you may still have your dress moderately tight—the elastic will still do its work and make your figure the better.

## RECIPE FOR REMOVING INK-STAINS FROM LINEN, &amp;c.

If at hand, take a lemon, cut, and squeeze its juice at once upon the place stained; then rub with yellow soap, and rinse in cold water. The effect is almost magical, but the application should be instantaneous, for which purpose a lemon should be always kept in the house.

**ARMAGH PUDDING.**—Beat up the whites of four eggs to a very stiff froth on a plate, then turn into a basin, and with a wooden spoon stir in *quickly* eight ounces of castor sugar. Have ready four square pieces of white paper, about six inches in length, laid on boards an inch or two in thickness; divide the mixture evenly, and spread on the papers as smoothly as you can. This must be done rapidly, and no time must be lost in putting them into the oven, which must be a moderate one. Bake half an hour, then turn the cakes on to fresh paper on their backs, and return to the oven for a quarter of an hour. Take them out and let them cool, when they will be quite crisp. Lay them on a silver dish, with whipped cream flavoured with pineapple between each, and heap on the top cream whipped up with a teacupful of grated pineapple and a dessert-spoonful of fine sugar.

**SCOTCH FOG.**—Take a dozen or so macaroon biscuits, pound them to a smooth paste in a mortar with a little thick cream. Put

the paste neatly in a mound on a crystal dish and over it heap a pint of whipped cream, flavoured with a very little sugar and vanilla essence.

**BOTTLED GREEN PEAS.**—Our readers are cautioned against the use of the French tinned and bottled green peas, which are such favourites at present among housekeepers—particularly those who strive to present their friends with a dainty and appetising *entrée*. These peas, especially those coloured a pretty light green, says the *Lancet*, are poisonous in the extreme, and are made chiefly for the English market, and are not allowed to be sold in the country of their preparation.

**BLEEDING FROM THE NOSE.**—Mr. Jonathan Hutchinson says that if the patient plunges her feet and hands into water as hot as can be borne, it will stop the bleeding, even in the most rebellious cases, and that the treatment, though simple, has seldom failed whenever he has tried it on his patients.

**A CURE FOR FRECKLES.**—A French doctor presents us with the following prescription, which he says is an infallible cure for freckles:—After the skin has been well washed and dried, the folds of the skin are drawn out with the left hand, and with the right a brush, dipped into strong carbolic acid, is applied to the freckle and the acid allowed to dry. During some days the spots appear more evident than before the application of the acid, and a kind of scale is formed. In seven or eight days the scale falls off; the skin thus exposed is of a rose colour, but afterwards becomes white.

**PEPSALIA.**—This is a digestive table salt, and very closely resembling ordinary salt both in colour and in taste. It is a very ingenious and useful preparation, and the makers deserve great credit for helping us to so pleasant a way of taking medicine; few people would recognise it from ordinary salt. It contains pepsin and pancreatine, and may be used with food in the same way as ordinary table salt.



## USEFUL HINTS.

**COCOANUT CAKE.**—Two eggs, their weight in flour, sugar and butter; beat the butter to a cream with the sugar, and add flour gradually and the eggs well-beaten, a few drops of cochineal, a teaspoonful of vanilla, and four candied greengages chopped into small pieces, two ounces of cocoanut; mix and add the last thing a teaspoonful of baking-powder. Put into a flat, round, or oblong tin that has been buttered and had some cocoanut and castor sugar sifted over it; bake in a rather hot oven for half an hour. When done, turn out and cut in bars; cut these across, either in squares or diamonds.

**FUN PUDDING.**—Fill a large pie-dish three parts full with apples, sliced very thinly; sprinkle sugar over, and put a layer of apricot jam. Take a stew-pan and put into it one pint of milk; put on the fire and let it boil. Meantime mix two tablespoonfuls of arrow-root and a little sugar with as small a quantity of cold milk as possible; stir into the boiling milk. When it is thick, pour over the apples, and bake in a moderate oven till done.

**CLARIFIED FAT.**—This, when nicely prepared, may be used for almost anything, and

is particularly good for all frying purposes instead of lard or butter. Cut into pieces any quantity required of fat, either of beef or mutton. Place these in a saucepan, and cover with cold water; stir all until the water boils. When boiling, skim the surface well, and afterwards allow the preparation to boil very rapidly until the water has all been discharged in vapour. If any water remains, the liquid retains its white colour, but if no water remains, the fluid takes the colour of salad-oil. When free from water, the fat should be strained, and is ready for any use to which it is to be put.

**TYPHOID FEVER.**—The prevalence of typhoid fever, and the interest which is attached to all matters concerning its treatment, induce us to print the following interesting memorandum from the late Sir William Gull, M.D., given to Major-General Ellis two years after the illness of the Prince of Wales, in 1872 :—

I. Typhoid fever is a disease which runs a more or less definite course. It cannot be stopped or cured by medicines.

II. The chief thing to be done at the outset of an attack is to send the patient to bed, so as to save strength from the beginning.

III. No strong purgative medicines are desirable.

IV. As the fever develops, and the strength grows less, light food should be given at short intervals—i.e., water, toast-water, barley-water, milk and water, light broths (not made too strong or too gelatinous).

V. If there be restlessness or much agitation of the nerves, wine (port, sherry, or claret) or brandy in moderate doses at short intervals. This must be directed medically, but in general it may be said that the amount required is that which induces repose and sleep.

VI. The bowels may be left to themselves. If unremoved for twenty-four or thirty-six hours, a lavement of warm water may be necessary, but this will be directed medically.

VII. The restlessness or wakefulness in fever is best remedied by the careful giving of wine or spirit with the food, or in water. Sedatives such as opium are inadmissible—mostly injurious.

VIII. The bedroom to be kept at a temperature of 62 degrees to 64 degrees.

IX. Great care necessary to keep the bed clean and sweet. This most easily done by having a second bed in the room, to which patient can be removed for two or three hours daily, whilst the other is thoroughly aired, and the linen changed.

X. All fatigue to be sedulously avoided. No visitors admitted, and no other person but a nurse and one attendant to help her.

XI. Patient's room never to be left unattended for a moment, as in the delirium of fever patient might jump from bed and injure himself.

XII. As to medicines and the treatment of complications, the immediate medical attendant must be responsible.

XIII. As it is probable that the discharges from the bowels in typhoid fever may be a source of contagion, it is desirable that before being thrown down the closet they should be largely mixed with Condy's fluid or some other disinfectant. On the same principle, the strictest cleanliness must be observed in the sick room.

XIV. There is no reason to believe that typhoid fever is contagious from person to person in the ordinary way. The largest experience shows that it does not extend, like an ordinary contagious disease, to nurses or others attending upon patients suffering under the disease.

WILLIAM W. GULL.

**GERMAN TEA-LOAF.**—One pound and a half of Vienna flour, four ounces of white castor sugar, half a teaspoonful of salt. These ingredients to be put into a bowl with three quarters of a pint of milk, made warm in a jug. Put a quarter of a pound of fresh butter,

one ounce of yeast, two well-beaten eggs, with the contents of the jug; mix the ingredients in the bowl to a stiff dough with the hand. Leave it to rise two hours; then, when moulding it, work in two ounces of chopped candied cherries. Put into one or two greased tins, leaving plenty of room to rise; put into a quick oven, the heat of which should at first be very quick, and allowed to subside at the end or nearly the end of the time required for baking. When it is taken from the oven, brush over with beaten white of egg and a tablespoonful of castor sugar. Return to the oven to set the surface slightly.

**POP-OVERS.**—These should be eaten hot with a little syrup or butter. Take one pint of milk and as much flour as required to make a stiff batter; beat the yolks of three eggs; stir in with a little salt and a tablespoonful of butter, melted. Then beat whites of eggs till they are like snow, and stir them gently into the batter, and, last of all, add a teaspoonful of sugar and a saltspoonful of soda dissolved in a little hot water, two saltspoonfuls of cream of tartar. Bake in tins or cups in a very hot oven.

**WHOLE WHEATMEAL GINGERBREAD.**—Ten ounces of whole meal, half a pound of treacle, two ounces of sugar, two ounces of butter, a few carraways, half an ounce of ground ginger. Rub in the butter to the dry ingredients, mix all with the treacle and a quarter of a pint of new milk, in which a teaspoonful of soda has been dissolved. Bake in a buttered tin in a very slow oven.

## USEFUL HINTS.

## TWO BLACKBERRY PUDDINGS.

Lay in a pie-dish slices of bread as for a bread and butter pudding, but without the butter. Boil some blackberries with either damsons or bullaces, about half and half of each, and sufficient sugar to sweeten them; when hot, pour over and between the slices of bread. Let it stand the night, or at least five or six hours; turn it out into a glass dish (it will have acquired consistency), and before serving throw over it a custard made with one egg and thickened with cornflour.

The second pudding I would mention is made thus:—Butter the outside of a pound jar, place it in a buttered tin or pie-dish.

Pour into the pie-dish batter, and bake it. When ready to serve extract the jar, and into the cavity pour about a pint of blackberries and damsons sweetened and stewed.

In the matter of a preserve, I would remark, that I think blackberries boiled with common white bullaces make a far better preserve than with apples—I have tried both.—*Mab.*

STAFFORDSHIRE SHORTCAKE. — Beat a quarter of a pound of butter to a cream in a basin, add a quarter of a pound of castor sugar and two eggs; mix all together, then add four ounces of almonds, blanched and chopped small, one ounce of angelica and two of candied

cherries, also chopped finely; add sufficient flour to make a fairly stiff dough; turn on to a board, roll out a quarter of an inch thick, cut into squares and diamonds, pinch the edges; bake in a rather quick oven to a pale brown tinge.

TINNED FRUITS.—A Medical Officer of Health and Public Analyst says that “it is practically impossible to preserve fruits with acid juices in tins without the acid acting to a greater or less extent upon the metal, and there are instances on record in which such foods have caused serious illness. Acid fruits should never be preserved in anything but glass or porcelain vessels.”

## USEFUL HINTS.

**KISHNUGGAR HULLUAH.**—Put a quarter of a pound of good fresh butter into a saucepan with three ounces of fine rice flour, stir well all the time; add four ounces of castor sugar, then add the pulp of a pineapple, which must have been previously prepared by peeling and rubbing it through a fine wire sieve, stir well and let it cook gently for ten minutes. Pour it in a damp mould, and when set turn out and serve with good thick cream poured over it, and sprinkle over or arrange in some design various coloured crystallised fruits.

**KIDNEY AND BACON** (*sauté*).—Put an ounce of butter into a *sauté* pan, cut the kidneys in half, and chop finely a little lean ham or bacon; when the butter is boiling put them in, adding pepper, salt and a little finely-chopped parsley; place the pan on the fire for three or four minutes, then turn the kidneys, place on a slow fire for half-an-hour, serve on dry toast pouring the gravy over it. Serve hot.

## WHERE THERE'S A WILL THERE'S A WAY.

A POOR girl in the Isle of Wight desired greatly to aid in a good work, but she only had a penny, and I think it will be interesting to many girls to know what she did with this penny.

Bought a penny reel of white cotton and made  $2\frac{1}{2}$  yards of lace which she sold for 6d. With this 6d. she bought a ball of string and made a bag which sold for 1s. 9d.

From this she took 8d. and bought muslin and lace with which she made a pinafore and sold it for 1s. 6d.

Again she took 8d. and bought materials for a pin-cushion, consisting of a little white braid and a skein of orange wool, a piece of green *pongée*, and lace to go round. The pincushion she sold for 2s.

As a result of one penny and her work she was able to hand in 3s. 11d.

E. B.

## VERY EFFECTIVE DOOR-RESTS.

TAKE an empty bottle, fill it with shot or sand in order to weight it, and cork it down, cutting the cork off flat with the neck of the bottle.

Cut out a round of card-board the same size as the bottom of the bottle and cover it neatly with blue or black serge. Make a case of the same material for the bottle and sew it on to the card-board circle at the bottom so that the bottle stands firm. Having fitted the material make it neat over the cork. This serves as a petticoat. Buy at any toy-shop a doll's head and shoulders and a pair of arms; sew the former on to the neck of the bottle and the latter on the sides.

Make a simple body and skirt of black or blue serge or cashmere with turn-down collar, and cuffs of narrow white tape. Make a cap and apron of white muslin and lace, and the maid to keep the door open is complete and attractive.

E. B.

## USEFUL HINTS.

**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.

## HOUSEHOLD HINTS.

WHEN stoning raisins, instead of using water to cleanse the knife use flour; keep a saucer with flour in at your side and dip the knife in it occasionally. You will be surprised to find how much quicker and more pleasantly your work will be done.

ALWAYS have your meat well washed before it is cooked. It not only removes all impurities of dirt, but also washes away the blood, which is indigestible, unwholesome, and a means of conveying disease. In the law of Moses it was specially enjoined upon the Israelites that they were not to eat blood

in any form, and modern science teaches us that disease is conveyed from animals to men in this way. This was afterwards confirmed to us Christians by St. Peter when he was called upon to decide which of these laws were binding upon us (Acts xv. 20, 29). Every Jewess is carefully taught to observe the precaution of washing the meat, and there is no doubt but that this and similar observances accounts for a marvellous immunity among their people from diseases transmitted through the blood.

Your cook will probably tell you that meat will not roast or fry if wet, but there is no

reason why it should be left so; it should be afterwards dried in a cloth and thickly floured. Only do not wash any meat till it is to be used. It must not be put away wet.

ALWAYS keep a lump of whiting in the house, in case of burns or scalds. It is a marvellous healer, if applied at once wet and kept moistened; plaster the burnt or scalded place with it in the consistency of cream, and renew it as fast as it dries. It cools and relieves the pain, and when cured leaves no mark.

C. M. FINN.

## HOUSEHOLD HINTS.

To utilise scraps and ends of soap, make a small bag of thin porous material, fill it with the little pieces, sew up the mouth, and use it as you would use a washing-glove. In this way all the odd pieces can be used which are often thrown away.

Never wear high heels to your shoes or boots, they not only make you more liable to trip on the stairs but are most injurious to health. Medical men have traced diseases of the brain, eyes and knees to the high heels, and cases of spinal complaint and epileptic fits have also been caused by them.

Dreams and sleeplessness are often the result of want of sufficient solid food before going to bed, but they are also caused by the head being uncovered. It is of course, unhealthy to put one's head under the bed-clothes, but it is a natural instinct and induces sleep. In cold weather a small shawl or triangular piece of flannel should be tied over the head at night. This applies specially to ladies who dress their hair on the top of the head by day, or those who wear caps.

Never go to sleep with a lozenge or sweet in your mouth, or allow children to do so.

Honey on bread is a valuable food for children, and is a nice substitute for bread and butter, and makes a change. It is more wholesome than jam.

Oil lamps will always smell if turned too high so that they smoke, or too low when the smoke is not consumed, or if any oil is left outside the burner. Never turn down a lamp when you leave a room, as you do with gas, and never blow down a chimney. Turn it down steadily till it goes out, and then turn up the wick to make sure that it is out before you leave it. Always buy the best oil.

