

Household Hints.

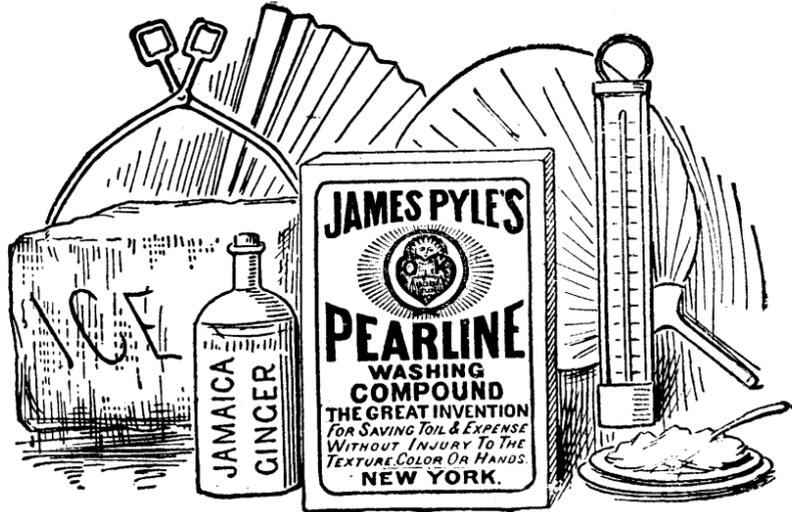
POISONING FROM RAW HAM.—During the warm days the temptation to eat raw ham is greatest of all—it has a peculiar flavour that is more grateful than that of other meats, and tenfold the danger lurks in its cool redness. Because it is more certain to poison than other meats, it should never be used unless cooked well done; this can only be accomplished by frying, slow frying; if ham is thoroughly fried, it is perfectly safe as a food, and all risk of poisoning is reduced to nothing.

HOUSEWORK.—Harriet Beecher Stowe writes as follows: "A woman cannot work at dressmaking or any other sedentary employment ten hours a day, year in and out, without enfeebling her constitution, impairing her eyesight and bringing on a complication of complaints; but she can sweep, cook, wash and do the duties of a well-ordered house, with modern arrangements, and grow healthier every year. The times in New England when all women did housework a part of every day were the times when all women were healthy. At present the heritage of vigorous muscles, firm nerves, strong backs and cheerful physical life has gone from American women and is taken up by Irish women. A thrifty young man I have lately heard of married a rosy young Irish girl, quite to the horror of his mother and sisters, but defended himself by the following very conclusive logic: 'If I marry an American girl I must have an Irish girl to take care of her, and I cannot afford to support both.'"

HOT-WATER BAGS.—The inestimable value of hot and cold applications in various forms of disease cannot be too strongly emphasized. Until the advent of the rubber hot-water bag, we never knew how to conveniently and comfortably apply the heat or cold. No family should be without one—it is better to have two or three in the house. They are made in various sizes and shapes, one to three quarts capacity—more or less. Bags are made for the spine, the head, the back, in the form of belts and so on. Persons subject to neuralgia of the stomach experience great relief from using a hot-water bag, belt or bandage. Every kind of stomach and bowel pain is much helped by putting on the hot-water bag. In cold weather they are such a boon to persons with weak circulation. Old people complain most bitterly of the cold. The back—the feet cannot be kept or even gotten warm. Hot water at the back and feet will give them great comfort. The same bags may be used to make applications of cold water or pounded ice for a "splitting" headache. There can be found no quicker and better cure.

RELIEF FOR LUNG TROUBLES.—Simple remedies are always gratefully welcomed, and no cheaper and more grateful one could be possibly offered than the following, taken from the Scientific American: It has long been known that the pine needle pillows would alleviate persons afflicted with lung trouble, and a Florida editor relates an incident in support of the fact as follows: During a visit to the home of a most estimable lady living on Indian River this editor was told of a discovery that had been made which may prove a boon to sufferers from lung or bronchial troubles. This lady, having heard that there was peculiar virtue in a pillow made from pine straw, and having none of that material at hand, made one from fine soft pine shavings, and had the pleasure of noting immediate benefit. Soon all the members of the household had pine shavings pillows, and it was noticed that all coughs, asthmatic or bronchial troubles abated at once after sleeping a few nights on these pillows. An invalid suffering with lung trouble derived much benefit from sleeping upon a mattress made from pine shavings. The material is cheap, and the Christian Work says it makes a very pleasant and comfortable mattress, the odour of the pine permeating the entire room and absorbing or dispelling all unpleasant odours.

