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HEALTH AND HOUSEHOLD HINTS.

All persons who do much while in a standing posture will find much relief for their "tired feet" by using a soft mat or pad to stand on. They may be made with several thicknesses of old cloth, bagging, carpet lining or horse blanket stitched to-gether and covered with old carpet or drugget, the edges turned in and overhanded, and the whole then tacked like a comfortable. Hang them up by two loops when not in use, to keep the edges from curling up. They may be used in the counting room, at the desk, or in the kitchen at the table. Try one of them and see.

Never cut or trim the eye-brows. Their beauty includes delicacy—delicacy in curve, width and texture. Trimming them destroys this by causing them to grow coarse, stiff and "wild." To get the well-defined, parrow arch many beauties pinch the eyebrows after anointing them with oil to make the hair look glossy. A stray, wiry or gray should never be cut. On the other hand, eyelashes are cultivated by clipping them once a year. Hair dressers call it "topping" them, and the term is pertinent. Only the irregular tip ends should be cut, and this can only be done by another. Cutting the lashes weakens the eyes, remember that!

Celery cooked in the following manner is a very accepted dish: Cut up into two-inch lengths the tender, white part of a dozen or two stalks of celery, the nearer the heart the better, and plunge them into scalding water. Boil for quarter of an hour, take them out of the hot water, drain them, and dip each separately into a batter made and dip each separately into a batter made by beating together the yelk of an egg, a tablespoonful of salad oil; salt to season; pepper and nutmeg. Work into this a quarter pound of flour and sufficient water to make the batter soft, but not thin. Beat the white of an egg to a stiff froth, and stirin-to the batter just prior to using. Having dipped the pieces of celery, into the batter. dipped the pieces of celery into the batter drop them, one or two at a time, in a small enameled pan containing boiling hot fat. As fast as the batter takes a golden color, take out the fritters and lay them on a piece of crumpled paper or inverted sieve. Then serve them on a platter covered with a napkin to keep warm; garnish with parsley.

Rolled Steak -- Procure two pounds of of round steak, cut less than an inch thick, and spread over it a stuffing such as is used for poultry. Begin at one end of the steak and roll it as you would a jelly cake; tie it to keep in shape. Pour over it a cup of hot water in which a tablespoonful of butter has been melted. Bake and baste frequently. Season with pepper and salt about fifteen minutes before it is done, which will be when the meat seems tender when tasted with a fork. Skim off the fat, thicken the gravy a little and pour over the roll; slice neatly from one end. Boil some onions

tender in salted bolling water; put them in a baking pan with salt, pepper, butter and a little milk. Brown quickly in a hot oven, and dish as a garnish around the meat. If you do not want onions and onion soup at the same meal, a pea soup is equally inex-pensive, or you may lay peeled potatoes around the beef while baking instead of the opions.

AN OPEN LETTER.

During the winter of 1892-93, I was covered with Pimples on my right leg between the knee and ankle, and sought medical advice, but getting no relief I tried a bottle of B. B., applying some of it to my leg as well as using it internal. ly, and the disease disappeared within three weeks, and I am thankful to say has never reappeared.

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