## HOUSEHOLD HINTS.

ALWAYS strip the green leaves off the stalks of cut flowers before you place them in water. They very soon spoil the water and smell disagreeably. This applies especially to juicy stems like hyacinths, daffodils, and tulips, and also to mignonette and wallflower.

TIGHT and high collars are injurious to health and affect the sight; wear them as close and as low as possible.

A VERY effective and agreeable disinfectant is a tablespoonful of ground coffee, put on a live cinder in a coal scoop or shovel without holes; the smell is very pleasant and it pervades the whole house.

WHEN opening a wooden box that has been nailed down, take all the nails carefully out with pincers before putting it away. Rusty nails have caused blood-poisoning and death in several cases.

A TEASPOONFUL of orange flower water in either hot or cold water, or warm milk, is a very cooling and tonic drink for a fever patient. It is also very nice for flavouring custards or blanc-manges, and is less common than other flavourings.

A FEW drops of tincture of calendula in water is a splendid remedy for cuts. It heals the flesh very quickly and staunches the bleeding.



## HOUSEHOLD HINTS.

A SOVEREIGN remedy for dulness on a wet day is to polish all the furniture with plenty of elbow grease. The very shine of the tables will cheer you, and the exercise is capital. So is that of making beds, especially if you bang the pillows and mattresses well.

To make an egg lighter and more digestible for an invalid, break it into a small basin of water and let it stand some hours before using, it will then be de-albuminised. This was told to me by a celebrated physician with reference to a case I was nursing.

MANY plumbers' bills and accidents might be saved by an elementary knowledge of taps and meters. Every householder should know how to turn off the gas and water-supply at the main in their houses, and the kitchen boiler flues and chimneys should be well understood also.

To make neat-looking and safe parcels is an accomplishment few possess, but should be learnt by everyone. Few people trouble themselves to make them properly, and the result in transit is disastrous. The wonder is that so many reach their owners.

CULTIVATE the habit of keeping your mouth shut, and of breathing through your nose by day and by night. The fine hairs that line the nose prevent all sorts of impurities and cold air from getting into the lungs; especially remember this when going out of doors after being in warm rooms.

NEVER throw rusty nails, needles or pins into the fire, for (unless it is a very large one) they do not melt, and remain a danger for the hands of the person next cleaning out the grate. Throw them in the garden, if possible, on to the earth.

WHEN boiling (or rather simmering) a piece of silver side of round of beef it makes a pleasant variety to have a piquant sauce with it; so while it is simmering and nearly done, make a sauce as follows: One tablespoonful of vinegar, one tablespoonful of Worcester sauce, one tablespoonful of stout, one teaspoonful of dry mustard, one tablespoonful of sugar or treacle, two or three cloves, mix well together and cook with the beef.

BE very careful in the use of xylonite articles, which are highly inflammable and most dangerous; hair-combs are made of it in imitation of tortoise-shell, dress-buttons, and the washable collars and cuffs are also made of it, and one should never go near a fire with them on. They take light easily and burn with a fierce and sudden blaze.

A PRETTY table ornament is made by placing six horse-chestnuts in a soup-plate filled with earth with moss on the top; lay the nuts in the moss and keep damp till the leaves appear, then sow the moss over with musk seed; put it on a stand in the sun. The musk plants will droop over the edge, the little trees standing up all round.

THERE is a danger connected with cheap tooth brushes which it is well to know; the bristles are often only lightly glued on, and being loosened by the water, get into the throat and stomach and cause troublesome inflammation.

FOR invalids, make their tea with boiling milk instead of boiling water; it is much more nourishing and much nicer if the milk really boils.

IF a child is left in a room to sleep and the door is open, see that any cat or dog in the house is kept away, or they may be found on the bed, and little children run the risk of being suffocated and older ones of being very much frightened. In either case it is not wholesome or safe.

DO not let babies be sucking anything when not taking nourishment. It is injurious to the stomach, a very bad habit, and spoils the look of the lips.

ALWAYS let boiled meat get cold in its own broth if you wish it to be tender when cold. A ham or boiled bacon is much nicer if treated this way, and even a joint which you carve hot can be put back in the broth to get cold.

I AM often asked what we polish our brass trays with to make them bright, and my invariable reply is first, boiling water and a little Hudson's powder, then unlimited leather and elbow grease.

## HOUSEHOLD HINTS.

HOT lemonade is very good for colds, so is a cup of boiling milk with a little cinnamon in it, sipped slowly.

NEVER peel potatoes before cooking. It is wasteful and not so wholesome as cooking them in their skins. Boiling or steaming them (which is much better) in this way retains the potash which is so valuable in the cure of rheumatism.

BE very careful, when giving young children sweets, to break them up first and not give them whole. Sugar almonds, toffee drops, and all smooth hard sweets are very dangerous if put in their mouths whole. Children are sometimes choked this way, as they are apt to let the sweets slip down their throat when laughing or talking.

To clean knives, never rub them on a board, but hold them level on a board or table and rub them along the blade with the end of a smooth cork or piece of leather dipped in knife powder. This saves much of the wear and tear of knives and makes no noise.

Do not be deluded by the idea that flannel-lette (which is a most admirable material in its place) contains any wool, and is safe for underwear in cold weather. Many cases of ill-health have arisen from the use of this instead of real wool flannel. For those who cannot bear the irritation of wool next to them, it is admirable to wear under woollen garments, but it can never be a substitute for wool for delicate people or children.

COCOA if-made from the boiled nibs is a delicious drink, but you must be absolutely sure of the cleanliness of your tin saucepan and of the quality and freshness of the nibs. It can also be made by placing the nibs in a stone salt jar with half a pint of water, in the oven for some hours, and then heated up in a saucepan when required.

NEVER let the housemaid take away cinders from any fire-place. Each fire should consume its own cinders, and these can be sifted with the little handy wire cinder-sifter which should be kept with her housemaids' box.

To make coffee quickly and well, put a good tablespoonful or more into an ordinary pint china jug. Pour quite boiling water over it, and let it stand covered over a few minutes before the fire, stir it once, and then pour into your cup through a small strainer. This should be made with the best coffee without any chicory.

To keep up a steady hot fire without flame. When the fire is bright and red, put on a shovelful or more of coal dust and small pieces, previously sprinkled well with water, press it firmly down and put over that any ashes or cinders you may have. This will make a steady hot fire which will last for an hour or two.

WHEN flowers are scarce in winter, fill your vase with holly, ivy-grasses and any leaves you can get, and mix in among them a few silk-leaved artificial blooms, such as poppies or roses. The silk petals are more natural than others and look very well thus arranged.

## HOUSEHOLD HINTS.

A CORRESPONDENT of the *News* gives the following recipe for teetotal hop beer, which he says he obtained from a ship's cook years ago out in the Pacific. He describes it as "the cheapest, healthiest, and most satisfactory substitute for beer I ever drank." It is also very easily made. Take half a pound of hops; half a pound of tapioca; and five gallons of water. Soak the tapioca all night in a basin of water, next morning when it is swollen, put it into a thin muslin bag, and boil it and the hops together in five gallons of water, for three quarters of an hour. When cool, strain and bottle at once, or put in a cask, which must be tightly bunged. It is ready to drink at once. It is non-intoxicating, most palatable, and if bottled will keep well. Cost, under one shilling, and the quantity given will fill six and a half dozen ordinary penny ginger beer bottles, and sell for six shillings and sixpence.

NEVER let meat or fish remain in the moonlight unless you wish it to go bad, and do not let the moonlight rest on a sleeping person.

Do not exclude the sun from your rooms by pulling down the blinds unless you prefer a doctor's bill to a faded carpet. In choosing a house choose a sunny aspect. There is always most illness in a sunless, shady house.

NEVER allow a housemaid to put her fire ashes box into a cupboard; in one case the staircase of a house was well alight in the middle of the night through this being done. The ashes were supposed to be cold but were *not*.

TRY the use of rather thick curtains instead of window-blinds. You can darken the room so much better, and keep the sun off an invalid's or sleeping child's face. Sleep is far more resting in a properly darkened room.

WHENEVER you see orange-peel or even cabbage-leaf on the pavement, kick it off into the road (but not on to a crossing). Children taught to do this when out walking, think it a great amusement, and probably save many broken legs.

WHEN sending newspapers—especially abroad—it is safest not to use wrappers, but to direct the paper or magazine on itself. Tie a string through it and then twice across with rather fine string. If you only tie it once across, letters and post-cards are apt to get slipped into the folds and be taken across the Atlantic or round the world—as has happened before now. Coarse string is apt to come untied.

IF any one chokes over food, they should at once hold the breath and look upwards. This stops the spasm, and should be taught to all little children. It would save them from many a painful choke.

NEVER spare the use of damp tea leaves when sweeping your room if you wish to preserve your furniture; they also improve the colour of the carpets.

A GOOD furniture polish is made of linseed oil, vinegar, and turpentine in equal parts.

MILK puddings without any egg are much wholesomer and nicer than with an egg.

## HOUSEHOLD HINTS.

SOME responsible member of each household should make it her duty to go round the house every night after the servants have gone to bed, to see that gas is properly turned off, fires out, doors locked, etc. Quite lately, on opening a kitchen cupboard late at night, a hot iron was found on a wooden shelf, with the head of an unlighted match almost touching it. A serious fire might have occurred in consequence before morning.

A LITTLE powdered sulphur worn in the foot of each stocking for a few days and then replaced by fresh, is in many cases a cure for rheumatism, and it has the merit of being an inexpensive remedy, as a pennyworth would last some weeks.

IF a plum stone be swallowed whole, abstain from drinking any liquid for twelve hours or more, and eat as much as possible of

suet or similar pudding, this will form a coating for the sharp points of the stone and prevent injury to internal organs.

IF a fish bone stick in the throat, swallow a raw egg which will help to dislodge it. Vinegar will also sometimes dissolve it and send it down. In any case, do not worry at it so as to lacerate the throat, but get medical aid if beyond your own powers.

## HOUSEHOLD HINTS.

CLEAN looking-glasses when smeary with a little methylated spirit, and then polish with a leather.

IN cases of great weakness during illness, it is not uncommon for the patient to have distressing fits of hiccough, which leave great prostration. To stop the attack, give a wine-glassful of boiling water to be sipped slowly at the very commencement of the attack. This will often completely stop it at once. Allowed to go on, the spasm may become dangerous.

IMMEDIATE relief may be had in cases of neuralgia by squeezing a sponge or cloth out of water as hot as it can be borne, and applying it to the back of the neck. Acetic acid diluted is also most invigorating and refreshing, applied to the top of the head and back of the neck. For a fever-patient, this acid applied according to the directions on the bottle over the body, has been found of the greatest value, and is most refreshing. It gives tone to the nerves, and materially aids convalescence.

WHEN having a house papered, make quite sure before the papers are put on the walls that they are not arsenicated. Some firms supply wall-papers free from arsenic, but if you are doubtful about them submit a piece of each paper to a chemist or analyst, and ask his opinion. Many cases of persistent illness have been traced to arsenic in the wall-paper, and it is not only present in green papers, but also in those of other colours.

SLEEPLESSNESS is generally caused by the brain having more blood than usual supplied to it; anyone desiring sleep should therefore draw the blood to the stomach by taking warm nourishing food the last thing at night, a basin of gruel, or bread and milk, or some other light and digestible food.

It is stated that more than half the consumption in the world is due to wrong breathing and disuse of one lung. Remarkable cures of persons with consumptive tendencies have been effected by their taking singing-lessons, in which the right method of breathing has been taught.

PATENT-LEATHER shoes and boots are best cleaned with a little sweet-oil on a soft rag, after wiping off any dust.

WHEN other remedies are not at hand, rags soaked in milk are valuable for burns on the skin.

HOW rare it is to find anyone able to read aloud properly, and yet what a treat it is when you can get one to do so. Children, and those who read indistinctly, should be made to read aloud at the far end of a room, with some one listening at the other end, to correct them whenever they mumble or lower the voice.

It is a capital plan to make boys and girls describe in their own words some event in which they are interested, standing at a little distance from you. It is a good preparation for public speaking, and gives practice in clothing their thoughts in appropriate language.

IN every house there should be a drawer, in which string, scissors, nails, hammer, and other small tools should be kept for immediate use. In another drawer brown paper, neatly folded, should be always kept. Much needless trouble may be avoided if these things can be always found in the same place ready for use. It should be the business of one member of the family to see that the ink-bottles are kept clean and filled, and that sealing-wax and pens, paper and envelopes, are at hand, and the blotting-paper changed for fresh when used. Umbrellas should not be left stretched open to dry but closed, and with the handle downwards, otherwise the silk-covering and the metal-work rot and rust.

WISDOM-TEETH coming up in the mouth are often responsible for all sorts of mysterious illnesses in growing girls and boys, and even in older people. They come up at all ages, and in all sorts of odd corners, sometimes trying to force their way up under double or other teeth; then begins a spirited warfare, neither tooth willing to give way, and serious ill-health—spinal derangement, fits, and even blindness are the result. Many lives have been saved by the timely examination of the mouth, and sometimes the necessary removal of one of these offenders. It is well to remember this in cases of obscure and obstinate illnesses not amenable to ordinary treatment. Cases sometimes occur when wisdom-teeth are cut by people of mature age, and even by old people.

NEVER cook mushrooms a second time, if this be done they may develop unwholesome and even dangerous qualities.

Do not let the side of your bed ever be placed against a wall, but well out in the middle of the room, and, where it is possible, the head to the north. Free circulation of air is absolutely necessary to health, and where this is not obtainable, headaches, bad dreams, and other ailments are the result. Never close the register of your fireplace, and if you are too delicate to bear your window open at night, leave the door partly open, if possible.

HERE are some useful hints for those who keep canaries. A daily bath is necessary to keep the feet clean, the sand being removed whilst master dick is bathing, so that his pedal extremities do not get clogged. The water should be tepid in winter. Hemp seed should be given in small quantities and with discretion: a little is warming and the birds look upon it as a great delicacy. Should a bird after moulting still look sickly, a rusty iron nail in its drinking water acts as a tonic. A little bread or biscuit soaked in port wine may occasionally be given.

CORNWALL and Devon are the land of dainty foods. Here is the recipe of some delicious cakes, which are always to be found on the tea-table of a Cornish manor-house famous for its genial hospitality. Take a quarter of a pound, respectively, of flour, butter, and sifted sugar, two eggs, a little grated lemon-peel or essence of vanilla. Should the butter be hard, melt it slightly, and beat it into a cream, then add the sugar beating it in well into the frothy butter; next beat in one very well-beaten egg, afterwards adding the flour by slow degrees; lastly, beat in the remaining egg which must be thoroughly well beaten first itself. Mix the whole very carefully, and then pour into small buttered patty pans, baking in a brisk oven until the cakes are of a rich golden colour.

Some other cakes, scarcely less delicious but simpler in manufacture, can be made by mixing one pound of flour, half a pound of butter and of castor sugar, one teaspoonful of baking powder, and a little grated lemon peel. This should also be poured into buttered patty pans and baked in a brisk oven. Careful and thorough mixture is essential for the success of both these recipes.

