

HOUSEHOLD HINTS.

When we bake a piece of meat in the oven we see the outside in fat, turning the meat about in a small quantity of fat made hot in the kettle. We then transfer it, still in the kettle or pan, to a hot oven where the process of cooking is completed, but at short intervals we moisten the surface with the fat in the pan. If we did not baste the roast we would find a thick layer of gray, tasteless meat inside the outer brown crust, and indeed the whole piece would dry long before the centre of our roast had reached the coagulating point. So we baste in order to keep in the juices, which, as we know, will not mix with the fat, and also that only a mild degree of heat may be transmitted to the interior. In the intervals of our basting some water is driven out of the meat and evaporated into steam. The high heat of the oven expands itself in evaporating this, in heating the basting fat, and, perhaps, in decomposing part of it, thus making the meat "tasty" and so it happens that only a mild degree of heat is passed into the centre of the piece. We would hardly believe that the inside of a roast, with its high pink color, registered only 160 degrees by the thermometer, yet this can be proved by any one with a chemist's long thermometer.

General Notes.

Use a warm knife in cutting warm bread and the like.

A paste of whiting and benzine will remove spots from marble.

A salt ham should be soaked overnight in plenty of soft water previous to boiling.

After washing a wooden bowl, place where it will dry equally on all sides, away from the stove.

Fruit stains on white goods can be removed by pouring boiling water directly from the kettle over the spots.

Five sirup is used for crump or inflammation of the lungs. It must be kept in a cool place, for if it sours it is very poisonous.

If you want poached eggs to look particularly nice cook each egg in a muffin ring placed in the bottom of a saucepan of boiling water.

A croaking hinge can be cured by the use of a black lead pencil of the softest number, the point rubbed into all the crevices of the hinge.

Cooks may be made air and water tight by keeping them for five minutes under melted paraffine. They must be kept down with a wire screen.

Drinks for the Sick.

Orange-Whey—The juice of one orange to one pint of sweet milk. Heat slowly until curds form, strain and cool.

Egg-Lemonade—White of one egg, one tablespoon pulverized sugar, juice of one lemon, one goblet of water. Beat together.

Sago Milk—Three tablespoonfuls sago soaked in a cup of cold water one hour; add three cups boiling milk; sweeten and flavor to taste. Simmer slowly a half-hour. Eat warm.

Baked Milk—Put a half gallon of milk in a jar, and tie it down with writing-paper. Let it stand in a jar for seven or eight or ten hours. It will be thick and is very nutritious.

Punch Without Liquor—Take the juice of six oranges and six lemons, add sugar to suit the taste. Put in this a quantity of pounded ice and some sliced pineapple, pouring over it two quarts of water. This is an agreeable summer beverage for any body sick or well.

Hints Worth Remembering.

For nose bleeding bathe the face and neck with cold water.

Treat tired or inflamed eyes with a bath of warm water three times a day.

A gargle of salt and water used before retiring will strengthen the throat and keep off bronchial attacks.

If the throat is inflamed and there are no white spots to be seen, use the following:—One ounce each of oil of red pepper, oil of nutmeg, and oil of cloves, one-third of this in one quart of water and gargle the throat frequently.

In fevers one blanket is enough for warmth, since it is an old axiom that people with fevers cannot take cold; but there should always be a spare. If soft woollen covers cover the head, and if possible, an eider-down quilt—then there is no knowing the hour when the temperature will fall, or when a cold spell will occur, and in either case you need instantly all the artificial heat you can supply.

Dinner Delicacies.

French cooks make a great many expensive and simple dinners that are delicious. One of the best of these is their apple Charlotte, which requires some slices of household bread, soft and to line a Charlotte mould, or a small quart pot, if nothing more suitable is convenient. Trim the crust all the bread and cut it in round slices, and slices about an inch wide, to fit the height of the mould. After greasing the mould thickly with butter, cover evenly with the bread. Cut up enough tart apples to fill the mould and cover, peel and quarter them, and cut each quarter into two or more pieces. Add two handfuls of sugar to them. Put three tablespoonfuls of butter in a saucet; when it is melted add the apples and toss them till they are well coated, but not broken. Add to them four tablespoonfuls of quince or apricot marmalade and pour the whole into the mould, which should be filled. Cover the top of the mould with a thin slice of bread, evenly buttered. Set the Charlotte in the oven and bake it twenty minutes, to give the bread a good yellow color. A few moments after removing the Charlotte from the oven, turn it out on a platter and sprinkle it with sugar and serve with a caramel or any nice butter-and-sugar sauce.

A bread pudding with cherry sauce may be new to some readers. It calls for preserved sour cherries, the Morella cherry, which makes such delicious sweetmeats, and other ingredients always at hand in the farm-house. Cut up a pound of stale bread in small dice and moisten it with warm milk and set it

away to soak for four or five hours.

