

PRACTICAL HINTS.

Do not use iron kettles or stew pans. Do not set cooking utensils in, bat on, the range, their contents will cook more evenly; and to be obliged to handle articles, the bottoms of which are in a chronically soiled state, is anything but agreeable. The bottoms of tea kettles, frying pans, &c., should be kept scrupulously clean. The habit contracted by some persons of simply washing the inside of fry and stewpans, and leaving the outside smeared with soot and oil, is barbarous indeed. Purchase the lightest and best cooking utensils, and keep them as clean as you do glass and silver.

Never cook fruit in tinware.

Lay all vegetables, when practicable, in cold, salted water for half an hour previous to cooking them.

In boiling fresh fish, mackerel, cod, or trout, put a small onion in the water. The fish will not taste of the onion, but will have a much finer flavor than it would were the onion omitted.

Do not cook pies, having a bottom crust, upon earthen plates. The heat causes the pores of the ware to open, and the pastry emits a hot oil that quickly enters them. As the plate cools, those pores close and shut in a certain amount of grease. Any earthen dish used in this way very soon acquires a distinctively rancid odor, and it is very strange that many persons using them do not appear to notice the fact. Tin pie plates are always preferable, especially those with perforated bottoms, which insure the bottom crust being properly baked. On the other hand, earthen ware exclusively should be used for all pies where the bottom crust is omitted and the fruit comes in contact with the dish (and really the most delicious and healthful of apple pies are those baked with a very light upper and no under crust).

Rinse all dishes in warm water before placing them in the pan to be washed. Have the water too hot to bear the hands in, and use a dish-mop. The little patented, nickel-plated affairs, with teeth that clinch tightly upon the cloth and hold it firmly, are rather the best. Wipe each article rapidly and thoroughly the instant it is drawn from the pan.

Remove stains from your lamp chimneys with salt.

Use no rugs about the cook stove or range which may not be as readily washed as a length of Turkish towelling.

White dresses to be worn during the hours spent in one's kitchen are more satisfactory than any others. They are cool and agreeable to the wearer, and if made plainly, are easily washed and laundered. The only complaint is that they 'show the dirt.' That, however, is only an additional item in their favor, since, if dirt is there one should wish to see it.

SOAP CORROSION.—Some readers have enquired concerning a soap that was mentioned in this column

as free from excess of alkali and being 'superfatted.' We take the following from *The Sanitarian* from which periodical, we believe, the paragraph referred to was taken: 'A paragraph lately quoted in *The Sanitary Era* on the injurious effect of ordinary soap on the skin has elicited many inquiries for the "superfatted" soap which the writer, Dr. Fothergill, recommended. A superfatted toilet soap would not be very marketable, from its liability to turn rancid, and is not likely to be obtained from first class manufacturers, if at all. The best makers of toilet soaps claim a very nice art in adjusting the fat to the alkali in the proportions and under the conditions that insure the exact neutralization of both, so that there shall be neither a particle of grease nor of free alkali remaining. But in order to replace the natural oil, that is washed out of the skin by the soap, with a delicate substitute that will not ferment, we are informed that Colgate & Co., are making a specialty which they call 'coleo soap,' with a very slight excess of oil in the form of refined petroleum; better known as vaseline; which they also produce under the trade mark of 'coleo,' and recommend for use in connection with any kind of soap, to insure the skin against dryness and corrosion. It is especially requisite for young children, and is unequalled by any other lubricant in penetrating and keeping properties, being germ proof, and in that sense a valuable antiseptic or healer for abrasions of the skin, burns, and slight wounds. It may be rubbed into the skin with agreeable and beneficial effect either before or after washing with the soap.'

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