A SUGGESTION may be taken from Russia and Scandinavia for the cooking of game. A partridge, grouse, or pheasant, may be treated in the following manner:—When the bird has hung for a week, pluck it, and place it in a dish with milk so that it is completely covered. It can stand for several days, but the milk must be occasionally changed. Before roasting, lard the bird with bacon and place it in the oven with milk in the roasting-pan. During the roasting operation pour three or four spoonfuls of cream over it at intervals; this will give it a nice brown glaze. Before serving pour more cream into the thick gravy in which it should be served. This treatment makes the flesh most tender, and although entailing great trouble and care, the result is incomparably superior to the British mode of cooking game.

POTATO PATTIES.—Mash three or four moderate sized potatoes, add an egg (raw) to them, make into the form of little patty cases, fill with a small quantity of minced meat or of dressed fish, cover with a half ball of the potato, brush the outsides over with yolk of egg, put in the oven to brown; when done place a paper on a dish, with a fish slice carefully remove the patties from the tin in which they are baked, and place on the paper to serve.

## HOUSEHOLD HINTS.

THE best paste for scrap-books is made with corn-flour, but not too thick.

\* \*

CHEESE macaroni is decidedly improved by a few slices of tomato on the top, just under the grated cheese.

\* \*

A FIRST-RATE ointment for rheumatism is made of ten parts of salicylic acid, ten parts of lanolin and one hundred parts of lard. Rub a little well into the part affected.

\* \*

OATMEAL-PORRIDGE is one of the most indigestible things in the world if not boiled long enough. It should be boiled and stirred at least one hour.

\* \*

ARNICA is valuable for some people's skins in case of great fatigue or a bruise, but produces erysipelas in others. In any case the application should not be covered, but left open to the air.

\* \*

IN case of persons fainting in church, or in any other crowded building where it is difficult to get them out, place the head down between the knees, so as to get the head below the heart; this assists the blood to run back to the brain, where it is needed.

\* \*

NEVER allow paraffin to be poured on a lighted fire. This is sometimes done to make a fire burn quicker, but it is a most dangerous thing to do, and several lives have been sacrificed in consequence. It is also unsafe for the chimney, which the sudden flare-up may set alight.

\* \*

WHEN making a meat-pie, be sure and make a hole in the middle of the pastry on the top. In the case of veal-pie, it is especially necessary to let the gases of the meat escape, otherwise it is apt to poison the eaters. A case of death arose from this cause lately. It is also well to cook the meat a little in the oven first, while making the pastry.

\* \*

It is a pretty fancy, and in some respects very useful, to have the bedroom-candlesticks and the metal cover of the match-boxes painted alike, with some design or flower to distinguish them from those of other rooms—it saves confusion and trouble. Every match-box should be enclosed in one of the metal cases provided in each packet of a dozen purchased, and they can be easily painted.

\* \*

MAKING soap-bubbles is a great amusement to children and will keep them employed a whole afternoon. Prepare, beforehand, a mixture of curd soap cut into small pieces and boiled three or four minutes in a pint of water, when cool add an ounce of glycerine, put it in a tightly corked bottle and keep some hours before using. The bubbles made with this preparation are very brilliant in colour.

AN American doctor says: "The apple is such a common fruit that very few persons are familiar with its remarkably efficacious medicinal properties. Everybody ought to know that the very best thing they can do is to eat apples just before retiring for the night. Persons uninitiated in the mysteries of the fruit are liable to throw up their hands in horror at the visions of dyspepsia which such a suggestion may summon up, but no harm can come to even a delicate system by the eating of ripe and juicy apples before going to bed. The apple is excellent brain food, because it has more phosphoric acid in easily digested shape than other fruits. It excites the action of the liver, promotes sound and healthy sleep and thoroughly disinfects the mouth. It is good for many other purposes—obviates indigestion, and is one of the best preventives known of diseases of the throat."

\* \*

IN putting up muslin curtains, do not use curtain-rings, but turn the finished edge over the front of the rod to the depth of several inches, and pin with small pins just under the rod. This is much prettier and simpler than the ordinary way, with rings, and it obviates the use of deep fringe or cornice-moulding along the top. A long curtain, or piece of material bordered on each edge, can be put over the whole length of the rod in the same way, and gathered up in the centre with a tassel or ribbon, and the ends hanging down loose at each corner.

\* \*

NEVER bake a joint instead of roasting it before an open fire, if you can possibly help it. Medical opinions are very decided as to the injurious effect upon one's health and digestion when meat is baked in a closed oven, and the gases are not allowed freely to escape. Ovens can be ventilated, but few cooks will give themselves the trouble to attend to it, and, even if they do, meat is not so wholesome baked as it is if roasted in the old-fashioned way.

\* \*

WHEN arranging winter clothes, remember that two or three layers of thin woollen porous material is warmer and healthier than one thick heavy garment, and it has the advantage of being able to leave off one on a warmer day. When visiting or sitting in church, always have a warm wrap to put on when you go out, rather than one heavy coat that must be worn all the time.

\* \*

FOR the sting of a bee or wasp, if no other remedy is near, cut an onion in half and rub it on the place, then extract the sting if you can. If, unfortunately, you should swallow a wasp with some fruit, as sometimes happens, eat a raw onion or two immediately, which will prevent the throat swelling and closing.

\* \*

To make very nutritious soup for an invalid, do not make the stock only of one kind of meat, but of several together, and be very careful to take off every particle of fat when the stock is cold before using it.

\* \*

TEA should always be made with freshly-boiled cold water, not water that has boiled before.

LAVENDER, though pleasant to place with linen, should not be put with anything woollen, as it is apt to harbour moth.

\* \*

HALF a quince cut up is a great improvement in the flavour of apples in a tart, and can be bought for a penny each.

\* \*

BEFORE using flour for pastry or puddings, put it for a few minutes in the oven to dry. This makes it lighter and more digestible.

\* \*

PARSLEY may be preserved for the winter by hanging it up to dry, or drying it in a cool oven. Put it into a paper bag or glass bottle, and keep it in a dry cupboard till wanted.

\* \*

HOT-WATER bottles are apt to make the skin of the feet tender. Loose woollen socks are better for those who suffer from cold feet at night. The warmth often induces sleep.

\* \*

PEOPLE may often be enabled to bear severe pain if their hands or feet are placed in thoroughly warm water, the heat of which should be kept up by repeated additions of hot water.

\* \*

A LITTLE ammonia in a pail of moderately-warm water is the best thing for cleaning windows; then a final polish with a soft leather. They should not be cleaned when the sun is on them.

\* \*

FOR faceache or toothache an outward application of moist heat is a great relief, but not dry heat. If you have earache do not sleep on that side of your face, it sends the blood to the ear, where it should not be.

\* \*

BE very careful not to wear highly-coloured stockings or socks. A serious case came under our notice lately, which nearly ended fatally where these had been worn. The skin of the leg was slightly broken and blood-poisoning was the result. Brightly-coloured gloves should also be avoided.

\* \*

SAVOURY rice is a very nice dish made by boiling a cupful of Carolina rice in milk till well done. Then add a little more milk, two well-beaten eggs with a little salt and pepper. Pour into a shallow dish, sprinkle grated cheese (Parmesan is the best for the purpose) over the top and bake till brown.

\* \*

NEVER put on underclothes out of a drawer that are not well aired, however dry they may feel; and when visiting it is well to test the sheets of the bed you are to sleep in by putting a hand-glass between them. If it comes out cloudy and misty do not risk sleeping in them, but sleep between the blankets.

## HOUSEHOLD HINTS.

A LITTLE borax added to the water in which flannel and other woollen goods are washed, keeps the texture soft.

CORNS are sometimes cured by having placed on them for a few hours a piece of boiled potato skin, the potato part next to the corn.

COLD cooked Spanish onion cut in slices and dressed with vinegar, and oil, and pepper, or salad cream, makes a very nice salad. So also does the heart of a fresh raw cabbage; if this is finely cut up, it looks and tastes like lettuce.

To revive leather on chairs, apply a mixture of one part best vinegar, and two parts boiled linseed oil. Shake well and apply with a soft rag; then polish with a chamois leather, or silk duster. This mixture softens the leather and prevents cracking.

ALL stock for soup should be allowed to get cold, and the fat skimmed off before making it into soup, and only as much of the broth used as is necessary each time. Vegetables should never be allowed to remain in the stock, as they are apt to turn it sour.

It is well to sew securely the buttons on new gloves before wearing them. They are very slightly put on, and are apt to fly off at very inconvenient times; but if properly secured, generally stay on as long as the gloves are in wear. Buttons on boots should also be fastened with some of the new patent fasteners, which save all the vexation of the buttons coming off.

EIGHT or nine servants' caps can be made out of a yard of book muslin, four yards of narrow lace and a piece of flat cap-wire. The muslin will cost sixpence, the lace twopence a yard, and twelve yards of cap-wire cost one penny. Cut out eight or nine oblong crown pieces out of the muslin, measure a piece of the wire to the size of the head, and join the ends. Sew the muslin on to the wire with a little fulness all round and then run on the lace, one yard downwards and the other yard standing up round the edge. Finish off with a little ribbon bow at the side or front. The lace and muslin can be used over and over again if unpicked and washed for each new cap. So that for the total cost of one shilling fresh pretty caps can be made for at least six months. This is a great saving of expense, and they can be made much larger than those sold at the shops. A band of black velvet can be placed all round the cap between the rows of lace if desired; but some prefer only the bow as a finish.

CHILBLAINS are much relieved if rubbed over with a piece of cut raw onion.

VERY pretty and light smoking caps can be made out of gentlemen's old tall hats. Take a sharp knife and lift the plush at the edge of the crown and tear it off the foundation gently but firmly. This will be used for the crown of the cap. Then peel the plush off the rest of the hat, sew it on to the edge of the crown and line with thin wadding and coloured thin silk; add a tassel or not, as you please. These caps are liked because they are so very light, and take up no space in one's pocket. Muffs and bonnets and various articles for bazaars can also be made out of these old hats.

FOR an invalid's fire-place, when noise is to be avoided, place turf or clods of dry grass, root upwards, under the grate and about the fire-place. If a coal or cinder fall there will then be no noise. Use a wooden poker. It is not only less noisy than a steel one, but if your fire is low you can leave it in for a few minutes and it will revive the fire. Keep a housemaid's glove on the edge of the fender with which to put on coals. If the coals are wrapped in paper, as is often advocated, the paper is apt to make a blaze. A wooden box is better than a metal scuttle for use in a sick room.

TO RID A HOUSE OF FLEAS, etc., quassa chips are recommended. Buy one pound from a chemist, put into a gallon of boiling water, and with half of this in a bucket of water proceed to scour the floors thoroughly. The bitterness of this concoction is a great check. Also Persian powder bought by the pound and put into a canister with holes perforated at the top for the convenience of sprinkling ought to be shaken under the bed, and in the joints of bedsteads, etc. Broken pieces of camphor sewn up in small bags of coarse muslin might be worn in the pocket and put between the blankets and pillows of the bed. Never forget, however, that the greatest enemies to fleas are light, ventilation, and cleanliness.

FOR cleaning silver when dirty, mix a little rouge with spirits of wine in a saucer, rub on the mixture with a clean piece of rag, then polish off with a leather. This is a silversmith's recipe and is of proved value. Do not however mix too much at a time, as it dries quickly.

BITING the ends of one's thread while at needlework is a dangerous practice, and has been known to produce blood-poisoning, besides being destructive to the enamel of one's teeth.

DISCOLOURED enamel saucepans should be boiled out with borax and water for half-an-hour, and afterwards scoured with a little salt.

A SMALL piece of borax put in the bed-room jug, softens hard water and is also a good cleanser.

SPOTTED veils are very injurious to the sight.

BACON is much more digestible if toasted on a fork or in a Dutch oven, than if fried in a pan.

MOTHER-OF-PEARL articles should be cleaned with whiting and cold water. Soap should not be used, as it would discolour them.

A LITTLE finely grated or chopped lemon peel and a little of the lemon juice is a very nice substitute for capers or parsley in butter-sauce, to eat with boiled mutton.

WHEN potatoes are cooked without their skins the loss of nutriment in the juice of the potatoes is 14 per cent.; but if cooked in their skins is only 3 per cent. A baked potato is more nourishing than one boiled.

EVERY child should be taught to sleep with its mouth shut. It is also a very valuable habit to breathe at all times through the nose rather than through the mouth. Chills to the lungs are avoided, as well as infection of all kinds.

THE long pins worn by most people to secure hats are very dangerous if allowed to project beyond the hat. In one case the eye of a young man was put out by a girl who was sitting next to him suddenly turning round to speak to him.

It is a great comfort and rest to take off one's garters when indoors—especially when tired and the leg swells. If possible they should not be worn at all, but the stockings attached to the underclothing with one or two large safety pins, obviating all pressure.

It is very important that mattresses should be occasionally well brushed to take off the dust that accumulates on the edges and other parts; but no less necessary is it that the framework of the bed (iron or brass) should be well wiped, occasionally, the mattresses being lifted quite off for the purpose.

SCOLLOPED EGGS.—Butter some scolloped shells, put a layer of fine bread-crumbs in each, then a yolk of an egg (take care not to break the yolk), with a small teaspoonful of vinegar, some pepper and salt; cover them well with fine bread-crumbs, put pieces of butter on the top, and bake long enough to set the eggs, brown the outsides and serve. Tarragon vinegar may be used if liked.

## HOUSEHOLD HINTS.

MEAT sandwiches are much nicer if the meat is minced before it is placed between the slices of bread. The sandwich should then be pressed well with a clean cloth, to keep it together. Great variety can be made in the seasonings, and hard-boiled egg finely chopped with watercress may be used instead of meat.

NEVER put potatoes on the dinner-table in a closed dish, the moisture from the steam on the dish-cover runs back into the dish and makes the potatoes sodden.

MIRRORS should be washed with warm soapsuds, then dusted over with powdered whitening in a muslin bag, and finally polished with a soft leather.

A GRAND remedy for rheumatic-gout is a boiled-potato poultice applied to the part affected.

So many people use enamel for renovating and adorning articles of furniture, that it is well to know that it should be used warm. Care should also be taken to use a good and fine brush for painting it on, otherwise it is apt to be smeary, and the hairs come out and stick on the enamel.

THE misery of cold feet on a railway journey may be obviated by the use of a newspaper wrapped round the legs and feet. A penny spent on a paper for that purpose is money well spent.

IF you want window-plants to keep fresh and look well, a spray-producer, with a fine spray and lukewarm water, should be used over the plants once or twice a week, and in summer every day when the sun is not on them; this keeps the foliage from getting too dry and dusty. Ferns especially enjoy this treatment.

KID-GLOVES get very dirty inside long before they are worn out. They should then be turned inside out, and cleaned with bread-crumbs.

A BAG of flax-seed soaked in water for some time makes a good wash for varnished paint, and keeps the paint bright.



