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## HEALTH AND HOUSEHOLD HINTS

Ripe, tomatoes will remove ink and almost all other stains from white cloth and from the hands.

Before sewing new linen on the machine rub along the intended seam with yellow soap, or it may break the needle.

If boiling for soup stock, the meat (or bones) should be put into cold water, and brought to the boiling point as slowly as possible.

Protect the mattress by laying over it an old blanket, which is far better than a sheet, because, being woolen, it absorbs perspiration without giving a chill and also can be aired more easily than cotton.

French Cake.—Two cups of sugar, two-thirds cup of butter, four eggs yolks, whites beaten separately, one cup of sweet milk, three of flour, and three teaspoonfuls of baking powder.

Cherry Tapioca.—Wash a cup of tapioca and let soak over night; in the morning pour over a pint of boiling water and let simmer until perfectly clear; stem a pound and a half sour cherries and add them to the boiling tapioca, sweeten to taste; take from the fire, turn in a dish and stand away to cool. Serve very cold with sugar and cream.

Mint Sauce.—Four dessertspoonfuls of chopped mint, two of granulated sugar and quarter of a pint of vinegar. Wash the mint which should be young, freshly gathered and free from grit. Pick the leaves from the stalk, mince them very fine, and put them into a gravy boat. Add the sugar and vinegar, and stir till the sugar is dissolved. This sauce should be prepared several hours before serving.

Raspberry Cream.—Half box gelatine, half cup cold water, half cup boiling water, one cup sugar, one pint cream, whipped, one pint raspberry juice. Soak the gelatine one hour in cold water, then put it with the sugar and boiling water in a double boiler over the fire and stir until thoroughly dissolved. Add the raspberry juice, strain and set in a cool place. When it has begun to form stir in the whipped cream, turn into a mould and set on the ice to harden.

Black Bean Soup.—One scant pint of black beans, one small ham bone, half an onion, one bay leaf, three tablespoonfuls of tomato catsup, one egg, one lemon; wash the beans and leave to soak over night before using. Put them in soup pot with two quarts of cold water, add ham bone, onion, bay leaf, pepper and salt, strain through a colander when soft enough to mash; put back in soup pot, add the egg, hard boiled and cut into small pieces; also the lemon cut into small bits.

Stale Bread.—Here is one of Mrs. Rorer's ingenious methods of using stale bread: Put half a pint of milk in a double boiler. When hot add two ounces of stale bread crumbs, a grated rind of lemon, one tablespoonful of butter. Cook ten minutes. Beat two eggs without separating; add four tablespoonfuls of sugar and another cupful of milk; add these now to the boiler, then turn into a greased bake dish, sprinkle with dried cherries, and bake in a moderate oven until a golden brown. Serve hot.

A Good Disinfectant.—One of the best and simplest disinfectants of the sick-room is ground coffee burned on a shovel, so as to fill the atmosphere of the room with its pungent, aromatic odor. If two red hot coals are placed on a fire shovel, and a teaspoonful of ground coffee is sprinkled over them at a time, using three teaspoonfuls in all, it will fill the room with its aroma, and it is said to have a hygienic effect, and at the same time to be very agreeable and soothing to a sick person where other disinfectants prove disagreeable. Most of the expensive disinfectants sold in the shops have no special power as such, but are simply deodorizers, the two being frequently confounded.

Raspberry Vinegar.—Put the raspberries into a stone vessel and mash them to a pulp; add good vinegar enough to cover it well; stand in the sun twelve hours and then all night in the cellar; stir up well occasionally during this time; strain and put as many fresh berries in the jar as you took out; pour the strained vinegar over them, mash and set in the sun all day; strain a second time next day. To each quart of this juice allow one pint of water, five pounds of white sugar for every three pints of this liquid, juice and water mingled. Place over a gentle fire and stir until the sugar is dissolved. Heat slowly to boiling, skimming off the scum, and as soon as it fairly boils take off and strain. Bottle while warm and seal the corks with sealing-wax. This is a most refreshing and pleasant drink.

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