

food and tight lacing, as witness the large waist that comes to town and the small one that returns home.

**Boston Rolls.**—Soak half a cake of yeast in a little warm water during the preparation of the flour &c., strain before mixing with the rest

4 cups of flour into which rub in one desert spoonful of lard.

1 desert spoonful sugar, 1 salt.

Flower, sugar, and salt to be sifted well.

One and a half cups of warm water, to be mixed with one cup of milk.

Mix the whole well with a knife till it does not stick to the basin, do not touch it with the hand. Cover up to keep warm, and when nicely risen, cut in pieces and just touch the side of each bit with a feather, or brush just touched with butter to prevent sticking, or made into a loaf is very good indeed for toasting.

**A Wrinkle for Everyone.**—Each little wrinkle running up and down a piece of Fibre Chamois acts like a hoop in making your skirt or sleeves stand out properly, but to do so it must go around the skirt or sleeves and therefore you must always cut the Fibre Chamois across the goods. It is so wide that this is easy, without any necessity for joining.

In these days, when perspiration is so apt to soil dainty gowns, it is well to know that such stains may be easily removed by sponging the places with warm water into which ammonia has been poured. When quite clean follow with a sponging of fresh cold water, then press with a hot iron until dry.

**Bleaching muslin.**—There are many housekeepers who would like to use the fine unbleached muslin for pillow cases, sheets and underwear, but do not do so because "it looks so common." It is cheaper than the bleached muslin, lasts longer, and is so easily washed. The old-fashioned process of laying it out on the grass to bleach is so slow and troublesome, that not many care to try it. The following method will not injure the goods, and leaves them beautifully white with very little trouble:

For every five pounds of cotton cloth dissolve 12 oz of chloride of lime (which may be obtained at any drug store) in soft boiling water. When cold strain it into a sufficient quantity of water to cover the goods. Boil the muslin 15 minutes in strong soap suds, wring out in clear, cold water, then put it in the chloride of lime solution from 10 to 30 minutes with frequent stirring and turning to allow the water to penetrate every part of the goods alike. Rinse well and dry the goods, then scald in clear, soft water and dry.

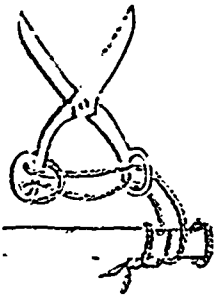
Many prefer to bleach the cloth before it is made up, others make the pillow-cases, sheets and other plain articles first, and bleach them afterward. Either way is equally successful and one need only consult their own convenience in the matter.

Chloride of lime is also useful for removing fruit stains and iron rust from cloth. Wash the cloth and apply a weak solution to the stain. The parts subjected to this operation should be subsequently rinsed in soft, clear warm water without soap and immediately dried in the sun. [Mary.]

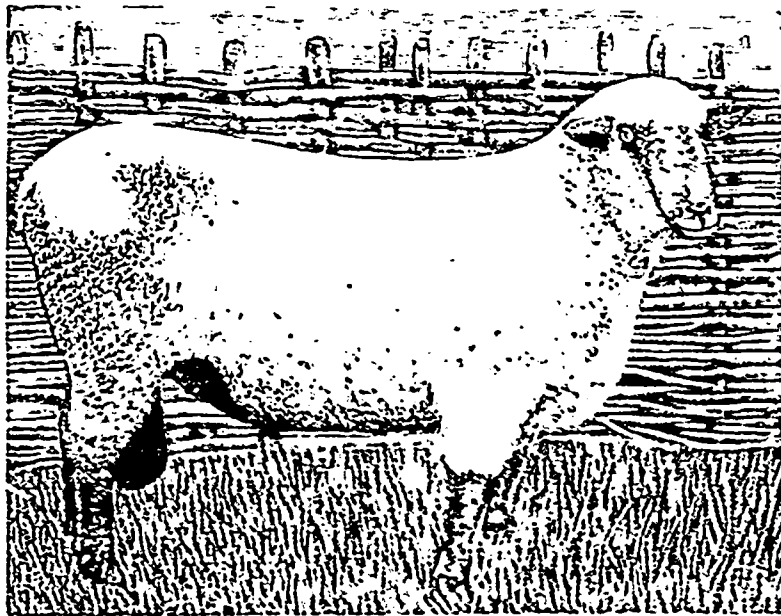
**A Good Homemade Cough Candy.**—An excellent cough candy is made of slippery elm, flaxseed and sugar. Soak

a gill of whole flaxseed in half a pint of boiling water. In another dish put a cupful of broken bits of slippery elm and cover this also with boiling water. Let these stand for two hours. Then strain them both through a muslin cloth into a sauce-pan containing 1½ pounds of granulated sugar. Extract all the liquor you can, stir the sugar until it is melted and then boil it until it turns to candy. Pour it out at once, when it reaches this point, onto greased papers. This is the old fashioned rule. The candy is more palatable if the juice of 2 lemons is added to it after it has cooked for ten minutes.