Squeeze out the bread from the milk at the end of this time and mash it fine with a spoon. Add to it a quarter of a cup of butter, a cup of sugar, a half teaspoonful of salt, the yolks of four eggs, a cup of well-washed-currents and half a cup of rich milk or cream. Pour the preparation into a buttered tin mould set in water, or in a double boiler which is buttered, and let it cook one hour. When ready, to serve turn it out and serve with cherry sauce. For this sauce put half a cup of preserved sour cherries and syrup. The sweet cherry is of no value for this purpose. Press the cherries through a sieve and add a little lemon peel. Let the sauce come to the boiling-point and thicken it with a teaspoonful of rice flour or good corn starch. Add more syrup if it is too thick, and when of proper consistency complete it by six spoonfuls of candied or preserved cherries stirred in. This sauce is excellent made of fresh cherries, which must be pounded to crack their kernels and stewed before straining, and some candied cherries added last of all.

A very excellent dessert may be made of rice boiled in milk, sweetened and flavored with any nice pear, peach or apple preserves. Drain the rice, heap it in pyramid form in the centre of a flat platter, surround it by the preserved fruit, and pour the syrup in which the fruit was preserved over all. Rice is excellent served in this way with strawberry preserves, with a little whipped creamed making or covering the strawberries.

Dizziness Caused by Dyspepsia. Dizziness is a symptom of dyspepsia. "I have used Cardick Blood Bitters for dizziness, which came over me in spells, so that I had to quit work for a while. The B. B. B. entirely cured me."

JAMES WRIGHT, Chesterfield, Ont.

HEALTH NOTES.

The Fallacy of "Plain Living."

Some of the English journals have been publishing the opinions of well-known medical authorities in London and elsewhere on the subject of diet as related to digestion and health. One of these writers declares that the idea of the advantage of "plain living" has long been exploded, it being proven that the stomach never performs its duty so effectually as when called upon to act upon a variety of food, provided, of course, that the food be well cooked—the popular opinion now being that a dinner consisting of three or four varieties of solid food is more easily digested than the meal which is confined to one sort only—in fact, the old-time notion of a single joint and a simple meal is pronounced to be a fruitful source of indigestion. Another of these writers asserts that readily digested foods are the abomination of dietetics, as they prevent normal irritation of the digestive organs, which is so necessary for normal secretions, and they encourage a false notion that nutrition can be assured without reference to expenditure of it providing any use for nutritive material. Consequently, it is able to cause unnatural irregular, unmanageable increase of the unstable ingredients of the organism, which react injuriously upon the digestive secretions, this being particularly the case with those of the liver.

Hot Water and Dyspepsia.

Another hygienic method, which acts by removing the cause of disturbance, is the sipping of hot water an hour before meals, in dyspepsia. The hot water cure, which now has taken a firm hold upon the lay public, is but the legitimate outcome of a valuable therapeutic application of water, which simplicity commends it at once to the judgment of the intelligent physician. Brought into prominence by Dr. Salsbery, who committed the error of most enthusiasts of regarding it as a panacea for most diseases, it has now been adopted by the profession as a most valuable remedy in many cases of a valuable therapeutic application of water, which simplicity commends it at once to the judgment of the intelligent physician. Brought into prominence by Dr. Salsbery, who committed the error of most enthusiasts of regarding it as a panacea for most diseases, it has now been adopted by the profession as a most valuable remedy in many cases of a valuable therapeutic application of water, which simplicity commends it at once to the judgment of the intelligent physician.

Proper and Improper Ventilation.

Dr. Galton, the well-known writer on hygiene, declares that air should never, as a rule, be introduced into a room at or close to the floor level, as such openings are liable to be fouled with sweepings and dirt, and the air thus admitted, unless very much above the temperature of the air of the room, will produce a sensation of cold to the feet—the axiom to be borne in mind in ventilating and warming being to keep the feet warm and the head cool. Again, the orifices at which air is admitted should be above the level of the heads of persons occupying the room—that is, the current of indrawing air should be directed toward the ceiling, and ought to be either subdivided as much as possible by means of numerous orifices, or be admitted through conical openings, with the smaller ones toward the outer air and the larger toward the room, by which method the air of the interior current is very rapidly dispersed; air admitted near the ceiling very soon ceases to exist as a distinct current, and will be found at a very short distance from the inlet to have mingled with the general mass of the air, and to have attained the temperature of the room.

Trust an Old Friend.

Old friends are best, and if ever sufferers had a friend, Hazzard's Yellow Oil can justly claim the distinction. Pain never stays long where it is used, while for cramp it is a specific. Parents should keep it in the house as a safeguard against accidents, frost bites, chilblains, sprains, bruises, lumps, etc.

A bad rat on Lear's side road, Hublett, caused the breaking of more than one buggy spring recently.

Worms cause serious sickness. Dr. Low's Worm Syrup destroys and expels all kinds of worms quickly and surely.

FARM AND GARDEN.

A Pretty Hanging Basket.

