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HEALTH AND HOUSEHOLD HINTS.

White spots upon tarnished furniture will disuppear if a hot plate be held over

You can take out spots from wash goods by rubbing them with the yolk of eggs before washing.

The hair may be kept from falling out after illness by a frequent application of sage tea to the scalp.

Use celery freely. A tea made of the leaves and roots and used daily is said to cure rheumatism.

It is said that a plach of sait placed on the tongue and allowed to dissolve slowly is a certain cure for sick headache.

Little bags of orris powder are considered among the daintiest devices for perfuming bed linen and underclothing and are more popular than lavender just now in the most luxurlous houses.

A small lump of sugar added to turnips when cooking will correct the bitterness which sometimes spoils this vegetable. If to be served mashed it will greatly improve them to put them throught a colander.

To remove paper from a cake, when the cake has partly cooled, turn it bottom upward and brush the paper with water until it is thoroughly dampened. It can then be easily removed. To keep a cake from sticking to the pan butter the pan slightly, dredge it with flour, and shake the flour out before pouring the cake in.

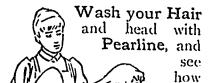
Potato Pudding.—Mix well together six tablespoonfuls of nicely mashed potato, one tablespoonful of sugar, one ditto crange marmalade, two oz. butter, and four well-beaten eggs. Pour the mixture into a but-tered pie dish and bake half an hour.

Muffins.—One heaping cup flour, two-thirds cup meal, one and one half cups sour milk, one tablespoonful lard, one egg, salt and soda. Beat hard and put one spoonful of the batter into well-buttered muffin cups. Bake in a hot oven. They are so nice for breakfast and can be made so quickly. I have seen many recipes for muffins, but none just like these.

Chicken Patties.—Chop the chicken meat, free from gristle, season with salt, pepper and a little celery or sage, place a little of the meat on pieces of puff paste, press the edges together, making small turnovers, place them in a shallow pan, and bake a nice brown, serve with drawn butter or a gravy made from the liquor in which the chicken was cooked.

Stewed Figs.—Dissolve four ounces of loaf sugar in a pint of water over the fire, and lay into it one pound of good figs and some thinly pared lemon rind, and let it all stew very gently for about two hours till the figs are quite soft and swollen (the slower they are cooked the better they are). Add a glass of wine and the juice of a lemon, and serve either hot or cold, with boiled rice. Any wine does, but port is perhaps the nicest. French plums cooked in this way are also good, but the wine must then be claret.

Boston Pudding.—One pound each of raisins, currents, suet and bread-crumbs, half a pound of moist sugar, eight eggs, one tablespoonful of flour, half a pound of mixed candled fruit, one wineglassful of brandy, one teaspoonful each of entract of lemon, almond, nutmeg and cloves, and a little mace. Stone and shred the raisins rather small chop the suct fine, cut the candled fruit into thin shreds and mix all these ingredients well together with the crumbs and sugar. Beat the eggs to a strong froth, and as they are beaten drop in the extracts; stir them into the dry ingredients, mix well and add the brandy. Tie the pudding firmly in the cloth and boil for six bours. Serve with



comforting it is. A Pearline shampoo, even if you don't take it very often, will keep the scalp beautifully clean and healthy Don't use too much. Not that there's any harm in it, but it'll take too long to wash the suds off, and you might grumble about that. Use your Pearline in the beth. You'll feel invigorated after it. It's very much like a Turkish or a Russian bath -except that it costs almost nothing, and that you take it at home, without any trouble or fuss. 411 JAMES PYLE, N.Y.



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