

### Home and Health Hints.

Much coal is wasted by keeping draught on unnecessarily.

A very hot iron should never be used for flannels and woollens.

All cold vegetables left over should be saved for future use in soups and salads.

Clothes lines are made much more durable by boiling for ten minutes before they are used.

White spots upon varnished furniture will disappear if you hold a hot plate from the stove over them.

One of the secrets of having food good is to serve all the hot food hot and all the cold food cold. Always have hot plates on which to serve hot food.

Raspberry sauce.—A very good pudding-sauce is made by simply whipping together until very light half a pint each of cream and raspberry juice. The cream should be thick and rich.

Lunch cakes.—Take a cup of milk, a cup of sugar, a scant half cup of butter, two eggs and a teaspoonful of baking powder. Stir in flour to make a moderate thick batter. Bake in gem pans and eat warm.

Tucks, shirrings, fine pleatings and folds are the fancy of the moment in neckwear, and are remarkably cheap. No woman needs to be untidy in these days, when dainty neckwear may be purchased for a song.

Caramel sauce.—Melt one cupful of sugar in a spider, stirring it all the time, allowing it to become a delicate brown; add three-fourths of a cupful of hot water, blending till smooth, and a tablespoonful each of butter and flour rubbed together. Cook together four minutes.

Corn Muffins.—Separate two eggs; add to the yolks half a pint of milk and a tablespoonful of soft butter; add one cupful of cornmeal and half a cupful of flour, with which has been sifted a teaspoonful of baking powder; beat thoroughly. Fold in the well beaten whites and bake in twelve greased gem pans in a quick oven for twenty-five minutes.

Chocolate cake.—Beat two eggs, add two cups of powdered sugar, and beat hard for fifteen minutes. Add one cup of milk and two cups of flour alternately, beating well, lastly one teaspoonful of vanilla and three level teaspoonfuls of baking-powder. Bake in three thick or four thin layers. For the filling scald one cup of milk, add one cup of sugar; mix together three tablespoonfuls of grated chocolate and one teaspoonful of corn starch, moisten with two tablespoonfuls of cold milk, turn this into the hot milk, and stir until thick and smooth. Simmer for five minutes, add one half of a teaspoonful of vanilla, and spread between the cake layers.

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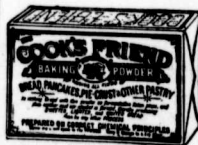
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