## HOUSEHOLD HINTS.

To make pancakes in the French fashion, prepare the batter in the usual way; do not be stingy with the eggs. Put a piece of butter in a saucepan, and melt it. Get a piece of stick and tie a nice clean piece of rag round the end of it, and leave it in the melted butter. Take the pan in which you are going to make your pancakes, and put it on the fire dry. When quite hot take the stick from the melted butter and thoroughly paint the dry pan with it, then pour in the batter. This plan will make the pancakes lighter than the ordinary way, and is more economical. The pan must be freshly painted with butter before each pancake is made.

To remove ink-stains from table-linen pour fresh milk upon it till the stain is quite out, but if no milk is at hand and the ink has got dry, boil some milk in a saucepan, dip the stained linen into the milk, and keep dabbing it till it comes out. Another plan is to cover the stain with salt and place a slice of lemon on it, and leave it for a few hours. This will not destroy the fibre of the linen, as salt-of-lemon does.

WHEN a large quantity of tea-cake or toast has to be served buttered, melt sufficient butter in a flat tin over the stove, and when hot and melted dip each piece of cake or toast on a fork into the butter lightly. The work of buttering is done in this way in about half the time usually spent when spreading it with a knife.

IF a fire is wanted to burn up quickly, place the blocks of coal with the grain upwards towards the chimney, but if wanted to burn slowly place the coal with the grain across the fire.

GREAT care should be taken in warm weather that the milkman or the cook do not put boracic acid in the milk that is used by children or even grown-up people. It is a well-known preservative, but unless used very sparingly it is highly injurious to health.

BROOMS put into boiling water once a week and then plunged into cold water will become tough and durable, lasting twice as long as those not treated thus, will sweep better, and will not cut the carpet.

ONE of the best things for cleaning patent leather is the French harness-polish, to be got from any saddler. Rub it on lightly, then rub it up with a piece of black cloth. Patent leather so treated never cracks.

ESSENCE of penny-royal effectually keeps away mosquitoes and gnats, the odour is a powerful one, and they will not come near it.

USE soapy water in making starch, the clothes will look more glossy, and the iron will be less likely to stick.

TUMBLERS that have contained milk should not be washed in hot water, as it clouds the glass permanently.

A TIN cup filled with vinegar and placed on the back of the stove will prevent the smell of cooking over the house.

ALL clothes worn out of doors should be carefully brushed before being put away, and black materials are improved by being occasionally sponged with a weak solution of ammonia in water. Face-veils also after being worn some time are the better for this treatment.

AN effectual way of getting rid of cockroaches is to place cut slices of cucumber over the floor they frequent at night. They devour this greedily, and it destroys them.

A WATCH should be wound in the morning and not, as it is usually done, at night. The mainspring is relaxed at night, but if wound in the morning remains close and tight all day.

EGG-SHELLS are porous and absorb unpleasant odours; they should be kept in a clean cool place, and not near cheese or any strong smelling thing.

RAW POTATO with a little bathbrick will remove stains from steel knives and forks, and stains can also be taken out of tinware and brass in the same way.

IF stung by a bee or other insect, and no other remedy is near, a plaster of wetted earth or even a piece of damp turf laid on the place has been known to effect a complete cure.

To peel ripe tomatoes, put them into a frying basket and plunge into boiling water for a second or two, to loosen the skins; this is a better way than to pour boiling water over them.

PAPER BAGS are made of a compound of rags, lime and glue mixed with chemicals and acids. When dry these do no harm; but articles of food should not be left in them if damp.

WHEN removing a cake from the oven where it has been baked, place the tin on a damp towel for a moment and the cake will come readily out.

## HOUSEHOLD HINTS.

FRESH lard will remove tar from the skin.

A CLOTHES-LINE which has been boiled will not twist as a new rope is apt to do.

THE seat on the left side of an omnibus is always more resting than that on the right side, as it slopes towards the kerb-stone.

SEWING-SILKS are often prepared with a solution of lead, which is highly injurious to health. Care should therefore be taken never to bite the threads when working with sewing-silk.

ALUM-WATER will restore almost all faded colours. Brush the faded stuff thoroughly free from dust, rinse with a little soap, clear water, and then alum water, and the colours will be much brightened.

BLACK SILKS or satin may be wonderfully revived by sponging with potato water and ironing on the wrong side when slightly damp. The potato water is made by soaking the peel not the potato for some hours.

IF the new leather on soles of boots is well soaked for three days before use, in linseed oil to which a few drops of castor oil is added and then allowed to stand for a few days to dry, it will last nearly twice as long as usual.

POISONOUS liniments and liquids should be kept in bottles with a rough surface outside, so that they can be known at once by the touch. Attention to this simple rule may be the means of preventing serious accidents. They should also not be kept near other bottles.

CAULIFLOWERS should always be boiled in two waters, first in one and then another. This removes the strong and rank flavour. All green vegetables should be boiled with the lid of the saucepan off. The water in which they have been boiled should at once be poured away in the garden on the earth and not down any sink or drain, but if there is no available garden, pour it into a pail and cover it over till cold and it can then be poured down a drain. If this is not done, the smell is most offensive, as we all know.

NEITHER the soap, tooth, nor nail-brushes should ever be covered over on the wash-stand. The brushes get soft, and smell disagreeable if covered over; they are better placed in one of the upright iron stands made for the purpose, or lying bristles downwards wherever they are put. Sponges also should never be covered and should occasionally be rinsed in strong soda water or ammonia and water to extract any grease that may be in them.

FOR washing cretonnes, chintzes and art muslins, ammonia is invaluable. A teaspoonful to every gallon of water in which they are washed and a handful of salt in the rinsing water will restore the colours and prevent any running. Blankets will be the better for a little ammonia in the tub, and it will lighten the labour of all washing.

WHEN uncorking a bottle, be sure to grasp the neck with a cloth in your hand, so that if the glass cracks or breaks it will not cut your hand.

EGG-STAINS can be taken out of silver by rubbing with a wet rag dipped in salt.

A HEAVY meal should never be taken when the body is greatly fatigued. The digestive organs are as weary as the body, and are not ready to undertake an excess of work.

A LARGE onion peeled and cut across the top, then placed in a pail of water in the centre of a room with the door shut, will remove all smell of fresh paint in a very short time.

FAT which is to be kept should be cut up small and boiled in a saucepan in a little water and never put into the oven to melt. If it has to be done in the oven, the door should be left open.

BREAD or potato should never be put in the mouth at the same time as fish, especially by children, or it will be difficult to detect bones in the fish and they may be swallowed by mistake.

THE largest quantity of fluid that is required by an adult person, unless under exceptional circumstances, is two pints in the twenty-four hours. The majority of persons take too much fluid and thus weaken the digestion.

FOR all workers the clothing should be loosely fitting on the body, and of a material that admits of free transpiration from the skin. Thick close material is very objectionable as checking evaporation and retaining moisture from the body, and the habitual use of waterproof material is very injurious.

## HOUSEHOLD HINTS.

CHILDREN should be given onions in any form they like best with their food; they are very wholesome, and cure many ailments from which they suffer.

LEMON-JUICE is invaluable for its medicinal qualities. For inactivity of the liver, take night and morning the juice of half a lemon in hot water. It is also good for bilious attacks, and stimulates the digestion.

STARCHED materials should be avoided in hot weather, as the starch prevents a free current of air from passing through. Porous and light woollen material is the coolest to wear.

UNCOOKED meat in the larder should never be laid on a dish, but hung by a string on a hook in a free current of air. It is also a very good plan to flour the meat well before hanging it up.

POWDERED dry charcoal, or some Condy's fluid and water in a saucer should be placed in the larder with meat and other food, and renewed every day. Meat that is a little tainted can be made quite fit for use by washing in weak Condy and water, but care must be taken not to use the Condy too strong, or it makes the meat hard.

WHOLEMEAL bread should be eaten much more than it is—white bread contains very little nourishment.

IT takes eighteen times more strength to go upstairs than is required for the same distance on a level.

CHILDREN should never be forced to eat fat. With most of them it entirely disagrees, and does not digest, so that it is a natural instinct in them to dislike it.

IF the toe-nail grows into the flesh at the side, it may be cured by making a V-shaped cut in the centre, the broad part of the V at the top of the nail.

A SHORT nap after a heavy meal is most helpful to the digestion, and in no case should the blood be attracted away from the stomach by reading or hard thinking whilst the food is digesting.

CAPITAL washing-gloves may be made out of the least worn parts of old bath towels which are discarded. They should be cut to the required shape and neatly bound at the bottom. White knitted gloves would also be most useful for washing with; the separate fingers would get into difficult corners.

AN obdurate screw may be removed by applying a red-hot iron to the head for a short time, and then apply the screwdriver while the screw is hot.

BOARDS should be scrubbed along the grain of the wood, and not against it if they are to be properly cleaned. And to make them white, soda and water only should be used, and not any soap.

A VALUABLE cure for dysentery is a cordial made of cloves, port-wine, cinnamon and log-wood, of which take a teaspoonful three times a day. Any medical man or chemist can give the proportions necessary.

PEOPLE who are troubled with sticky hands should powder a little very fine oatmeal into their gloves, and it can also be applied inside one's stockings with good results in hot weather.

PRESSURE on any part of the body should be avoided, the pressure of a tight hat, boots, shirt, collar, garter or stays are all injurious in various ways, interfering with the free course of the blood through the veins. Tight belts or stays impede respiration and throw quite unnecessary work on the muscles of the abdomen and small of the back.

HOUSEHOLD animal pets should be fed at stated times, and not given food at odd times. Meat should not be given to dogs that do not have out-door exercise, and it is of great importance that all animals should have clean fresh water given to them every day. Cats will not touch stale milk or food, and no animal should be given more food than is necessary at meals.

If flowers are to be sent by post, they should be cut the first thing in the morning or in the evening and put in water some hours beforehand if possible. Maidenhair fern should be totally immersed in water some time before it is packed, and only the old fronds of a plant picked. To revive flowers that may be faded on arrival, put the stalks at once into quite warm water.

If fish is to be kept a few days, mix a pint of vinegar in three quarts of water, and when quite boiling put in the fish for two minutes just to scald it. If then hung in a cool place, it will keep well.

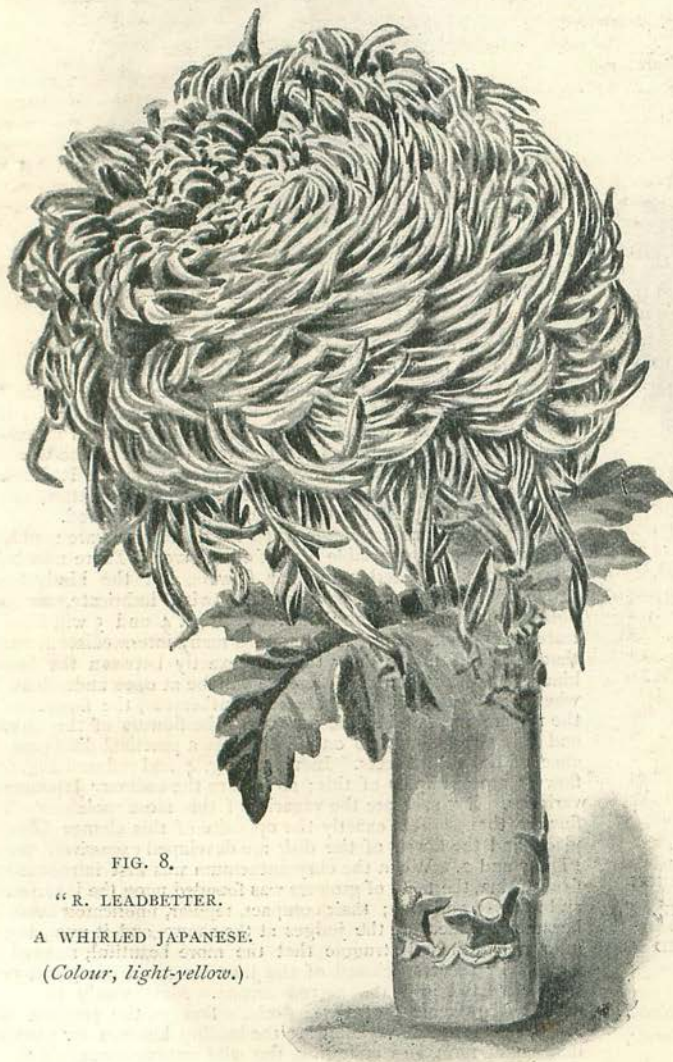


FIG. 8.

"R. LEADBETTER.

A WHIRLED JAPANESE.

(Colour, light-yellow.)



FIG. 7.—"RALPH BROCKLEBANK." A DECORATIVE CHRYSANTHEMUM OF AMERICAN DERIVATION.

If soot falls on a carpet or rug, do not attempt to sweep it up till it has been sprinkled well with dry salt. It will then sweep off quite easily, and leave no mark.

KEEP a box of earth or dry sand at hand where lamps are used, in case the oil catches fire; water will not extinguish it, but earth or sand thrown on it will do so; if neither are at hand, throw a thick woollen rug or mat over it.

HAIR should be cut every month and the ends singed. It is said that if cut when the moon is young, it grows in length; but if cut when the moon is on the wane, it increases in thickness.

VARIETY in food is of great importance to old and young. A little forethought and attention to this in ordering meals is amply repaid, and one of the greatest aids to digestion is not to know beforehand what is coming and to have everything served well and with taste. A tea-cup full of good and very hot soup at the beginning of dinner or supper often stimulates a jaded appetite, and ripe fruit may end the meal with great advantage. Bananas are specially digestible and sustaining, but all fruit is good in its season and is always preferable to an ill-made pudding.

COLD fish or cold meat should be served in an appetizing and attractive manner. A very nice way is to serve them after they have been minced and broken up, in scallop-shells. For cold fish, break it up lightly, fill the shell about three parts full, put in a dessertspoonful of some made sauce prepared beforehand, either with vinegar and oil, or Worcester or anchovy sauce and a few cut-up capers or finely-shredded lemon peel. Cover the top with some bread-crumbs that have been browned in the oven, dot a few bits of butter on the top and bake till quite hot. Serve very hot in the shells.

MEAL-TIMES should be merry times.

## HOUSEHOLD HINTS.

If the hands are stained with fruit juice, do not wash in hot water and soap, but only rinse in cold water, when the stains will disappear.

The best way to light a kitchen fire, is to pack the coals and cinders carefully and closely, and then light it on the top with a fire-wheel or wood and a little small coal. This will then burn downwards and make a glowing fire which will need no further attention for a long time. If the bottom of the grate is not fitted with a shaped piece of tin or iron to stop the bottom draught, a piece of brown paper should be cut to shape and put in position before the coals are laid.

To cut a piece of indiarubber easily, wet the knife with water before using it.

WHALEBONE may be very easily cut if warmed first over a lamp-glass or by the fire, when it will become quite soft.

To remove fruit-stains from linen, pour boiling water over the stain as soon as possible.

WHEN passing a bad smell in the road, do not open the mouth to speak of it, but close it immediately and pass quickly on. Children should be taught to do this.

WHEN making an open treacle tart or tarts, mix two tablespoonfuls of very fine bread-crumbs with the treacle. It makes it much nicer and prevents the treacle soaking into the paste and making it sodden.

