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SWIMMING.—From bathing we pass by an easy transition to swimming. Every per-son should learn to swim ; and as the art can be acquired much easier in early life, parents should encourage their children to learn. It should be made a leading branch of the pleas-ant education of the seaside.

ant education of the seaside. THE TEETH.—A distinguished dentist lately wrote that he is frequently astonished to hear persons who have sound teeth and firm gums state with some shamefacedness that they had never used a tooth-brush, but had simply rinsed their teeth well with water after each meal. Cold water is a notable preserver of the teeth and gums.—Household Journal. TAR STAINS

Yournal. TAR STAINS.—Tar stains should be re-moved with butter well rubbed in, and then benzine applied to remove the grease. Wash in white soap lather, rinse, and then lay between two cloths, and roll tightly until all the wet is wrung out. It should be dried in the air, and ironed with muslin between; but it would be far better to send it to a pro-fessional cleaner. fessional cleaner.

CHEESE SANDWICHES.-Slice of brown CHEESE SANDWICHES.—Slice of brown bread and butter, thin slices of cheese. Cut from a nice fat Cheshire cheese, or any good rich cheese, some slices about half inch thick and place them between some slices of brown bread and butter, like sandwiches. Place them on a plate in the oven, and when the bread is toasted, serve in a napkin very hot and very quickly.—Mrs. Beeton's Household Management.

CHOCOLATE PUDDING. -Boil half a pound CHOCOLATE PUDDING.—Boil half a pound of grated chocolate in one-third of a pint of milk for ten minutes. Stir in when hot an ounce of butter and an ounce and a half of sugar, and when cold add the yolks of two eggs. Beat the whites of the eggs to a froth and break in lightly just before steaming the pudding. Butter the inside of a mould with the fingers, and sprinkle two ounces of pow-dered rusks upon the butter. Put in the choco-late, lay a buttered paper on the top of the pudding, and steam it for an hour and a quarter.—A Year's Cookery.

quarter.—A Year's Cookery. A GERMAN METHOD OF COOKING POTA-TOES.--Eight to ten middling-sized potatoes, three ounces of butter, two tablespoonfuls of flour, half pint of broth, two tablespoonfuls of vinegar. Put the butter and flour into a stewpan; stir over the fire until the butter is of a nice brown colour, and add the broth and vinegar; peel and cut the potatoes into long thin slices, lay them in the gravy, and let them simmer gently until tender, which will be in from ten to fifteen minutes, and serve very hot. A laurel leaf simmered with the potatoes is an improvement. STRAWBERRY SHORT CAKE.—Make a

STRAWBERRY SHORT CAKE .-- Make a STRAWBERRY SHORT CAKE.—Make a crust sufficient to cover the bottom of two pie-dishes, rolled thin, of the ingredients which would make raised biscuits; bake both at once; have two boxes or two quarts of strawberries thoroughly cleansed and well sweetened; as soon as the paste is baked, while hot, spread with good butter, cover with half of the berries, sprinkling more which half of the berries, sprinkling more sugar on top; cover with the other baked biscuit, butter as before, add the other half of the berries, with more sugar, and wrap well with a clean towel, and cover with a blanket, to remain to steam until cold.

blanket, to remain to steam until cold. THE CHILD'S FIRST BATH.—When young children have never bathed in the sea before great care should be taken not to frighten them, or to convey an unfavourable impres-sion. The little faces we have seen con-vulsed with a terror which was agonizing, at being forced or dragged into the water, haunt us still. The unknown is always terrible, and the tumbling traging waters, so familiar us still. The unknown is always terrible, and the tumbling, roaring waters, so familiar and so delightful to many a thoughtless man, are monstrous to his timid child. The fre-quent practice of forcing children into the water, and pushing them under the waves, because they are nervous and timid, is as senseless as it is cruel.

because they are nervous and thind, is as senseless as it is cruel.-BROWN SOUP.—Butter well the bottom of an iron saucepan, and shake into it a quar-ter of a pound of flour, sprinkle a little water with the tips of the fingers over it, then stir well with a wooden or iron spoon. It should form into little pellets. Continue stirring until it has become a deep brown. In fact, it ought to be roasted in the same manner as coffee berries, and when a good colour, the flour ought to be hard and crisp. Put into a soup tureen the quantity required, add suf-ficient boiling water, pepper, and salt, and serve. The browned flour when put into a tin will keep for many weeks, and can be used for browning and thickening gravies and soups, also to make a plate of soup at a moment's notice. It is also much recom-mended in any disorder of the bowels. I may add that this recipe is quite original, as an old servant in my family claims the invention of it.—Sylwia, of it.-Sylma,

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