

tard and rub the slices with the mixture, working it well into the scorings. Prepare a sauce with one-half a cupful of the dish gravy, one-half of a teaspoonful each of Worcestershire and mushroom catsup, one teaspoonful of lemon juice and four tablespoonfuls of port wine and heat. Broil the slices of meat, arrange them on a hot platter which has been well rubbed with a cut onion or clove of garlic, pour a little of the sauce over them and serve the remainder in a small boat.

### Mrs. Rorer's Way of Making Lemonade.

The juice of one lemon, with three tablespoonfuls of sugar and half a pint of water, may be used as lemonade. As a rule, however, lemonade is made by boiling sugar and water together, using a little of the rind. When the syrup is cool you make it palatable with the lemon juice.

### An Ideal Bedroom.

Many people have a mistaken notion that unless one has plenty of money it is useless to attempt anything beautiful in the way of house furnishing.

It was my good fortune once to find an ideal bedroom in a farm house, and for the benefit of others I will say that it was the work of the pretty occupant.

In the first place, the room contained just as few articles of furniture as possible, the owner explaining that she had little time to dust, and it was healthier to have as much space as possible for pure air.

The floor was covered with inexpensive matting and had three large home-made rugs, which were thoroughly cleaned every week in the sunlight and allowed to air all day. The bed was a plain, dark, wooden one with a mattress made of corn husks. It had springs that could not harbor dust, and on top of the mattress was a thick comfort made of strong ticking filled with wool. The bed clothes were heavy blankets and light fluffy comforts. A gay foot quilt of silk patchwork also wadded with wool made a bright spot in the room.

The windows had good dark shades and sash curtains of dotted muslin made from an old white dress. A plain little dressing table without drapery, a set of drawers, and two chairs completed the furnishing of this room.

The young lady who had planned and arranged it told me that she had made enough rag carpet for the room and traded it for the matting. The mattress was made from corn-husks carefully dried in the sun and the rugs were woven out of woollen rugs like the carpet.

It did not represent an outlay of more than five dollars in actual cash, and yet it was the neatest and most healthful little room I had ever seen in a country house. Every morning

the windows were flung wide open and the room thoroughly aired. There were no draperies to harbor dust and no heavy feather bed that had been handed down through several generations.

I did not wonder that the occupant was clear-eyed and rosy-cheeked. She was just what all country girls ought to be, a graceful, healthful young woman, a total stranger to drugs and patent medicines, and a blessing to the home in which she lived.—*Hilda Richmond.*

### Water Drinking.

When it is remembered that the body is made up very largely of water, it will be understood how important to health is a constant supply of this fluid. Many people have the idea that to drink water in any amount beyond that which is actually necessary to quench thirst is injurious, and acting on this belief they drink as little as possible. The notion, however, is wide of the truth. Drinking freely of pure water is a most efficacious means not only of preserving health, but often of restoring it when failing.

All the tissues of the body need water, and water in abundance is necessary also for the proper performance of every vital function. Cleanliness of the tissues within the body is as necessary to health and comfort as cleanliness of the skin, and water tends to ensure the one as truly as it does the other. These waste materials are frequently poisonous, and many a headache, many rheumatic pains and aches, many sleepless nights and listless days are due solely to the circulation in the the blood, or deposit in the tissues, of these waste materials which cannot be got rid of because of an insufficient supply of water.

### Hints to Housekeepers.

There is now a fad to have floors of bedrooms treated with paint and enamel finish of the color prevailing in the furniture. The wall covering should match the floor, and the wood-work should be white. Sometimes the wall has a dado of matting or denim that matches the floor in color, while the upper part of the wall is covered with flowered paper.

A new remedy for seasickness comes from Germany. The discoverer says that seasickness is due to lack of blood in the brain, and wearing red glasses will send the blood to the brain with a rush, and so relieve the condition. He ascribes such benefit as may follow the use of champagne and other stimulants, as well as the relief given by lying down, to the congestion of the brain produced, but asserts that the red glasses act more quickly and efficiently.

A woman who studies economy, but not at the expense of good appearance, says that a most satisfactory

petticoat for general wear is made from an old serge dress skirt. It should be of the wiry sort of that material and have the smooth, hard finish rather than the rough surface. Washed and made up with bias ruffles, it is light, durable, and holds out the dress admirably.

To clean brass inlaid work requires more than ordinary care, and the following method should be employed: Make a mixture of equal parts of tripoli and linseed oil, dip a piece of felt into it, and apply; then polish gently. If the wood be rosewood, polish with finely powdered elder ashes; or make a polishing paste of rotten stone, a pinch of starch and a few drops of sweet oil and some oxalic acid mixed with water.

If a floor or surround of a carpet requires staining or restaining, the following mixture makes a durable stain, and can be polished with a flannel and beeswax: Half an ounce of rose pink and four ounces of alkanet root, put into one quart of cold-drawn linseed oil, and allowed to stand by the fire for a couple of days, during which time it must be constantly stirred. It should be applied to the floor with a whitewash brush, and one coat must be thoroughly dry before another is given.

In baking cake or muffins in gem pans, it should be remembered that if there is not quite enough batter to fill all the set, a little water should be put in each one of the empty ones before they are put into the oven.

All paint work should be cleaned with soap and water in which there is a little cloudy ammonia, and finished with a sponge and clean cold water, but not touched with a cloth.

When the supply of tomato catsup is exhausted a very nice substitute is made by cooking canned tomatoes until quite thick, then adding a little vinegar, with salt and cayenne pepper to taste, with perhaps a trifle of sugar. This is an excellent dressing for cold meats, baked beans, etc., and is greatly relished at this time of the year.

### The Care of Gloves.

Gloves, in their first estate, are a somewhat expensive article of feminine dress. It is seldom good economy to purchase very cheap gloves, as they are liable to tear when putting on, to rip easily, or to develop somewhere a thin place which betrays one at an untimely moment. The frugal manager prefers to spend more upon her gloves at the outset and have them last longer, and she makes up for the additional expense by taking care of this part of her wardrobe.

When gloves are removed from the hand they should not be pulled off a finger at a time, but the wearer should take hold of them at the top and peel them off, so that the whole glove is