STEWED fruit is nicer if a small quantity of sago is boiled separately and then mixed with the stewed fruit before sending it to table. The proportions should be two ounces of sago boiled in a pint of water to a quart of fruit.

EGGS that are to be kept should be stood on the small end of the egg, and not the broad end.

To prevent made mustard from drying and caking in the mustard pot, mix a little salt when making it, and it should always be made with boiling water.

CHAMOIS leather should never be washed in hot water, which hardens it, but in cold water, with either a little ammonia or a lather of soap.

BOOTS and gloves wear longer and better if kept for some time before wearing them. It is well to have a pair or pairs of each kept for some months before use.

SUET puddings are much lighter and better if plunged into boiling water if they are to be boiled.

To keep the feet warm in cold weather, cut a sole to the size of the boot or shoe in thick brown paper and wear it.

BAKING powder of superior quality can be made of three ounces of tartaric acid, four ounces of carbonate of soda, and half a pound of ground rice. Pound the tartaric acid in pestle and mortar till quite smooth; do the same separately with the carbonate of soda; mix all three well together in a basin and keep in a close-fitting tin in a dry place.

A TEAR in a dress, or the worn seams of umbrellas, may be neatly and effectually mended by bringing the edges together and putting over them on the under-side a piece of sticking-plaster, or tissue made for the purpose, cut in a strip to the size of the tear. In the case of thin muslin being torn, only gum or thin paste need be used.

FLANNEL should not be used in needle-books for sticking needles into, as flannel is often prepared with sulphur, which will rust the needles; a piece of fine linen or chamois leather is better.

THE best lemonade is made with one lemon, one quart of water, and ten lumps of sugar. Peel the lemon, taking great care not to get any of the white under-skin, cut the lemon in half, take the pips out and squeeze out all the juice, add the sugar, and pour the water over it quite boiling, adding the thin yellow peel at the last. This can be drunk hot or cold.

ABERDEEN sausage is a very nice breakfast- or supper-dish, made according to the following recipe:—One pound of lean buttock-steak, half a pound of fat bacon, two small teacupfuls of grated bread-crumbs, one dessertspoonful of Harvey or Worcester sauce, one egg, one teaspoonful of salt, and half a teaspoonful of pepper. The beef and bacon to be finely minced and well mixed, then add the bread-crumbs and other ingredients, and lastly the egg. Form it all into a roll, not too long, and boil in a floured cloth tied at the end (not too tightly) for two hours. When done, cover it while hot with crisp bread-crumbs, and serve cold at the table.

WHEN hanging meat in the larder, it is well not to put the metal hook through the meat itself, but through a loop of string tied on to the joint.

TOO much care cannot be taken about constant changing of the water in which cut-flowers are placed in rooms, as also to empty out and clean the ornamental china bowls in which flower-pots are placed, and these should always be a couple of sizes larger than the pots, so as to allow of free ventilation; they are non-porous, and are not good for the plants unless there is room for ventilation. Plants should never stand in stale water.

To keep off rats, put tar round the holes they come out of. They are very clean creatures, and will not tolerate anything dirty or sticky on their fur.

## USEFUL HINTS.

KEEP a little note-book on your book-shelf, and enter the date and name of any person who borrows a book. Many books are lost and libraries spoiled by forgetfulness on the part of borrower and lender.

WHEN travelling in a railway-carriage it is dangerous to sit facing the engine with the window open. Pieces of metal from the permanent way have become embedded in the eyes of passengers and caused great pain and distress.

It is not healthy to allow damp dead leaves from the trees to decay on the ground immediately under the windows of a house. They should be swept up and put on the flower-beds, where, if they are left, they will make excellent mould and protect young growing plants.

GLASS bottles should never be thrown out of railway-carriage windows. In some cases where it was done serious injuries have resulted to men working on the line.

THE legs of stockings cut off at the ankle, when the feet are worn out, make capital warm sleeve linings, tacked in at the top of the sleeve seam inside; or, new feet can be cut out and applied to worn-out stockings.

LADIES' kid boots and shoes should never have any blacking or polish put on them until it is absolutely necessary, as these all injure the kid more or less and wear them out sooner than they should. The mud only should be brushed off them after a walk, and, if wet, should be placed soles uppermost in a warm

room or in the sun to dry, but not near a fire. When taken off, and while still warm, they should be filled with rags or soft paper to preserve the shape (of course, a boot-tree is best if you have one, and they are not expensive), and the top button fastened to keep the boot upright and the linings clean.

CATS with long fur should have it regularly brushed or else the long hairs get into their mouth and are swallowed when they are licking themselves, and this is very bad for them.

CLOTHS that have been used for cleaning oil-lamps should never be left about with any others, but kept in a metal-box (a biscuit-box would do) away from any risk of fire.

BE very careful where you throw lighted matches. It is very common for people to carelessly throw them aside when done with, and a lady of our acquaintance had her dress set alight by a match thrown down from a window-balcony. In another case, last summer, a lighted match thrown from the top of an omnibus fell on a cart-horse's head, frightening him so much that a serious accident was the result.

IN a case of dropsy, the following recipe has been found a great alleviation. Take a few dried figs—the tenderest you can find—cut them up into small pieces, pour over them sufficient rum of good quality, let them soak in it for some hours and then give to the patient to eat.

A LITTLE water should be mixed with the milk given to cats. It is better for them and improves their fur.

COOKS should never be allowed to stick pins in the front of their dress; these are apt to drop into the cooking. A cake was once found to contain three pins.

THE greatest care should be taken in purchasing violet-powder—only to have that made by a firm of repute. Lead, arsenic, and other injurious ingredients are sometimes mixed with it, and a little while ago some of this deleterious mixture caused the death of some infants. Where there is any uncertainty about it, the finest oatmeal should be used instead.

BREAD and good raisins with a glass of hot milk are an admirable luncheon. The hot milk is a good stimulant, and the raisins are very sustaining.

THE insides of banana skins are said to be very good for cleaning tan shoes.

EVERY young person should learn how to carve joints of meat, poultry and game. It is not a difficult accomplishment if learnt at leisure and at home. It should be practised at one's own table, and will be found to be of practical use and benefit at the table of others. A good carver is a public benefactor.

IT is not always safe to carry money in one's glove. You do not know who has handled it last, and it is safer not to carry it next to one's skin.

CHAMOIS leather should not be used for rubbing lenses or glass, as it scratches a delicate surface.

BOOTS that have been cleaned with blacking should not be left where black-beetles can get at them. They will quite destroy the leather in their eagerness to devour the blacking, for which they have a particular liking.

## HOUSEHOLD HINTS.

PARSLEY should never be given to fowls or birds of any kind. It has been known to have caused the death of some valued fowls.

COLD tea is said to be very good as a stimulant for plants—especially geraniums, which can be watered with it occasionally.

COFFEE grounds can always be boiled a second time, and they can then be used as manure in the garden or burnt on the fire, but should never be thrown down a sink.

THE mouth of every chimney should be swept as far as a brush will reach before any fires are lighted.

TINNED meat and fruits or fish should never be left in the tin after it has been once opened, but immediately turned out on to a dish, or it may become quite poisonous.

IF jam or fruit is supplied in glass jars, care should be taken to observe if the rim is in any way broken, for it is very dangerous to swallow glass. A child's life was very nearly lost by some broken glass being found in its food.



## FOUR RECIPES FOR FRITTERS.

*Beignets.*—Put some lemon-peel, or a little essence of lemon, with two ounces of white sugar into a pint of water to boil. Then stir into the water by very slow degrees as much flour as will make it into a stiff paste. Keep stirring on the fire until the flour loses its raw taste and is quite done. It will not burn if well stirred. Then take it off the fire and add eight eggs, one by one, keeping it well stirred. Then have some boiling lard ready in a deep saucepan. Take about the size of a cherry of the mixture on the handle of a wooden spoon and shake it off into the boiling grease by knocking it on the side of the frying-pan. When fried a light brown, lay each on a sheet of paper before the fire to drain on a sieve.

Serve on a serviette with a little powdered sugar.

*Curd Fritters.*—Rub down in a mortar a quart of dried curd with the yolks of eight and the whites of four eggs well beaten.

Add two ounces of sifted sugar, half a nutmeg, and half a spoonful of flour. Drop the batter into a frying-pan with a little butter and soft, powdered sugar over them.

*Potato Fritters.*—Take some potatoes, boil and peel them, pass them through a sieve or colander with a spoon. Then take some good cream and mix it with the potatoes till they are a little thicker than batter.

Take three eggs, well beaten, and a little salt, and mix the ingredients all well up together. Then fry them in a pan of hot lard and send them up as you would apple fritters. Sprinkle a little salt over them before sending up.

*Orange Fritters.*—Take the rind of two oranges, removing all the white skin. Then cut the oranges in slices across, and take out

all the pips. Dip the slices in batter and fry them. Sprinkle powdered sugar over them when served.

POTATOES boiled in their skins should not be left in them to get cold or they become sodden. If they are to be kept they should have the skins removed after they are boiled.

MILK that is to be kept sweet in hot weather should be boiled and left to get cold and then boiled again.

## ADVICE TO A COOK.

Mix your soups and your hashes and gravies with brains,  
You'll be amply repaid for your trouble and pains.  
Neglecting this rule you will find to your grief  
Your fame and renown as a cook will be brief.

THE walls of sitting-rooms and staircases should be wiped down at least once a month with a clean duster tied on to the head of a broom with a long handle. Dust settles on walls whether we see it or not—and it should not be allowed to remain there.

A TABLESPOONFUL of vinegar put in the water in which meat is boiled, will often prevent it from being tough.

WATER-CANS should not have water left to stand in them, as it helps to rust them.

IN case of scarlatina or other infectious disease—anointing the skin with eucalyptus oil (oleusan) allays irritation and helps to prevent the spread of infection. It also greatly helps the recovery of the patient. Great care should be taken to get the eucalyptus oil pure, as the inferior kinds are mixed with other oils.

THE dust-bin of a house should be the object of great solicitude on the part of the housekeeper, and no animal or vegetable refuse should ever be allowed inside it. Vegetable refuse should all be consumed on the fire at convenient times, and animal refuse (such as fat and bones) should be given away to some deserving person who can sell it.

MEAT that is not quite fresh, and of which there is doubt as to its keeping, should be roasted or fried but not boiled.

To clarify dripping or fat, break it up into a good-sized china basin and pour over it a pint or more of boiling water.

When cold the fat will have formed a cake on the top. Turn this out on to a plate and scrape off the impurities on the under side. It will then be fit for all cooking purposes, but if wanted for pastry repeat the process two or three times, when it will be extra good and fit for pastry or cakes.

FROZEN meat should be thawed in tepid water before cooking, or hung in a warm kitchen for a few hours. It cannot be properly cooked unless this is done.

BEDROOMS should never be scrubbed after midday or on a wet day, unless there is a fire to dry the room thoroughly before bedtime. But, after sweeping with damp tea-leaves, the floor and woodwork can be wiped with a damp but not wet flannel. In fine weather the bedding should be removed from the bedstead and all the brass or ironwork washed and wiped.

WHEN clothes are taken off the body at night they should be turned inside out and hung up in the air—not thrown in a heap on the chair or floor. This should especially be done with what is worn next to the skin, and children should be taught this habit quite early.

## HOUSEHOLD HINTS.

NOTHING is so good for toothpowder as simple precipitated chalk costing about three-pence a pound. It is the foundation of nearly all tooth-powders, and additions are often injurious; but if it is objected to in its simplicity a piece of orris root can be laid amongst it, or a little of the powdered root can be procured to mix with the chalk.

FOR washing woollen materials prepare a soap lather with boiling water, and when it is cool put in the garments and work them about in it, but do not rub them. Do not let them soak in the water but squeeze them

out in two sets of tepid water (neither hot nor cold should be used as they shrink and discolour them); the soap must all be well rinsed out, and dry the garments in the open air if possible and as soon as they are rinsed. Never dry them at a fire or in a hot sun, and they should be ironed before quite dry with a moderately hot iron.

SOME people think that cats will only drink milk; this is a great mistake, for where both milk and water are at hand, cats will often choose the water. Indeed all animals should have free access to this

necessary of life, and great suffering may often be entailed on pet rabbits by acting on the common belief that they can do well without drinking.

A SIMPLE and very nice supper dish is made by first cutting a rather thick slice of bread—cut off the crusts. Butter it well, then spread on it potted ham or bloater paste and put it in the oven or in front of the fire till quite hot, but not crisp. Have a hard-boiled egg ready and lay it in nice slices on the top and serve it, or the yolk only can be used, finely chopped.

## HOUSEHOLD HINTS.

IN small coal cellars where only a ton of coal can be stored, which has to be burnt in both kitchen and sitting-rooms, it is well to buy half a ton of coal that lights easily like Silkstone or Derby Brights, and half a ton of hard kitchen coal, and get the coalmen to discharge the sacks alternately into the cellar.

NEVER cut a corn on the foot with a knife or sharp scissors. It does not eradicate them, and is very dangerous. Lives have been lost in

this way. They should be soaked in hot water and picked off with the finger nail. When they are very bad it is best to go to a chiropodist and have them properly extracted and they do not grow again for some weeks, if at all.

CUT ferns last much longer if before being used they are laid in a basin of water which completely covers them for an hour or two, and it is a good plan to take them out of the vases at night and lay them in water

till the morning. If the fronds are matured they will last much longer for the care bestowed upon them.

CUPBOARDS and wardrobes containing clothes should be occasionally set wide open for sunshine and air to get at the clothes. Men's coats and waistcoats and ladies' dress bodices should be occasionally turned inside out and left in the sunshine or a draught of air to purify them.

## HOUSEHOLD HINTS.

WHEN sweeping a floor with a short broom housemaids should be careful to keep the mouth shut so as not to inhale the dust, and to sweep away from, and not towards themselves, always using damp tea leaves for carpets.

INDIAN tea contains much more tannin than China tea, and should therefore be avoided by those who have weak digestion, and in no case should tea be ever taken at the same time as meat, which it toughens and renders most indigestible. Cold meat teas are answerable for much discomfort.

ALL fruit should be washed or at least wiped before it is cooked or eaten raw; especially any that has been exposed outside a shop or on a barrow.

MANY people have a prejudice against tinned meats. This is a pity, as they are very useful, and generally very wholesome, but one cannot exercise too much care in their choice. Only the best brands of well-known firms should be bought, and no tin should be taken which has any deep dent or bubble in it, as this shows that air has got into it which has made it unfit for food. It is well also to avoid eating the jelly which is on the top of the meat when the tin is opened, and the meat should never be left in the tin but turned out at once. This also applies to tinned fruit.

JET ornaments on millinery or dress trimmings can be much improved in appearance by taking them off and washing them in cold water and ammonia—left to dry and then replaced on the dress or bonnet.

A SOLUTION of powdered alum in water effectually keeps mosquitos and gnats away from the skin.

WHERE ice is not to be got for cooling the head of a fever patient cut a strip of cucumber peel rather thick and lay the inside part on the forehead. It is deliciously cool and remains so for some time.

WHEN making a vegetable and meat stew, be sure to put a layer of vegetables below the meat as well as above it. This prevents the meat from boiling hard and gives a much better flavour.

