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"An Old House-keeper" writes to an exchange: "I would like to tell 'Young House-keeper' my way of cooking a rib-roast, which is a very good piece to bake. Have your butcher take out the ribs and roll up the meat nicely, and keep it together by tying a piece of clean cord around it; skewers are in the way and prevent carving nicely. Have your oven about as hot as to bake bread, and keep the same heat until the meat is done. A five-pound roast requires three-quarters of an hour in the oven if you like it quite rare. Put it in the dripping-pan without any water or dripping; to be perfect it must be basted with the drip from the meat. When done, remove the meat, set the pan on the top of the stove, and stir in as much flour as you need to thicken the gravy. When brown, thin with boiling water.

**SUPERIOR YEAST.**—After making and using many kinds I prefer this. Fourteen potatoes pared and boiled until a silver fork will pass into them easily. Boil a handful of hops in one quart of water. Put the potatoes into a colander and wash them through, using one quart of fair boiling water to assist in the process. Add the quart of water in which the hops have been boiled, and stir in one small teaspoon of white sugar. When cool enough to be certain it will not scald and destroy the life of the same, put in a cup of yeast. Let it stand till light, which in warm weather will be not more than half a day; in winter, till next morning, when stir in half a teaspoon of fine salt. Now put away in fruit cans or large mouthed bottles. Keep in a cool place, but where it will not freeze if the weather is cold. When the salt is added to the yeast it will foam like soda-water, and of course it must not be immediately sealed or corked tight, though this may be done in a short time after bottling. Keep the potatoes under water while they are being pared, and never use the water in which they were boiled if you wish the biscuits to excel in whiteness. Let the yeast stand in a stone or porcelain vessel, or in a bright tin vessel, to rise. All these proportions would make yeast for the bread of a small family two or three weeks.

EVERYBODY knows that a layer of newspapers over a bed affords as much warmth at night as the ordinary counterpane. Various attempts have been made of late years to turn this to account, but owing to the crackling nature of the paper and the impossibility of securing free ventilation beneath paper coverings, the idea has been abandoned again and again. A Manchester (England) firm are, however, credited with having overcome these objections, and have invented a paper blanket which furnishes as perfect ventilation as takes place beneath an ordinary woollen blanket. The new covering is made of two sheets of paper, between which a layer of wadding, chemically prepared, is inserted in such a way that it cannot gather together in lumps, while the edges are strongly whipped, so that there is no possibility of a separation of the two pieces taking place. The paper is manufactured from the strongest fibre known, and is softened by a special process until it was free from the objectionable crackling and rustling sound of paper. It is true there is a slight crisp feeling when new, but this soon wears off, and the covering becomes soft and limp. At the same time the strength is much greater, having regard to the material from which it is manufactured. As far as looks go, the new blanket has all the appearance of a woollen one, while the warmth it affords exceeds that possessed by its predecessor when the size and weight of the two are brought into comparison. It is, moreover, much cheaper.

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St. Jacobs Oil cures rheumatism; of this I am convinced. For years I suffered with rheumatism in my left shoulder and right arm, and last fall I was incapable of attending to my duties, and lay many a night unable to sleep on account of terrible pains. A few weeks ago a severe attack of this trouble struck me, and this time I concluded to try St. Jacobs Oil—I must acknowledge, with but little confidence in its merits. I freely confess that the result has completely astonished me. The first application relieved the pain very materially, and the continued use of only two bottles has completely cured me of this chronic evil, and that after the most eminent physicians and their prescriptions had been of no avail. I therefore consider it a duty to publish the above for the benefit of all sufferers with rheumatism and kindred complaints. G. A. HEILMAN, Editor "Republican," Pittsburg, Pa.

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