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All Disorders of the Liver.

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ONE OF THEM WILL DO YOU GOOD.

Rev. Frederick R. Martin, long-time pastor of the First Congregational Church, of Great Barrington, Mass., and at one time a practicing physician, a graduate of the College of Physicians and Surgeons, New York says of Ripans Tablets: "The formula has long been in favor with medical men, and the method of preparation in the present form is modern and a great improvement. I always keep a vial of the Tablets upon my dressing table, and use them with confidence whenever occasion arises. For a disturbed condition of the digestive organs I know of nothing so good, and for an all round family remedy I do not believe there is anything better to be had."

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HEALTH AND HOUSEHOLD HINTS.

In making calf's foot jelly allow a gallon of water to a set of trotters, and it will make two quarts of jelly.

Washing in cold water when over-heated is a frequent cause of disfiguring pimples. Hot water and a piece of flannel for a face cloth are preferable.

An easy way to remove spots of paint from glass is to make a strong solution of soda in hot water and wash the glass with a flannel dipped in this.

The best way to keep the various herbs with which every careful housewife's store-room should be supplied, is in paper bags, suspended from the wall. This keeps them dry and free from dust or insects. As the leaves or blossoms rattle off, they are ready for dressings, while the stems can be used in soups.

Cabbage Pudding.—Boil a firm, white cabbage fifteen minutes, changing the water, then putting more on from the boiling tea-kettle. When tender, drain and set aside until perfectly cold. Chop fine, add two beaten eggs, a tablespoonful of butter, three of very rich milk or cream, pepper, and salt. Stir all well together and bake in buttered pudding dish until brown; serve hot. This dish is digestible and very relishable.

Mutton Soup.—Two pounds of coarse, lean, chopped mutton (the scrag makes good soup, and costs little); half an onion, sliced; one cupful of milk, half a cupful of raw rice, two quarts of cold water, one teaspoonful of salt. Put the meat into cold water with the onion, and simmer four hours; when nearly done add the salt, set away until cold, then skim and strain; return to the pot with the rice, which has been soaked for three hours, simmer half an hour, turn in the milk, which has been heated, stir and serve.

MOST OF EVE'S DAUGHTERS

Love baking with

PURE GOLD BAKING POWDER.

It's Pure and Sure.
They also like

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An attractive and appetizing way of using a remnant of ham or tongue is to chop it very fine and add to it a few bread crumbs, chopped parsley and melted butter. Season with white pepper, moisten with milk and put in buttered scallop shells. Break an egg over each so carefully that it will keep its shape, put the shells in a pan, and bake in a moderate oven until the white of the egg is set.

Little Meat Pies.—For lunch make little meat pies to use up the scraps. Take all the nice scraps of veal, beefsteak or roast, ham, fried or boiled, and then the left over cooked eggs and mince them in the chopping bowl, salt and pepper to taste. Put in a dash of nutmeg, a tablespoonful of butter to a cupful of the meat, and two tablespoonfuls of dry fine bread crumbs. Beat one egg, stir it into three or four tablespoonfuls of soup stock, then stir all into the minced meat. Line patty-pans with thinly rolled biscuit dough, fill each shell with the mince and adjust a pastry cover with fork holes in it. Bake twenty minutes.

Uses of Honey.—Honey is at once a valuable medicine and food. Foul air, improper ventilation, sudden changes of weather, the exposure of lungs and throat to a damp atmosphere, are the source of no end of throat and bronchial troubles. A free, regular, and constant use of honey is probably the best medicine for throat troubles. It is a most wholesome substitute for butter, and of more service in cooking than many people imagine. Honey may replace sugar in many ways, even as an ingredient in the cooking of almost any article of food. In rice puddings it is preferable to sugar, and the flavour is much more delicious. For preserving most kinds of fruit, honey is far preferable, as it has the quality of preserving for a long time in a fresh state anything that may be laid in or mixed with it.

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