RAISINS in cakes and puddings should always be cut or they are apt to turn sour in the cooking.

# AMMONIA

1897

By the Author of "We Wives," etc.

THERE are a great many advertised wonders nowadays. Soaps that can whiten the negro (to judge by illustrations), lozenges to take the place of meat and drink, cosmetics that profess to make beautiful for ever.

Yet in a certain commonplace fluid called

ammonia, every housewife may possess a purifier, a restorer, and a beautifier. It is wonderful what all this "volatile spirit of a pungent odour" (*vide* Webster) can do.

I will in this paper give twelve of its uses, leaving my readers to add others to the list.

*It will take out Stains.*—Any grease spot on silk or satin can be removed by dropping thereon an infinitesimal amount of the pure spirit. When evaporated, iron on the wrong side, over a piece of blotting-paper, and the stain will disappear.

*It cleans Paint.*—To every gallon of warm water add one tablespoonful of this liquid. Do not scrub your door, frames, and window-shutters till pallid. Just wipe gently with flannel wrung out of this mixture, and the enamel-like surface is preserved. All smudges and dust are equally removed.

*It brightens Glass.*—Windows and mirrors often show a fringe of fly-blows, and a veil of dulness. Drop a few drops of the fluid ammonia on to some newspaper and apply to the surface. Polish off with another piece of dry paper. You will be charmed with the results.

*It will wash Clothes.*—a tablespoonful to every gallon of suds will keep Jaegers and flannels and woollies as good as new.

*It alleviates Indigestion.*—Ten drops of this ammonia will take the place of a spoonful of sal-volatile in a wineglass of water. Take after meals, and no need to call on Mother Siegel.

*It softens Water.*—Who does not know the ill-effects of hard water on a delicate skin? We can always have our jugs full of stuff as soft as rain if we keep ammonia on our wash-stands. A drop to each basinful, and our digits and brows and wrists will be like satin.

*It stimulates Flowers.*—A few drops of our friend, twice a week, added to the pot of rain-water, will make fuschias, or geraniums, or begonias, in greenhouse, or garden, the admiration of all. Only be moderate in its use here, or your plants will overbloom themselves.

*It can cure Toothache.*—A few drops on a piece of cotton wool pressed into the hollow tooth will stop pain at once.

*It cleans Jewellery.*—One teaspoonful in a cup of warm water applied with a new, soft tooth-brush will clean the most delicate Indian filigree, and brighten the most fragile gold ornament. This is a wrinkle worth knowing.

*It will clean Silver.*—No need for the diurnal use of plate powder if you possess ammonia. A few drops in the water, used for washing the spoons, will keep them bright and shining.

*It washes Hair-Brushes.*—We all know how tiresome it is to see the bristles in our ivory-backed brushes grow yellow and soft. A few drops of ammonia in the water we use for cleansing them will prevent this.

*It cures Midge and Wasp-stings.*—A drop—pure—put on a bitten spot will relieve the pain at once, and prevent any swelling of the parts. More handy this than a laundry blue-bag, and not so disfiguring.

In recommending every housewife to lay in a store of this volatile spirit, I feel I am doing a kind thing! Doubtless the readers of THE GIRL'S OWN PAPER will arise and express gratitude if once they practically prove the virtues of ammonia.

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## HOUSEHOLD HINTS.

WHAT is taken for "housemaid's knee" is often a simple dislocation of the knee-cap which can easily be replaced by a surgeon or bone-setter; but if wrongly treated may develop into serious mischief. It is often caused by the servant kneeling on the edge of a step when cleaning.

TEA-LEAVES that are to be used for sweeping carpets should first be placed in a colander and clean water run through them several times; they should then be used when damp but not wet. Tea-leaves should not be used

on a carpet with a deep pile. On wet and cold days, when scrubbing of boards cannot be done, a room is wonderfully freshened up by sweeping the boards with damp tea-leaves.

BLACKBEETLES rarely come where a floor is kept well swept and where no food is left about.

ONE of the best ways of cooking dried haddock is to boil it in water in a large frying pan. When done, drain off the water and serve hot with a little butter on the top.

To preserve cut blossoms of hard wood trees or shrubs, such as lilac, laburnum, apple blossom, roses or hydrangeas, the stalks should be stripped of the bark a good way up at the ends so that they can suck up the water, and the water in which they are placed should be warm.

A PIECE of perforated wire nailed on outside a larder or pantry window is very useful, for it can then be left open all night with no fear of cats getting in to steal the food. Larger thieves can be kept out by a strong iron bar inside.

## HOUSEHOLD HINTS.

IT is highly dangerous to leave a gas-burner turned low unless surrounded by a globe, and even then a draught of wind may blow out the flame and leave the gas escaping.

GAS-BURNERS should now and then be cleaned out with a piece of wire or a long pin to clear out any impurities or dust accumulation.

CUPBOARDS and storerooms should periodically have the doors set open for air and light to penetrate, and the shelves should be cleaned or at least brushed out once a week.

SPONGES should never be used for applying a lotion to an open wound.

To keep a quill pen soft, have it always in the ink and do not let it get dry.

AN old rusty pen left in the ink-bottle will be of service in attracting the corroding matter from other pens in use.

MATTRESSES, pillows, and bolsters should be periodically sent to the cleaners to be taken to pieces and cleaned. It is not good for health to use them for years uncleaned, as most people have them.

Do not let your neighbours have to complain of your gate squeaking for want of a few drops of oil applied to the joint. It is a most aggravating noise.

TEACH your children how to mend window-blinds, door-latches, and all the little things of the sort about the house; you will materially lessen your workmen's bills and give useful occupation to handy fingers.

A PIECE of black sticking-plaster, notched all round the edges, and applied outside a crack in the leather of a shoe, is a neat way of mending it, and shows very little.

BLACK alpaca is one of the nicest materials for an under-petticoat; it wears well, is light, and does not harbour dust.

TOAST to be crisp and well made should not be done all on one side and then the other, but the sides frequently changed to and from the fire; this evaporates the moisture more effectually. Much also depends on the kind of bread that is used and the condition of the fire.

NEITHER hot water nor hot ovens can be had if cleaning of the kitchen flues is neglected.



## HOUSEHOLD HINTS.

DISCARDED tea cosies of a large size can be usefully employed to cover over hot water cans in bedrooms. The water can be kept hot for a long time if thus covered over.

CELLULOID balls and other toys, though very pretty to look at, should never be given to children, as they are highly inflammable and very dangerous.

NEVER slam an oven door if pastry or cakes are cooking in the oven—it will make them heavy.

Do not ever burn or throw away corks—they are valuable in many ways.

THE nicest way to eat an orange is to cut a slice off the top and scoop out all the juice with a tea-spoon; a spoonful of sugar can be put in the middle if the fruit is sour.

PINEAPPLE juice is said to be valuable in cases of diphtheria.

BOOTS and shoes should never be kept in a cupboard or box; they should be left where air can get freely to them, and whenever it is possible the insides should be aired.

SILK handkerchiefs are extremely nice to use, and a present of a few to an invalid would be very acceptable.

COCOA is always best made with milk, not water, and should be boiled, not merely made with boiling water.

NUTS and almonds are very nourishing food.

BEDROOM fires should be lit oftener than they are; it would save much illness and many colds, for it is when one goes to bed tired and weary after sitting in hot rooms that one is most apt to catch cold.

TOOTHBRUSHES should be occasionally placed in cold water with a little borax, sanitas or other disinfectant, and left to stand in it for a while.

To test a wall paper for ascertaining if it has arsenic in it, set a piece alight, and if it gives out a smell of garlic it is almost certain to contain the poison and should not be hung in any room. Another test is to pour over the paper a weak solution of hydrochloric acid; this will turn any green in the pattern into blue.

To raise the pile on plush or velvet, damp on the wrong side with clean water, then hold the material on the wrong side over a hot iron, and rub up the crushed place with a clean clothes brush.

CLOTHES-BRUSHES should be washed occasionally in soda and water like hair brushes—taking care not to wet the backs (which would take off the polish). They get very dirty with use; but it is astonishing for how many years people will use them without washing them.

A LEATHER that has been used to rub up brass articles after polish should not be used for rubbing up teaspoons or anything that will be put to the mouth. This is because of the poisonous nature of some of the brass polishes.

A MEDICAL man declares that bananas are the very best food for typhoid fever patients, for though they are a solid substance, it is not one that will irritate the lining membrane of the intestines, which in this disease become inflamed and gorged. The banana also contains 95 per cent. nutrition, and is in every case a valuable food.

LINOLEUM should not be washed with soap and water, but only tepid water, then rubbed with a cloth that has been dipped in milk and then well dried with a soft clean cloth.

## HOUSEHOLD HINTS.

MANY town people taking a holiday in the country are distressed at seeing horses tethered in the fields exposed to the swarms of flies which the switching of their tails is powerless to get rid of, but which wound and torment them beyond endurance, and in our drives and walks we are subject to the same annoyance.

The remedy is simple. Tie a bunch of the scented oak-leaved geranium on the heads or bodies of your horses, and wear a few of them in the front of your dress, and do not forget to place some on the tethered animals.

If you want to keep your room free of the flies, put some plants of the scented oak-leaved geranium in your windows. They will hardly venture through them, for they are always scared at the scent of them.

One word more. This is just the time to get the raspberry leaves, fennel, and parsley fresh from the gardens, so do not forget to prepare the remedy I gave in the November numbers for tired eyes.

PICKLED FRENCH BEANS.—Be careful to have them freshly gathered and quite young. Put them into a brine, made strong enough to float an egg, until they turn colour, then drain them and wipe dry with a clean cloth; put them into a jar and stand as near the fire as possible, and pour boiling vinegar over them sufficient to cover, covering it up quickly to prevent the steam from escaping. Continue to do this until they become green by reboiling the vinegar about every other day. They should take about a week.

PICKLED CABBAGE AND CAULIFLOWER.—Slice the cabbage very finely and cut the cauliflower in small pieces on a board or colander (a pastry board I find answers very nicely), and sprinkle each layer with salt and let it stand for twenty-four hours, sloping the board a little that the brine might run away from it. Procure as much ordinary pickling vinegar as you think will be required to

cover the cabbage, and boil a small portion of it with a little ginger and a small quantity of peppercorns, also a small beetroot peeled and cut up to give it a nice colour; after it has boiled pour it in the remaining vinegar, but take out the beetroot. Put the cabbage and cauliflower into a jar and pour over the vinegar and spices; tie down and keep in a dry place. Will be ready for table-use in about a month.

PICKLED NASTURTIUMS.—Gather them when quite young, and let them remain in brine for twelve hours; have sufficient vinegar to cover them, and with a small portion of it boil a little Jamaica and a little black pepper; when it has just boiled, add to the remaining vinegar. Strain the nasturtiums and put them in a bottle or jar and pour over the vinegar and spices, and tie down. These are very nice to use instead of capers for sauce with either boiled beef or mutton.

## HOUSEHOLD HINTS.

SOME people have an extraordinary objection to drinking cold water, but it is absolutely necessary for good health, and the want of it leads in some cases to serious diseases. The greatest care should be taken, however, that it is pure. Most filters are no use whatever, except to harbour and multiply microbes and organisms, but if water is boiled it ensures absolute safety, though the taste may be somewhat flat. It should be boiled fresh every morning, and not left from day to day, and the jug should never be left near a sink or drain, but placed in fresh air.

Too much water should not be taken immediately before eating a meal, or it weakens the digestion, and it should never be taken icy cold.

Area doors should never be unlocked after dusk, or when the family are out. It is easier to get disreputable tramps into a house than out of it.

If toys are bought for children that they will put in their mouth, these should be carefully washed before they are given to them, and it is not safe to give children toys bought from people in the streets. They have mostly come from unwholesome houses and have often been in the mouths of dirty and disgusting people.

In case of a leaking pipe, make a paste of some soap and whiting, and apply it to the leakage. It will effectually prevent waste till a plumber can be sent for.

Oil-lamps when not burning should not have the wicks turned up above the burner, as they draw up the oil, which then drips on to the metal work and causes a nasty smell when lighted.

Biting finger-nails is not only a disgusting habit, but a dangerous one, as it sometimes leads to blood-poisoning.

A dress-skirt should be folded, for packing, with the right side out. It will crease it less than if folded wrong side out.

When kid gloves are taken off they should never be rolled like a ball inside each other, but each finger pulled out straight and laid flat in the box where they are kept.

## HOUSEHOLD HINTS.

A GOOD black straw hat and bonnet, changed at the seasons with suitable blossoms, is the most economical and ladylike fashion, but the artificial flowers should be very good of their kind—those with silk or velvet petals look the best and most natural, and can be used a second season if carefully brushed and put away.

THOSE who have to wear spectacles and eye-glasses should be very careful that the centre of the glass is exactly opposite the centre of the eye. If not, they should be altered to make them so.

IF hair is washed with soap it is apt to make it brittle, so it should be afterwards rinsed with a little borax in water.

A LITTLE ammonia in the water in which china is washed makes it glossier and nicer in appearance.

A DRESS well made and of good material outlives several that are not, and gives more satisfaction to the wearer, but it should be carefully chosen as to colour, and not be too aggressive in pattern or tint.

BREAD and milk for invalids should be made by crumbling the bread into a basin, pouring the boiling milk over it and warming it through on the fire in an enamelled saucepan. Care should be taken that there are no lumps or hard crusts.

WHEN a head of long hair has to be washed, the hair should be first plaited and the scalp washed carefully, then the hair washed separately unplaited. This saves many tangles and loss of both hair and temper.

FLOWERS cut or picked in the early morning last much longer than those gathered later in the day, and, if they are to be sent by post, should be placed in water for a short time before being packed.

WHEN having hair shampooed at a hair-dresser's, be careful to shut your mouth and breathe as little as possible while stooping over the marble basin. Otherwise you run great risk of illness by inhaling sewer gas from the waste pipe which should not be, but is sometimes, connected with a drain.

STAIR-CARPETS should occasionally be taken up, the steps cleaned, and the carpet replaced so that what was on the edge of a step before should be now in the middle. Carpets treated this way will last much longer and not look shabby so soon.

A COAL-SCUTTLE should be kept by the kitchen fireplace to hold sifted cinders, and if these are damped and put on where there is a good coal fire, they make a fierce hot fire and save the coals; but they should be well damped with clean water just before using.

## HOUSEHOLD HINTS.

MANY people think night air injurious and carefully close their windows even in hot weather, whereas, in towns, the night air is the purest and best, free from smoke and other impurities. And the sleep is more restful where there is some fresh air coming into the room of the sleeper.

A LITTLE powdered borax on a damp flannel cleans dirt off white marble and china basins.

WHEN the edges of palm leaves in pots get torn and unsightly, they can be cut and trimmed with a pair of scissors.

WHEN tortoiseshell combs get to look dull, polish them with a little olive oil with the hand. If very bad, soak them in oil for a few hours.

IN case of fire in a house, if the staircase be alight and retreat that way be impossible, the inhabitants should shut all the doors behind them and wait in a front room till help comes. A window that is over a doorway is preferable as there is then foothold for the firemen. If it is possible to escape otherwise, crawl on hands and knees on the floor rather than walk upright, for smoke rises and the nearer the

floor the clearer the air. In any case doors and windows should be shut to prevent a draught.

