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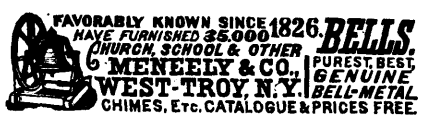
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HEALTH AND HOUSEHOLD HINTS.

A burning gas jet is unhealthy in a bed chamber, because one gas-light gives out as much carbonic acid gas as two sleepers.

A little ammonia in tepid water will soften and cleanse the skin. Spirits of ammonia will often relieve a severe headache.

Do not disfigure the hands with caustic to remove warts, but touch them with strong soda water several times a day. They will disappear.

In airing an apartment where space is limited lower always the window from the top. This gives the air circulation through the entire room.

To remove a rusty screw apply a red-hot iron to the head for a short time, the screwdriver being used immediately afterwards while the screw is still hot.

One of the very best ways to treat a severe case of sunburn is to bathe the face constantly for fifteen or twenty minutes with soft water as hot as it can be borne. This treatment takes out the redness and removes the stinging, and the skin returns to its normal state much sooner than if left alone. After bathing in this way apply a pure cold cream that contains nothing that will irritate the skin.

Tomato Wine.—To every gallon of tomato juice add three pounds of sugar; two tablespoonfuls of yeast; cover closely and let it stand for five days, stirring it thoroughly every morning. Strain carefully and bottle.

Delicious Raised Buns.—Use one quart of milk; boil one pint of it. Add to the whole quart a piece of butter the size of an egg, two-thirds of a cup of sugar and two eggs beaten together, one-half a cup of black currents and one half a cup of yeast. Let the mixture rise over night.

How to Keep Eggs.—Pack the eggs in salt with the small end down in boxes that will hold not more than five or six dozen. If kept in a cool place and the box turned over about twice a week the eggs will remain fresh for months. If the eggs are not turned the yolks will settle through the outer albumen until they touch the shell and the eggs will then spoil.

Boiled Potatoes.—This homely vegetable is frequently slighted in cooking. A white, mealy potato is a welcome addition to any meal. Wash and scrape or pare thin, rinse in cold water, then throw into a kettle of boiling water, in which two teaspoonfuls of salt have been put. Boil rapidly. Drain, remove the lid for a moment so that the steam can escape, then serve immediately.

Fruit Pudding.—Take one quart of cake crumbs, and mix with a custard made of three cupfuls of milk, four eggs, one spoonful of sugar, and nutmeg to taste; let this stand half an hour, then stir in a half cupful of well-washed currants, one cupful of stoned raisins, and a few strips of citron. Butter a pudding-dish and turn in this mixture. Bake one hour. Serve with a rich liquid sauce.

Baked Apple Pudding.—The yolks of four eggs, six large pippins, grated, three tablespoonfuls of butter, one-half cup of sugar, the juice and half the peel of one lemon. Beat the sugar and butter to a cream, stir in the yolk and lemon with the grated apples. Pour in a deep pudding dish to bake. Whip the whites and add them last. Grate a little nutmeg over the top. Eat cold with cream.

Stuffed Egg Plant.—Cut the plant in two; scrape out the inside and put it in a saucepan with a little minced ham; cover with water and boil until soft; drain off and add two tablespoonfuls grated crumbs, one tablespoonful of butter, half a minced onion, with pepper and salt to taste. Fill each half of the hull with the mixture; add a small lump of butter and bake for fifteen minutes. Or if preferred, omit ham; using more bread crumbs and mixing them with beaten egg yolks (two to an egg plant).

Pineapple Pudding.—Butter a pudding-dish, and line the sides with slices of stale sponge-cake. Pare and cut a pineapple into thin slices, rejecting the woody core. Place a layer of fruit in the bottom of the dish, and sprinkle with sugar, then another layer, and so on, until the dish is nearly full; then pour over the whole two-thirds of a cupful of cold water, and cover the whole with slices of cake which have been dipped into cold water. Cover the whole with a plate, and bake slowly two hours. Serve with sugar and cream, and any favorite liquid sauce.



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hosiery, etc., each day as they are cast aside. Soak them in Pearl-line and water, boil them a few minutes, rinse out—and there they are, perfectly clean.

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