

Health and Home.

Last season's straw hat can be cleaned with lemon juice; cut a lemon in two cross-wise, and rub the hat thoroughly with it. This is better than oxalic acid, which makes the straw brittle.

A sewing hint.—When you want a fresh end of cotton, thread your needle before cutting from the end just severed. By doing this you get the right end of the thread, and you will not be annoyed by the cotton knotting.

Very few persons can eat the white of a hard boiled egg with any degree of comfort. Eggs are highly nutritious and easy of digestion when lightly or under cooked. The albumin, the white of the egg coagulates as soon as it is dropped into hot water. The long boiling renders the yolk soft and mealy, but the white becomes tough and indigestible and should be discarded.—May Ladies' Home Journal.

Lemon Pie.—Separate three eggs, add gradually to the yolks one cupful of sugar, and the juice and rind of one lemon, beating until light. Blend one tablespoonful of flour with one scant cupful of milk and strain it over the egg mixture. Line a pie plate with paste, pour in the filling and bake in a moderate oven until set. Whip the whites of the eggs to a froth, add three tablespoonfuls of powdered sugar and set in the open oven until lightly colored.

Chocolate Layer Cake.—Beat two eggs, add two cupfuls of powdered sugar and beat for fifteen minutes; add one cupful of milk and two cupfuls of flour alternately, beating well, lastly one teaspoonful of vanilla and two scant teaspoonfuls of baking powder. Bake in jelly tins. For the filling scald one cupful of milk, add one half of a cupful of sugar; mix together three tablespoonfuls of grated chocolate and one tablespoonful of cornstarch, moisten with two tablespoonfuls of cold milk, turn it into the hot milk and stir until thick and smooth. Simmer for five minutes, add one half of teaspoonful of vanilla and spread between the cake layers.

For the sick, chicken broth comes next to veal in order of delicacy, and clam next. Many invalids can not eat mutton broth which is most nutritious, on account of its odor. Beef is often too heavy. Clean and wash the fowl carefully, and cut it into pieces. Remove as much fat as possible. Use here a quart of water to a pound of meat, simmer it until tender and let it remain on the range for about four hours; strain and set to cool. When cold remove the grease. If you choose remove the breast from the chicken after it has been cooked for about two hours. When ready to serve cut the breast into dice and put it in the broth. It is this more hearty than is desirable, add some well cooked rice.

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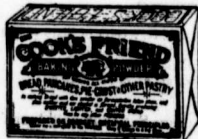
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