IF you do not want the smell of dinner all over the house, see that the slide over the kitchen range is open for the smell to go up the chimney. You will also save your coal bill largely if you keep this slide open except only when it is wanted closed for a short time to make a fire fiercer.

THE seeds of the first blossoms on a plant or flowering shrub grow into the best plants.

## HOUSEHOLD HINTS.

TO place a piece of oil-cloth or American baize over the whole or part of the kitchen table is a very tidy plan and saves constant scrubbing of the table.

POWDERED rotten stone moistened with a little paraffin, cleans brass-work beautifully, after it has been washed with soap and water, and at the end rubbed with a clean leather.

BREAD-PANS and cheese-pans should be carefully wiped out every other day, and any pieces of broken bread not left in the pan, but put on a dish or plate till it is decided what shall be done with them.

SOFA covers and rugs should be frequently lifted and shaken in summer to find out if there are any moths underneath. Spare blankets

should also be inspected, and fur cloaks and trimmings should be well shaken and lightly beaten occasionally.

ALL green vegetables should be carefully washed with a little salt and water to free them from the insects that find a home in them, otherwise one may have unpleasant experiences at the dinner-table.



## HOUSEHOLD HINTS.

FOR those who cannot drink tea without an attack of indigestion to follow, there is good news. Little tablets are now sold in boxes, one of which added to each teaspoonful of tea in the pot, corrects the tannin, and improves the tea. Hundreds of people are now enabled to drink tea who had been obliged to leave it off, and these tablets are a most valuable discovery. Boxes of these *Tanocœa* tablets are sent by the manufacturers, *The Tanocœa Tablet Company, Bletchley Station*, or can be got from all Chemists and Grocers, price one shilling per box.

To keep butter cool in summer is always somewhat of a difficulty, but a butter-cooler is easily improvised by turning a basin or clean

flower-pot over the butter on a plate. Place that on a larger dish or basin in which there is water, cover over the top basin with a piece of flannel, the ends of which should rest in the water, and the evaporation of the moisture will keep the butter cool. The water must not be allowed to touch the butter itself.

BE careful when you buy jam, bottled fruits, pickles, or anything in glass vessels, to see that there is no broken glass fallen inside. Should the edge be chipped in any way, examine the contents on the top of the jar or bottle carefully, as broken glass has been found in such, and it would be probably fatal if swallowed. This caution is also necessary for wine and beer bottles.

CHILDREN should all be taught to eat salad olive oil. It obviates the necessity of administering other oils as medicine, and they get to like it very much. But care should be taken that it is got from a good maker, and that it really is olive oil. With salad or even with cold potato and a few drops of vinegar, this is most wholesome.

GAS-PIPES that are not in use are elements of danger, and great care should be taken not to knock them in any way, or *hang things* upon them so as to cause a leakage. This is very easily done and is not always readily perceived, so that there may be serious mischief before it is discovered.

## HOUSEHOLD HINTS.

THE oven door of a kitchen range should be left open at night to air the oven, unless a cat is left in the kitchen. Cats sometimes get into the oven for warmth if it is left open, and that is not advisable.

CARE should be taken when giving fruit to children to remove any pips or core, which might prove dangerous if swallowed.

THE hall door of a house should now and then be set wide open to air the passages thoroughly, someone being at hand to see that no one enters unbidden.

A TABLESPOONFUL of washing-powder in the hot water in which china and silver are washed is of great value; but the water should be very hot.

IN arranging a new house, it is rather a good plan to have distinctive names for the bedrooms, and it is a pretty idea to name them after jewels or flowers, and have the rooms decorated with colours and designs to match, so that there might be the Emerald, Ruby, Turquoise, and Amber rooms, or the Forget-me-not, Rose, and Primrose rooms. The hand-candlesticks, match-box cases, and hot-water cans should be painted to suit each room.

NEVER use any but the best soap for the face. If this is not obtainable or within reach of your purse, use only a little oatmeal in the water. Common soaps produce blotches and skin irritation, especially those that are highly coloured and scented.

BOTH woollen and cotten stockings should be mended with silk rather than cotton or wool. It is more comfortable, resists wear and tear longer, and does not easily discolour.

THERE is scarcely anything more injurious to health and spirits than a damp house. Leave it as soon as possible.

FUR worn round the throat has a certain danger, not only that of making the throat delicate, but also that the fine hairs find their way into the stomach and lungs, and become injurious.

IF a kettle or saucepan has to be put away and not used for some time, see that it is quite dry inside, for if put away wet, rust will accumulate and make a hole in the metal.

## HOUSEHOLD HINTS.

A RAG steeped in turpentine will usually stop severe bleeding of a cut.

STAINS on bedroom basins come off easily if rubbed with a little Brooke's Monkey Brand soap on a damp flannel.

BEDROOM and sitting-room fires should be always kept laid and ready to light at a minute's notice in case of an emergency, accident, or illness.

WATER-BOTTLES in bedrooms should be completely emptied each day and refilled with water that has been boiled.

THERE should be a cupboard in each house containing simple remedies for wounds, burns, and cuts, and simple drugs for immediate need; also some lint, linen bandage material, and a pair of sharp scissors with blunt points. This cupboard should, however, be placed beyond the reach of little children.

THE little wooden rollers round which unmounted photographs are sent out are valuable for preservation of face-veils. When these are taken off, they should at once be *rolled round* one of these smooth rollers in order to preserve the shape.

IF you wish to keep the feathers of any bird that has been shot, be sure and cut off the ends of each quill before you use it, as that contains matter which decomposes.

## HOUSEHOLD HINTS.

UNDER no circumstances whatever should bread be thrown away. Some can be baked hard in the oven, and then crushed with a rolling-pin and put away in a glass bottle or tin to use when frying chops or fish. Delicious puddings can be made also by soaking stale bread and crusts in milk, and beaten up when quite soft with eggs and mixed with raisins, candied peel and some spice, and baked. These can be eaten either hot or cold.

THIN clean paper should never be thrown away, but kept in a kitchen drawer, for wiping out saucepans and frying-pans, and wiping butter off knives, to save cloths being cut by the latter.

VERY early potatoes are often very unwholesome, having been forced by the aid of chemicals and not grown naturally.

SEPARATE days should be arranged for cleaning the silver and brass articles in a house, and separate cloths and dusters used for them.

A HARD broom should be kept in every coal-cellar to sweep up the loose coal each time coal is fetched, otherwise it is taken up on the shoes and carried over the house.

SOILED linen should never be kept in bedrooms, but in a basket outside on a landing, or in the bath-room.

IT is a pity to throw away clean paper-bags. They should be kept together and given to some small tradesman who will be glad to use them again. Old newspapers should be given to some poor invalid who will be glad of something to read, or sent to the workhouse or hospital.

THE plug in a lavatory basin should not be left out, as it is liable to let sewer gas into the house.

FLOWERING plants and their seeds should be planted with the growing and not with a waning moon.

AFTER cooking is done, the dampers of a kitchen range should be shut in to save the coals.

CULTIVATE the grace of thoughtfulness for others. This is invaluable in a household, and makes the wheels go round smoothly. Want of consideration for others, and thoughtlessness, is the source of much trouble.

GAME and fowl bones should never be given to pet dogs. They cannot digest them, and such bones have been the cause of painful deaths.

A FRUITFUL source of friction between the servants of a household is the unauthorised use of each other's dusters, brooms, etc. To avoid all such unpleasantness, the cook and housemaid should have a completely independent and distinct set of things, and kept in different places; they should also be of a different colour or pattern, so as to be easily identified by the owners. The cloths should be returned clean each week to *whoever* presides over the linen cupboard, and fresh ones given out. It is bad economy and worse management to use the same cloths over and over again.

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## HOUSEHOLD HINTS.

IT is now authoritatively declared by medical opinion that it is dangerous to moisten many postage stamps with the tongue. It may lead to cancer of the tongue and other serious complaints in the mouth or stomach; and the stamp margin paper should never be used to put over an open wound.

MEAT baked in the oven is the cause of much indigestion.

NOTHING makes a room look more untidy than blinds drawn up crooked, and faded flowers on the table. Cultivate a spirit of neatness in all the rooms, but especially those in which you receive your friends.

LOOSE sofa covers and spare blankets should be constantly inspected in summer, and periodically shaken, to prevent moths fastening on them.

BEDS should never be placed against a wall except just at the top. If the side of a bed is against a wall, it cannot be properly made, nor can there be sufficient air moving around it for health.

IT is well that one member of a family should keep a diary to record family and other events. These diaries prove valuable for reference in after years.

## HOUSEHOLD HINTS.

It is not safe to use common cheap enamelled saucepans after they have been chipped inside. The glaze that is used is often poisonous, and the material comes off in such small pieces, that if absorbed with the food they may act as a serious irritant to the intestines and set up inflammation.

A BOOK should be kept for cuttings of interest from newspapers and journals. These form very interesting reading.

AN accomplishment which everyone should cultivate is that of writing clearly, especially one's signature. It causes a great deal of trouble and even serious mistakes to write illegibly. While staying with a friend on a visit, a letter was handed round the table for us each to try and decipher, and all that could be read of it was the concluding sentence, "*Please reply by return of post.*" The signature and address were totally illegible.

SOUFFLÉ AU CHOCOLAT.—Take three eggs and beat the yolks and whites separately. Add to the yolk a tablespoonful of pounded sugar and about two ounces of chocolate. Stir all these ingredients well together, adding a teaspoonful of flour. Whisk the whites of the eggs until they form a stiff paste, and then mix lightly with the other substances. Butter a tin and bake in a moderate oven for a quarter of an hour. Serve up immediately in the tin.

## HOUSEHOLD HINTS.

HABITS of order, cleanliness and punctuality are worth more than many so-called accomplishments.

SOME unslaked lime in a shallow pan will absorb damp in a cupboard.

BE very careful to return books that have been lent. They should be returned at once when read.

WATER-COLOUR drawings should not be hung on a wall in strong sunlight or the colours will fade. Oil paintings are not affected in the same way, and bear the light.

A TABLESPOONFUL of Jeyes' Disinfectant Fluid (a preparation of coal tar) in a bath will greatly allay the irritation of nettle-rash.

THE French fire-proof china saucepans are by far the most wholesome utensils for cooking food. They ensure absolute cleanliness and security against anything deleterious getting into the food.

GLASS vases should be carefully wiped with a soft cloth every time the water is changed, or they become hopelessly stained. The water in which flowers are placed should be changed every day.

ON entering a house that has been closed for a time, the water in the taps should be set running for awhile, to run off the water that has been stagnant in the pipes.

CANDLE ends and wax should never be thrown on the kitchen fire, but scraped into a tin box kept for the purpose. This can then be periodically turned out for the dustman.

BOXES of matches and firewheels should not under any circumstances be kept in a kitchen cupboard or anywhere near a fire or hot pipes. The matches should be kept in a tin box.

## HOUSEHOLD HINTS.

ONE OF THE BEST WAYS OF MAKING A LINSEED POULTICE.—A large poultice requires six tablespoonfuls of linseed meal, one teaspoonful of mustard. Put the meal into a quart basin and set it in a saucepan containing a pint and a half of boiling water and let it remain there while the water boils rapidly for a quarter of an hour; the basin of meal should be uncovered and care taken that the water does not get into it; the saucepan should have its

cover on while the seed is steaming. When the basin is removed from the saucepan, pour as much boiling water on the seed as will mix it, and do this as rapidly as possible—mix in the mustard and lay it between muslin and put it on the chest as quickly as the heat will allow.

ADVICE TO NURSES.—A large basin of fresh water under the bed of an invalid,

changed two or three times a day, will prevent bed-sores and keep the room fresh.

MUSLIN valances or curtains about a toilet table are very dangerous and should not be allowed.

No day is well begun or ended without asking the blessing of God on the day's occupations.



## HOUSEHOLD HINTS.

A VERY good use for stale pieces of bread is to grate them down into crumbs, and when making a suet pudding use an equal amount of these crumbs with the flour instead of using all flour. This makes the pudding much lighter.

EVERY bedroom as well as sitting-room should have a bell in working order. It is also well to have a whistle in all the top rooms to attract outside attention in case of fire.

FOR a variety from the regulation cloves in an apple tart, try the finely-cut rind of lemon peel without the inside white part. It gives a delicious flavour to the apples.

OIL paintings should not be hung over a fire-place in use. The heat of a fire injures the picture and causes cracks on the surface.

AT afternoon tea it is a good plan to have a small tea-pot with freshly-made tea brought up for visitors who may come in late.

INDOOR plants in pots should have the surface earth now and then stirred and loosened to air the roots.

FLANK of bacon is more economical and quite as good as the back and other parts usually bought.

NEVER spend a shilling without devoting a portion of it to God's service. The habit will grow, and you will always have a reserve fund for charitable purposes.

IF cork soles are worn in shoes or boots, they should be occasionally taken out and dried before the fire or in the sun, otherwise the damp of the feet makes them both injurious and unpleasant.

WHEN choosing a tea-set, it is more advantageous to purchase cups and saucers of different patterns and colours rather than a set which perhaps cannot be replaced if broken; and if chosen of the same shape but in variety of colouring, they make a pleasant contrast on the table.

HAVE a "surprise drill" every now and then in which a supposed fire or burst pipe or accident needs a remedy. Imaginary demonstrations of cookery, nursing, housework and other useful things can be made very amusing as well as useful, and will be remembered in times of emergency.

EARLY rising is absolutely necessary for the well-being of a household. No work is well done that has to be rushed.

FRYING-PANS should never be washed, but only wiped clean with soft paper after use.

## HOUSEHOLD HINTS.

THERE is a disposition in many households to let things go and have no fixed days or times for anything. This must end in squabbles and disaster. Each member of the household should have her work planned out and regulated, and a written list kept in each department for her guidance.

IF you have any precious china ornaments in your rooms, always dust them yourself, and no one else will be to blame if they are broken.

STAFFORDSHIRE Cannock Chase coals make the hottest, cleanest, and clearest fires, and scarcely ever need the poker.

LET every child have some practical training in work by which, if necessary, it can earn a living in later years. There is no more miserable creature in this world than the one that can do "nothing" when the pinch of poverty comes, and none happier than the one that is "resourceful" in case of emergency.

A PIECE of white American baize cut to measure for kitchen dresser shelves is much nicer than newspaper or cloths, and can be kept very nice if wiped over with a damp flannel.

THE very smallest ends of candles which are no use for lights can be kept in a tin box, and some used to quicken .. fire when it burns low. A little sugar will do the same thing.

REGISTERS of the fireplaces in a bedroom should never be closed.

A HAMPER, wooden box or sack should be kept at hand for putting into it waste paper, corks or rags. These should not be put in the dustbin with the ashes, as they can be used for many purposes if kept clean.

BEEF suet shredded very finely into the frying-pan and brought to boiling-point is far nicer than butter or dripping in which to fry a beef or rump steak.

A RESOURCEFUL person is better than a clever one.

