

Shin of Beef Soup.

Take four pounds of shin of beef, strip the meat down to the bone, but do not remove the latter, which should be plugged up at each end with a paste made of flour and water in order to preserve the marrow; put it into a saucepan containing three quarts of cold water; remove the scum as it rises and add a little salt; let the meat stew gently for four hours, then bring it to the boil and throw in vegetables to taste, such as carrots, turnips, onions (previously browned), and parsley. When the vegetables are tender, serve the soup with toasted bread cut into squares. After the soup is served, take up the meat and remove it from the bone, place in centre of dish, and arrange the vegetables round it, then pour over all a sauce made as follows: Chop onions small and fry brown; stir in a tablespoonful of flour, mix with sufficient soup to make a thin paste, add two tablespoonfuls of mushroom ketchup, pepper and salt to taste. Toast a large round of bread, spread on it the marrow from the bone, and divide into as many pieces as there are persons to be served. Two dishes will thus be made in an extremely economical manner.

To Remove Stain From a Sheet.

Mix soft soap with powdered starch, adding half as much salt as soap and starch. Make into a paste with lemon-juice. Lay this on with a brush, and let the linen lie on the grass for a few cold nights, and the stains will have disappeared. Another way recommended is to tie up in the stained part some pearl-ash, then scrape some soap into cold water to make a lather, and boil the linen till the stain disappears.

More Valuable Household Hints.

Kerosene will soften boots that have been hardened by water.
 For nose-bleeding bathe the face and neck with cold water.
 Cold rainwater and soap will remove machine grease from washable fabrics.
 Boiling starch is much improved by the addition of sperm or salt, or both, or a little gum arabic dissolved.
 Never use boiling water on soda in recipes for baking.
 A few drops of ether dropped into a bottle of oil will prevent it from becoming rancid.

Scientific Bread-Making.

"Bread!" exclaimed the young lady who is attending the science school. "Well, I should say I can make bread. We studied that in our first year. You see, the yeast ferments, and the gas thus formed permeates everywhere, and transforms the plastic material into a clearly obvious atomic structure, and then—"
 "But what is the plastic material you speak of?"

"Oh, that is commonly called the sponge."
 "But how do you make the sponge?"
 "Why, you don't make it; the cook always attends to that. Then we test the sponge with the thermometer and hydrometer and a lot of other instruments, the names of which I don't remember, and then hand it back to the cook, and I don't know what she does with it then, but when it comes on the table it is just splendid."—*St. James Gazette.*

They said that blood will tell,
 It may, but as things go
 It isn't blood, but gall, that serves
 A man best here below.

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