THE SCISSORS ENTANGLED.



This is an old but a capital puzzle. A piece of double twine is fastened to a pair of scissors, as shown in the cut, and both the ends are held with the hand while some person extricates the scissors from the twine.



Hampshire Ram, "Cambridge" Winner of "Royal Cup," Darlington, 1895; also five firsts at great English Shows this season. Imported and owned by Standard Meat and Live Stock Co.

**For Hands That Perspire.**—Powder ordinary starch as finely as possible and use frequently. Also rub round the palms with a cut lemon after rinsing in water without soap, and dust with subnitrate of bismuth or powdered starch. Or a powder can be made in this manner: Powdered starch, an ounce; subnitrate of bismuth, an ounce; powdered tannin, a quarter of an ounce.

**The Cold Water Fad.**—The cold water fad is essentially English, for the icy plunge is a punishment to Americans, and therefore, according to our medical men, wrong for us. Tepid and warm baths help us most, while for the face the water must be as hot as we can bear it to produce the best results. (1)

**One thing and Another.**—Some idea of the heart's enormous power may be

(1) For all that, we would not give up our daily cold tub for anything. We began its use in the year 1891! Lots of the better class of New-Yorkers tub every morning. Eo

gained from a statement that it forces blood through the arteries at the average rate of 12 feet per second.

The largest 124 cities in the country show a steady, uniform decrease in the average size of the family.

The statistics of life assurance show that in the last 25 years the average of man's life has increased 5 per cent, or two years, from 41.9 to 43.9 years.

**A New Salad.**—If you want a new salad and the nicest sort of a one, use the crisp inside leaves of the lettuce and slice oranges into them. Pour a French dressing over it all and when you eat it with toasted crackers and cream cheese you will discover that there are still some new good things left under the sun.

Tan colored shoes may be cleaned with a soft muslin rag dipped in water which has been softened with a few drops of ammonia. Rub some Castile soap on the cloth before applying. When dry rub with a flannel cloth to give the shoe a fine polish.

If you have squeaking boots, which are the horror of yourself and the whole family, take them off and place them all night soles down in a dish full of linseed oil. After the process life will be quieter.

a polish no amount of friction can give. (1)

A teaspoonful of ammonia to a quart of water makes an admirable mixture for cleaning windows, lamp chimneys, and any kind of glassware.

Powdered charcoal, if laid thick on a burn, causes the immediate abatement of the pain. A superficial burn can thus be healed in about an hour.

**Electric Bug Killer.**—The last novelty is an electric annihilator of moths, flies, and the like winged nuisances. It is an extremely simple though efficacious arrangement, consisting of an incandescent electric lamp, placed inside a large glass globe, which is coated externally with a mixture of honey and wine or any other suitable sticky mass. Close the windows of the room, pull down the blinds close the doors and make the room as dark as possible. Turn on the current, and a couple of hours later you will be surprised to see a lot of insects sticking to the said glass globe. The victims may be then "removed" with hot water, and the device is set afresh.

EVERY once in a while I run across in the literature of the day some article which strives to prove that the present generation of women is more subject to premature weakness and ill health than its predecessor. I use the word "strives" because in all that I have read on this subject I have never seen one statement which attained to the dignity of proof. In writing, it is one thing to make a statement, but quite another thing to prove that statement a fact.

Now, if these writers would take the trouble to look into the actual state of affairs they would find, as I have found, that just the reverse of their deductions is true. The most careful statistics conclusively prove that the general health of woman today is somewhat over fifteen per cent better than it was sixty years ago. The average of woman's life is five years longer, and the percentage of infant mortality has perceptibly decreased. In the older of our American States this is particularly true, and it is from them that we must trace the tendencies of the general community. In the country, in villages and small towns, the general health of woman is shown to be better than in the larger cities, where naturally more dissipation enters into life and necessarily shortens it. The untimely hours, their irregular diet, the unwholesome pastries and confections, and the excessive excitement in which city women are more liable to indulge, are naturally not conducive to the longest life. Physicians of repute have often told me that the social whirl in which the women of our large cities move lessens their lives by from ten to twenty years, its attendant excitements being the most fatal part of a social career for a woman. But since the greater part of our American population resides away from the cities the higher mortality among city women cuts comparatively only a small figure. Taken as a nation, one thing is absolute and cannot be gainsaid: The average of woman's life is today longer than it ever was in the history of the world, and her general health is, as I have said, fully fifteen per cent better.

(1) Many years ago, (1866) a man used to wash windows with kerosene from the old Morton's Distillery at Kingston. He used so much that we found out he drank some of it. He did not live long. A fact!—Eo

If a tablespoon of kerosene is put into four quarts of tepid water, and this used in washing windows and mirrors instead of pure water, there will remain upon the clean surface