DUSTERS and basin cloths should be washed out every day, ready for next day's use.

A GAS jet fixed close to the cold water pipe which supplies the house is valuable in frosty weather if lighted and left close under it all night.

MILK should never be kept in a jug with a narrow mouth, but one into which the hand or a brush can be inserted for a thorough cleansing every day. Any stale milk left in a jug will spoil what is put next into it.

IF fresh air, boiled water, boiled milk, early hours, a purpose in life, a due proportion of fruit and vegetable diet, and simple living be the rule of a house, the doctor can be kept a good way off.

WHEN cleaning a room, do not forget the ledges of wardrobes and cupboards, the tops of picture frames and bookshelves. It is not enough to clean the floor.

BOXES should never be kept under beds; they are only dust traps and unhealthy.

## HOUSEHOLD HINTS.

THE following is an excellent recipe for boiling rice, and not too difficult, either to follow or to remember. Wash half-a-pound of rice in two waters and pick it very clean. Then put it into four quarts of boiling water, into which you have thrown one saltspoonful of salt. Boil uncovered for from fifteen to twenty minutes on a quick fire and quite fast. When tender, strain into a colander, and take it to the sink. Turn the cold water tap on it for two or three seconds; and then turn it into a clean, dry saucepan, by the side of the fire, with the lid half on, and let it dry and get hot. Shake it occasionally to prevent it from burning, and when dry it will be quite ready to serve.

Another method to dry it is to leave it in

the colander, cover it with a clean towel, and stand it in the oven to dry, shaking it occasionally. The last is perhaps the best method of teaching the art of boiling rice to a young cook, because the least neglect in the first way of drying will result in the rice becoming spoiled, and if not dry and hard, then either browned or burnt. I am sure most mistresses have awful recollections of seeing saucepans in the kitchen in which rice had been boiled, in which half the rice had been left at the bottom of the saucepan, either burnt or too brown to be of any use.

GIRLS have little idea how they add to their fatigue and backache by wearing heavy

cloth skirts. Warmth should be acquired without weight, and the waistband of a dress body should be fastened to the skirt by a strong hook and eye in the middle of the back. This relieves the body of the dragging down of the skirt.

It is extremely dangerous to pour paraffin on coals, as some do, to light a fire quickly, but sticks out of a bundle of wood can be dipped at the ends in a very little paraffin when the fire is laid.

BORAX powder in packets is an admirable cleanser and disinfectant, and a little should always be used in washing up china and kitchen cloths.

## HOUSEHOLD HINTS.

A GAS-STOVE placed in the fireplace of a room should have the turning-on tap carefully placed, so that a careless knock may not turn on the gas.

PORRIDGE should not be made with new oatmeal, but with meal that has been stored for a while. Fresh oatmeal is not usually digestible.

INK-BOTTLES should be periodically emptied and carefully washed, so as to get rid of the thickness which lurks in the corners of the bottles and clogs the pens.

UNDERCLOTHES should not be worn just as they come from a shop or warehouse, but should be washed before they are worn.

CATS should not be given large fish-bones. These sometimes get embedded in the teeth or jaw, and cause great inconvenience and pain.

IF two medicines are being taken alternately, the same glass should not be used for both. This applies especially to homœopathic tinctures, some of which are very delicate in their action, and would neutralise the effects of each other.

A FLOWER-STAND stained and varnished, three steps high, is very useful for placing window plants to face the light, and it removes them from the draught and dust of the floor. But curtains should not come between the plants and the direct light.

THE household water-tank or cistern should be thoroughly cleaned out at least once a year; so should also the kitchen boiler.

BOOKS should be treated as bees treat the flowers, extracting the sweets without injuring the flower.

## HOUSEHOLD HINTS.

ADVICE TO YOUNG MARRIED WOMEN.— About this time young housekeepers have completed their spring cleaning, and in order to keep the pretty homes dainty as long as possible they object to the husbands and brothers smoking indoors. This is a grievance, and the men wish there were no such thing as spring cleaning. May we suggest that the smoking may be indulged in without the least inconvenience if the young wife will put a bowl of fresh water in the cosy sitting-room the last thing before going to bed. When she comes down in the morning, she will not be able to trace the least smell of smoke, the water will have absorbed every particle. In this way the husbands may have their smoke without injuring the pretty home at all.

RELIABLE liquid gold paint and good coloured enamel paints are very useful in a household to touch up worn places on picture-frames, wash-stands, hot water cans and other articles.

CARPETS with a deep pile harbour dust, and are therefore less healthy than those without a pile, and in no case should carpets cover the whole floor, but should be loose, so that they can be taken up once a week and the floor cleaned.

A CLEAN door-step and polished door-fittings and windows are a reflection of the minds of the inhabitants of a house, and a pleasant-faced neat servant proclaims a happy and orderly family.

THE texture and colour of a dress often proclaim the mind of the wearer. The secret of success in dress is that it should be suitable to the season and to the wearer. Flimsy material in winter and heavy material in summer are unsuitable, and should not be tolerated, and no one should ape the dress of those who are socially in a position above them. To do this is to court ridicule and lose respect.

A LITTLE real lace, good material well cut, and a few articles of good jewellery are worth more than all the tawdry finery usually considered attractive, and jewellery should never be worn in the morning, unless it is of the simplest kind.

## HOUSEHOLD HINTS.

AFTER lemons have been squeezed, place the halves in a good-sized jug and pour boiling water over them. Let this stand for a few hours, and then pour off the water into a clean jug; mix this with any lemonade you make of the lemon-juice, and you will get a delicate and delicious flavour of the peel; add sugar to taste. The flavour is quite a different one, and much more delicate than when the peel is cut and put in the lemonade.

IF whole lemons have become hard and dry, immerse them in cold water and let them stand a while, when they will become quite soft to cut and use.

A FEW drops of ammonia in the water used for watering pot-plants stimulates their growth, and sometimes they need even more stimulating plant-food, which can be procured from florists and chemists.

PLANTS in windows should not be turned from the position facing the window in which they are first placed. Few plants can stand the effort to blossom on any but the one side, and do not flower well if moved.

BANDAGES for a wound should never be made of unwashed linen or calico; they should be at least rinsed out before using, to rid them of any sizing used in their manufacture.

IT is very advisable to have a sheet-almanack on bedroom walls, especially if there is a daily text to serve as a guide and a reminder.

A WASHING material for blouses that does not require starching, such as thin gingham or zephyr, is much cooler to wear than print which is starched, as the starch arrests the free current of air. Soft silk or a very thin woollen material is the best, though rather more expensive at first. To look well, blouses should be well cut and tastefully trimmed with good lace.

FOR a dress-body to be thoroughly comfortable there should be few or no bones in the front, and any that there are should be as short as possible, never higher than the stay-bones. The chest should be quite free and look easy.

EXCEPT in wet weather, always wear thin and soft boots and shoes of a good cut, and not tight across the front. If house-shoes are tight across the front, cut little nicks with the scissors under the bow or rosette and relieve the pressure.

LET no house be without a collecting-box or card for some missionary work. Have an aim and an object for your charitable gifts, and expect a blessing for yourself and those for whom you work and pray; and be a "cheerful giver, not grudgingly or of necessity."

IF a slim waist is required, let all the skirt-bands be loose and below the waist-line. The desired effect will be obtained without any squeezing.



A MOST refreshing drink, when tired, can be made by putting thin slices of lemon into hot tea instead of milk.

ALPACA is a most valuable material for summer-wear, as it does not harbour dust and is very light.

Margaret was very tired when the evening was over; only the violinist's performances had entertained her, and he had only played twice. Her head was aching and her heart was a little heavy. She had half meant to call Anna to account for her desertion, but after all her pride bade her hide, not show, her wounded feelings.

"What is that violinist called, Anna?" she asked, as they were going upstairs to bed.

"Oskar König. Isn't he handsome? Ever so many girls *schwärmen* for him. He often plays at these big musical evenings, you know. Do you know, some say," Anna went on, coming close to Margaret as though it

were a great secret, "some say that Gertrud von Bülow is in love with him, or he with her, which is much the same thing. Of course it'll never come to anything," Anna went on, stifling a yawn, "Gertrud is much too proud to marry beneath her, let alone a paid musician."

"A paid musician!" Margaret echoed. "Is it, then, something disgraceful to work for one's living?" she asked indignantly.

"Oh, no; but, you know, it would be such a—*mésalliance*," Anna concluded, with an air of wisdom; then she gave Margaret a kiss and slipped away.

(To be continued.)



**GREAT** care should be exercised in using the purple ink which is sold for the rubber stamps. It is poisonous in its effects if it gets on to a cut or wound.

**WHEN** making a fruit pie, do not put the sugar on the top just under the crust, but mix it with the fruit below; otherwise it makes the crust heavy.

**BLANKETS** and flannel petticoats should not be sent to a laundress, but cleaned by a cleaner who does not let the flannel felt together. It also keeps the colour better.

**PETUNIAS** are easily raised from seed, and do well in a room with south aspect. They are very sweet-scented and pretty, and can be trained to climb.

**WHEN** making a bread-and-butter pudding, do not put more than a very few raisins on the top, as they are likely to be burnt or harden in the oven and look unsightly.

**HAIR** should never be allowed to be put down a sink or grating. It clogs them up, and seriously interferes with the free passage of water.

A **LEAD** pencil should always be kept on the hall table for signing receipts for letters, parcels, etc., to save the time of the carrier and the postman.

**PUDDING-CLOTHS** need never be used—they are messy things at the best. The puddings should be placed in a greased basin and covered with greased clean paper and tied down, placed in a deep saucepan half filled with water—not to cover the top of the pudding basin—and kept boiling hard with the lid on. This method of steaming puddings is far nicer than boiling in a cloth, but requires longer time. Puddings taste far better and richer done this way.

**GREAT** care should be exercised in cleaning enamel saucepans and frying-pans, and they should never be scraped, for if the enamel is cracked or broken, small particles may be swallowed. These are of a vitreous composition and are dangerous, if not fatal, if swallowed.

**FLANNEL** petticoats should not be put into a cotton band, but gored right up to the top, and only put into a very narrow band. It is important to have the warmth of the flannel round the waist.

**GREAT** care should be taken when boiling a kettle or saucepan over a gas-stove not to let it boil over. It has been known in this way to put out the gas and cause a serious escape.

**THE** ends of old muslin curtains (especially if they have a border) generally are in good condition when the rest is worn out, and make handsome window blinds. They should be loosely stretched across the window on a tape or rod, and looped up in the middle with a coloured ribbon or rosette.

**WHEN** shoes are taken off, the stockings should also be at once removed. Colds are more readily taken through stockings, which are always more or less damp, than through bare feet. Stockings should always be hung up when taken off at night, so as to air and dry them before the morning.

**FAMILY** prayers should never be neglected in a household. They start the day rightly, and are an acknowledgment of the Lord and Creator, Who alone can direct our path, and preserve us through the day and its many dangers.

A **GUM-BOTTLE** partly filled with water, and a small brush in it, should be kept on every writing-table for sticking down the flaps of envelopes and putting on stamps. After a week's use, the colour and consistency of the water is convincing proof of the necessity of using this instead of one's tongue.

A **MEAT-SAFE** should be wiped out every day with a cloth moistened with vinegar or some simple disinfectant, such as Sanitas; but vinegar and water is preferable, and special attention should be directed to wiping the hooks on which the meat is hung, and the zinc grating which forms the front and sides of the safe, not only the shelves.



## HOUSEHOLD HINTS.

DRUGS often deteriorate by keeping, and some increase considerably in strength ; so it is not wise to use medicine that has been kept for years ; and be very careful to get all drugs from reliable chemists.

RICE is much nicer steamed in a basin than boiled in water. Some water and the rice should be placed in the basin, and this should be placed in a saucepan with water not up to the top of the basin, and then boiled hard, with the saucepan lid on, till done.

IF a lamp-wick gets very short, and another cannot be procured, sew a piece of tape of the same width to the bottom of the wick, which you can then use to the very last bit.

IF you use a stylographic pen, be careful to refill with thin fluid ink, so as not to get it clogged.

A LACE scarf is a difficult thing to use, but it can be made into an elegant wrap by cutting a silk yoke to fit the shoulders and then sewing the scarf on to the edge, from which it will hang.

CHILDREN are fond of putting beads and stones and such things up their nose. This is a very dangerous practice. To extract them, put your finger on the opposite nostril and blow sharply into the child's mouth ; the stone should then drop out. If it does not, the child should be taken to a doctor at once.

## THE SCULLERY.

A few words concerning the scullery and how to keep kitchen utensils generally may not be out of place.

Firstly, then, let us deal with the scullery sink, this bane of so many housekeepers. The sink should be cleaned thoroughly each time after washing up, and if housewives would insist upon this a great many troubles would be avoided.

Over the mouth of the waste-pipe I like a perforated brass or zinc trap, which cannot be removed; this prevents many a stoppage in the drain from an accumulation of potato-parings and odds and ends, even to knives and forks, being washed down.

If much grease has to be got rid of, or indeed very greasy pots washed, I recommend that when possible the water should not be thrown down the sink. But if this cannot be avoided then see that a kettleful of boiling water is poured down immediately afterwards. The reason why I advise this precaution is that the grease in the water in its passage down the cold pipe becomes cold and sticks to the sides of the pipe, gradually blocking the pipe up, and if not removed by the flush of boiling water it soon becomes unwholesome, and gives off bad gases which come up through the pipe into the house, and are undoubtedly the cause of much nausea and sickness, if of nothing worse.

## WOODEN UTENSILS.

All wooden utensils should be cleaned thoroughly each day after they are used. This is most necessary, as wood absorbs dirt and grease so easily, and if grease is allowed to soak in, it is most difficult to make the utensil sweet, clean and a good colour.

I deprecate the use of soda in washing wooden utensils, I find that it makes wood a bad colour.

We will suppose you are going to wash a pastry board on which pastry has been made. First scrape off the flour and any paste which may have stuck to the board, wash the board well all over with cold water. If hot water were used the flour on the board would become sticky, and would be much more difficult to remove. Now scrub the board thoroughly with hot water, using a little soap on the scrubbing brush, and sprinkling a little Calais sand over the board. Be careful to scrub the way of the grain in the wood, otherwise the board will soon have a rough woolly appearance. Swill the board thoroughly with cold water to get rid of any particles of soap and sand. Dry the board with a clean dishcloth and stand it on end where the air can purify it, but not close to a fire, for fear of warping the wood.

## KNIVES AND FORKS.

Knives and forks should never be thrown into a bath of hot water with other utensils; the hot water loosens the handles. The best plan is to collect the knives and forks, then have ready a jug of hot water, to which may be added a small piece of washing soda if the knives and forks are very greasy. Now stand the knives in the jug, blade downwards, being careful that the water does not touch the handles. Allow the knives to remain in the water for ten minutes, then take them out, wipe them dry and polish them on a knife-board, being careful to see that the ferrules are bright and clean. Dust them and put them away.

If the blades of the knives are stained in any way, a raw potato cut in half, dipped in a little knife powder or powdered bath-brick and rubbed on the blade will remove the stain very quickly.