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Beware Peddlers and some unscrupulous grocers will tell you, "this is as good as" or "the same as Pearline." IT'S FALSE—Pearline is never peddled, and if your grocer sends you something in place of Pearline, do the honest thing—send it back. 193 JAMES PYLE, New York.

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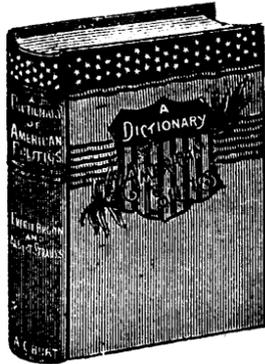
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Household Hints.

THINGS USEFUL TO KNOW.

To whiten the nails cut a lemon in two and rub in well at night. Wash off in warm water the next morning.

It is claimed that a preparation made of two-thirds lemon juice to one-third Jamaica rum will remove freckles.

Clean hairbrushes with warm water and a little ammonia. It is best to clean two brushes at the same time, as they can be rubbed together. Let them dry in the hot sun.

It is frequently stated that granite ironware cannot be mended after it leaks, and so must be thrown away. But in fact it is quite possible to mend it in the same way as tin, by soldering.

TOMATOES WITH BREAD CRUMBS.—Scald the tomatoes to peel them; put in stew-pan with good piece of butter, some pepper and salt; add some bread crumbs and stew half an hour.

BAKED TOMATOES.—Having selected those of equal size, fresh and ripe, wash and cut out the hard centres. Place them on an earthen pie-dish, and put a little sugar in the core of each as you would for baked apples. Bake in a quick oven for about one hour, or until tender. Grated cracker or bread crumbs could be sprinkled over them if liked.

BOILED ASPARAGUS ON TOAST.—Cut off the white hard ends of the sprouts and wash lightly. Then tie in bundles of six each and drop them into boiling water sufficient to cover. Boil about twenty minutes, or until tender, then cut and remove the strings. Have some toast on a platter and carefully place them on the toast lengthwise. Milk gravy may be used as a dressing.

VEAL STOCK.—Six pounds knuckle of veal, four quarts cold water, one tablespoon salt, six peppercorns, celery root or one-half teaspoon celery seed, one onion. Wipe the veal, cut the meat fine and break the bones. Put it into the kettle with the cold water. Skim as it boils, and when clear add the seasoning. Simmer until the bones are clean and the liquor reduced one-half. Strain, and when cool remove the fat. Use it for white or delicate soups.

PUFF PASTE.—To each pound of flour allow a pound of butter, use half of the butter with the flour and cold water enough to mix it; roll it out quite thin and put on half the butter that remains in small bits; dredge this with flour, roll up the paste, then roll it out again, thin, put on the rest of the butter and roll up as before; repeat this until the butter is all used. It must be done quickly; be careful not to handle it any more than you can help. Put in a cool place until you are ready to use it.

CHOCOLATE LOAF CAKE.—Grate one-half a cake of Baker's chocolate and mix it with one-half a cup of milk and the yoke of one egg. Put it on the back part of the stove to dissolve and heat through. When thoroughly warmed, set it off to cool while preparing the cake. Take two eggs, the yolk of one having been used, two cups of sugar, one cup of butter, one teaspoonful of soda dissolved in a little water. Add the chocolate and flour enough to make a thin batter that will pour smooth. Bake carefully.

LOBSTER SALAD.—One large lobster, three tablespoonfuls of French mustard or two dessertspoonfuls of common mixed mustard, one gill and a-half of vinegar, one gill and a-half of sweet oil, the yolks of five hard-boiled eggs, salt to the taste, a small teaspoonful of cayenne pepper, the inside leaves of two heads of cabbage lettuce. Cut the meat and lettuce in small pieces.—Boil the eggs hard, mash the yolks with a wooden or silver spoon, and oil enough to make them to a smooth paste, then add the vinegar, mustard, pepper and salt to taste. Mix this dressing thoroughly with the lobster and lettuce and serve it before the salad becomes wilted.

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