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## Scieatifific aua wseful.

How to Boil Rice.-Few cooks seem How ro Boil Rice.-Few cooks of food
know how to prepare this article of know how to prepare this article of dit
wroperly, so a hint or two willynot be of wroperly, so a hint or two willsnot be careulijg Bicking Stoves. If a little vinegar of some cider is mixed with stove polish it sto not take much rubbing to make the sion to
bright, and the ulacking is not likely to brigh', and the
off in fine dust.

Dessert.-An inexpensive and good des selt is made of one quart of sweet mills, titite thirds of a cup of uncocked rice, and set tbes ait. Put this in tea or coffee cups, set waterLet it col until the rice is almost like jellr. When cold turn it out of the cup. with sugar and cream or with pudding
Mashed Potatoes.- Boil the po uniform ater having made them dividing larger ones, it is better to slice all, bul very thinly. As soon as the fork ging that for mixing your bread if you bake same day, then mash through a colander butt the same kettle or saucepan. Add buttled and cream and salt, and with a long-hand the poon beat a few minutes briskly. Shly heal again, and your potatoes will be a noticea feature of the best of dinners.
FISH-FOR SUPPER.- When one he left from dinnd it can be prepared in $2 n^{2 p^{\circ}}$ petizing was and it is a matter of econ and to dothis. Take out all the bones and $s$ the fish in very small bits; add a fish of much mashed potato as you have is with even a littlg less will do. Moisten it add some melted butter. If you choose to fat some sprigs of parsely, do so. Make ter, of cakes and fry till brown in a little butter, it make some light crust, line small tins ${ }^{3}$ and and fill them with the hot mixture of fish potato. Bake till the crust is done.
To Sweer and Dust.-Sweeping and dusting is an art, in the opinion of "Ihe is ance, and has a right method, whic folows :-Are there closets opening sheireh room to be swept? Arrange the she in ing drawers or clothing preparatory to se sweptll day; then let these be the first to be iso ${ }^{2 l}$ Cover the bed with soiled sheets, as a firsh heavy articles that cannot be removed brush however, having carefully dusted and that them. Remove all the furniture easily be set in the hall or adjoining having first dusted it; then taking ladder, begin to sweep or brush or the shades to the top of the windo they are inside blinds, dust them car Open the windows. All the dust left room now is in the carpet or air, Begin to sweep, nof towards a door ner, but from the buter edges of the towards the centry where the dust taken up with a umanl brush and dust Go over the room once more; this time a dampenEd broom; that removes the bright apperraince. Replace the artic furniture as soon as the air is entirel) from dust, uncover the rest, and the 500 new and clean. All this seems an ha thing to do, but there is not one in dred that will follow out the detal will sweep the dust into the hall, or fory theil room to another, and then wonder Others for get cornices and pictures, and thus les ind seed for future pictures, a hile a than class will do all but using the damp bromue. which is as all but using the damp 2

TWO DEPARTMENTS WELL

1. REPRESENTED.

In latel walking through the Governmen of Buildings at Outawa, a representative ourse 0 of Ottawa's ablest journals, in the of interest
conversation, gleaned some items
chie Sperking with Mr. A. J. Cambie, that Clerk ci the Agricuitural Departion. genileman replied to a certan qy family. found it io Jacobs Oil in my article indees It is the ro medy to banish pain, and so, that pleasant and soothing way of doing as grest makes it valuable. I consider Sherซo meticine." Calling upon Mr. Stleman the Militia Department, that gen have for athsweren the usual query
St. Jacobs'Oil a great medicine; remedy, indeed, for rheumatism recommended it to very many. commenced its use I had not masily consider it by all odds the best ever tried.'

