

Household Hints.

PEACHES.

Peaches will soon be plentiful in the market, and in order not to become monotonous as a dessert should be served in a variety of ways besides the standard style—cut up, with sugar and cream.

There are two kinds of peach shortcake, quite unlike, yet both delicious and easily and quickly made. The first is similar to a strawberry shortcake, but peaches, being less acid, require less sugar than strawberries.

The peaches should be pared and sliced and sugared an hour before using, that a rich syrup may be had with which to moisten the cake. The fruit should be handled carefully to preserve its shape, for the better any food looks, the better it is apt to taste; and it should be kept in a refrigerator till used, for the colder it is served, the more acceptable will it be of a hot summer's day.

Make a cake of one cup of sugar, two eggs, one large spoonful of butter, one level teaspoonful of salt, a little nutmeg, one heaping teaspoonful of Royal baking powder, one cup of milk, and flour enough to make a moderately stiff batter. Bake in a square, shallow tin, in a moderate oven, delicately. (If the cup of milk is very scanty, it will make a peach shortcake of fair size; but if a very generous cup of milk, one-third of the batter can easily be kept back, and some stoned raisins, half a cup of currants and a little citron and spices added and we have a convenient little loaf of plain cake for the tea table. So we have easily "killed two birds with the one stone.") The cake being baked, and the peaches having been in sugar for an hour, we split open the cake, lay the upper crust down on a platter, spread over evenly, half the peaches; then lay on the other half, crust down, and thereon spread the remainder. Over all spread the juice of the peaches, and one pint of whipped cream.

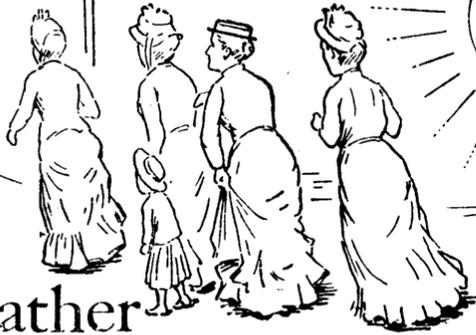
Another kind of peach shortcake, an agreeable change, is made in this wise: When the batter of the recipe is poured into the pan for baking, cover the top with well-shaped quarters of peaches, pared, and laid on in regular order, to entirely cover the top of the cake. A quick oven will bake this in twenty minutes; and the fruit should not be too mellow, but moderately hard. This, too, should be served with cream. As such a luxury of the country is; not always to be had in the city, a very good substitute is made by enriching milk, in the proportion of one egg, one teaspoonful of sugar and one of cornstarch to one pint of milk; all to be smoothly blended, brought just to a boil, and, of course, served very cold. Another dessert of peaches is made by adding sufficient fruit—the yellow is best for this—to make a solid pint. After having been passed through a coarse sieve, then stir in one half a pint of sugar, and allow to stand while one ounce of gelatine dissolves in a little water. Have one cup of milk boiling hot and stir the gelatine smoothly into it, and then stir in the sifted peaches. When cold, but before it solidifies, beat to a smooth and perfect froth in a cool place, not in a warm kitchen; and then beat in one pint of whipped cream. Beat thoroughly and pour it into a wet mould, and put upon the ice. It should be made the day before wanted, as should most desserts of which gelatine forms a part.

WHEN heavy counterpanes are washed they should be hung to dry without any wringing at all—and they will be found perfectly bleached and white when dry. So with table linen, if hung up dripping wet, the stains, not otherwise removed, will come out by the sun.

A SMALL piece of washing soda in the water for washing softens it, and does no harm, but those trusted with the use of it are apt to use it too bountifully, and thus injure the clothes. It not only makes them white, but tender also. The best and safest agent for bleaching will be found to be the sun.

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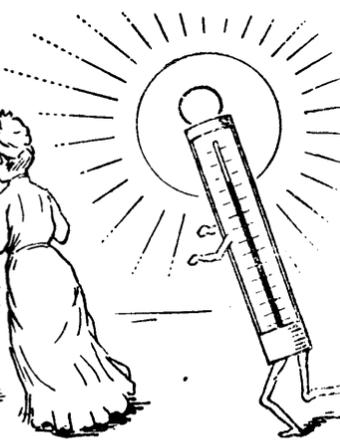
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Household Hints.

TO CURE BEGINNING CONSUMPTION.

Consumption may be cured, if it has but a slight start, by the strict observance of common-sense rules of health which are known to every one almost without teaching. Oftentimes physicians' warnings and instructions fail to impress the sick one. She waits until death stares her in the face before she heeds advice. But it is not always those best fitted to save life that succeed in doing it. An outside observer that never had seen a work on physiology or any other medical work, and had never heard of the tubercle bacillus even, may be just the person able to effect the cure of a lung disease. How? how? you ask. By appealing to the vanity of the patient, or that of the patient's mother. This succeeds best when the consumptive is a young girl. If the child is indifferent as to her personal appearance her mother will not be. One cannot create a beautiful face, but she can make herself most attractive by cultivating a fine carriage and taking such exercises as will develop a good figure. During the growing period (which is from childhood to twenty five years of age) both boys and girls should be obliged to sit erect, the shoulders should be thrown back, the head held up, the mouth should be kept closed, and the breathing done through the nose. In walking, step quickly and firmly—lagging, swaggering steps never yet sent blood bounding through the blood vessels. A sluggish stream does not fertilize nor sustain a vital part. No lungs can fight against disease unless they are nourished by rich, pure blood. A stooping posture, a snail pace, cramp and shut off from the internal organs, especially the heart and lungs, fully half of the vitality they need. Good food, plenty of sleep avail much, but unless every organ is freed from pressure, such as is caused by stooping and lating, health cannot be maintained nor disease prevented nor cured. So, to effect a cure of consumption, most of all carry yourself well, take a course in calisthenic exercises, cultivate the habit of admiring fine forms and princely and queenly carriage. Fancy yourself the envied ruler of the universe, if possible, and try to look the character. The dullest imagination can picture what that person's outward charms should be. At the end of three months the finely-poised head will look as if it belonged to a veritable queen.

THERE is nothing that will so effectually exterminate roaches, those pests of the Toronto housekeeper, as a liberal sprinkling all about the warm places, the cracks, the corners and the crevices of the kitchen and pantries of the so-called Persian Insect Powder. Really it grows in our own country, and is a harmless plant, save to all bugdom, dried and powdered. Its use to be efficient should be repeated for several successive days. The reward pays for the labour. Borax and the thousand and one other preparations cannot be compared with it for efficiency or cleanliness. The wholesale druggist keeps it in perfection, but grocers usually hold it so long, or so illy covered, that it has lost all its strength and is useless. This last point is an important one, if we look for success in its use. As to keeping beds free from intruders there is nothing to compare with spirits of turpentine. It will also prevent the ravages of moths. Furs or clothing should be thoroughly brushed and wrapped in cloth well saturated with it, then put in a box and pasted up air tight. The odour will destroy the moth eggs if there are any. Tobacco and red pepper are the delight of these pests, a lesson too dearly learned by experience. Carpets wiped over with a strong turpentine water are brightened and freshened in colour, and danger of moth work is avoided.

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