A particularly rustic and charming effect can be produced with the stems of the grapevine and the five-leaved ivy or woodbine. The former should be about as thick as a slender finger and cut into lengths of ten inches. These pieces should be soaked in hot water that they may be easily handled, and holes can be made with a pen-knife about an inch from each end of the piece. A piece of steel hoop is then passed through the holes and the ends burned to make them bend, that it may be fastened. The distances should be evenly arranged, and another piece of hoop passed through the upper ends in the same manner, breaking off the steel so as to make the basket thirteen inches in diameter. The sticks should be two inches apart, and three more pieces of hoop should be put at equal distances from top to bottom, that the weight of earth may not split the sticks. Pieces of hoop are then fastened across the bottom, and vines of the five-leaved ivy are woven around the hoops at the top and bottom of the basket, and, also, around the middle, not forgetting a long handle or supporter of the same material. The basket should be lined with moss, and it is then ready for the earth and plants.

The Start for Tomatoes.

It is time to plant tomato-seeds, in boxes of fine soil in the house, or in hotbeds. Do this even when near enough to town to buy plants, because home-grown plants can be made more hardy than those from the florist, and they are always at hand when the right time comes for setting them out. Time spent in going for plants is often more valuable in the busy spring than the plants. I have found that frequent transplanting greatly improves the young plants. They should be removed from the box or bed into small pots or cans, then into larger and larger, until when set out they are large, bushy plants, which, when knocked from the dry-pots, with all the earth around the roots, will not seem conscious of the transfer.

An experiment last summer of setting tomato plants at the bases of sunflowers, up which they were trained, proved very successful. The ground was made rich, and the vines bore an abundance of good-sized, firm, well flavored Mikado tomatoes. It is well for some farmer's wife in each neighborhood to plant a quantity of Mikado seeds, for she can dispose of all surplus plants to neighbors who are not forthcoming, and gladly buy or buy from the provident one. Here is a chance to make some pin-money for the missus's box. It is also a good plan to plant some tomato seed in the ground right where the plants are to stand for if not sown in the soil, the work of transplanting, there will come on sooner than those whose growth has been checked by handling without requisite care.—Baile P. Drury.

Requires for Maple Syrup.

I recently lost my sugar-house and all apparatus by fire. But holding my maple bush to be the most profitable part of my farm, I cannot afford to let it remain idle, and so have bought for the 800 trees a tin Champion evaporator 4 ft. square and 14 in. long, but prices, \$150; 800 ft. IX tin buckets, \$25 per C; 100 lb. tin storage tank, \$12; 2-bbl. tin gathering tank, \$12; 800 Post spouts, \$32; 200 gallon syrup-pans, \$24. My house, now, cost \$75. This lot is worth nearly \$500. The above are all catalogue prices; usually some discount can be secured. If you want an average season I shall more than half pay this entire expense the coming spring. The fact is, syrup will ever be a luxury, with demand certainly beyond supply. We can always be sure of a market without seeking it. New buyers come each season, as they get a taste of the syrup at some friend's house, especially custom buyers, and my own country and yet I now send syrup to New York City, Chicago, and even so far as St. Paul.

Begin right; make only the best; be sure that no syrup not first-class goes out from your bush. Do not tap too early; tap with a § in. bit; use in all large trees two spouts to the bucket; use wooden covers to all the buckets, made of 1-ft. square pine boards, painted different colors on opposite sides; these are always turned in gathering, so gathering is made much easier. Be sure to keep everything very clean. Thoroughly rinse all buckets with warm water after each run, especially late in the season; get insures as good syrup at the last at the first. A little sour sap applied to a cloth-strainer into the gathering tank, and again pass into the storage-tank. The syrup should be strained through cotton cloth and should be canned, if fit to the gallon, while hot. Any man who works a good bush in this manner will not be disappointed. The work comes in March and early April, when the farm work is not pressing.—Professor A. J. Cook.

It is of Economy.

It may be well to remind such farmers as do not adopt the more liberal feeding of grain, brought about by modern dairying and scientific analysis, that in many places hay and grain are now of equal value. Good hay in many towns is worth just \$20 a ton. Cornmeal, wheat middlings, etc., can be bought at the same rate per ton. Both are worth a cent a pound. Few men will say that a ration of 10 lbs. hay and 5 lbs. grain is no better in many cases than one of 15 lbs. of hay. Yet both cost the same.

Sage the Horses.

The intelligent farmer nowadays looks out for the kind of implement he uses for horse as well as for man. Modern steel, sharp-knived harrows do better work than the old style, and yet draw easier. Such is the case with the tapering, long-bottomed ated plough. Some mowers and reapers draw much easier than others. The buyer of a new wagon can cut one that does not switch the pole against the horses in crossing cornhills; and that has spiral-springs in the bolsters to ease both the load and the wagon. There are spiral-spring attachments for traces or whiffletree that ease the horse's shoulder by an elastic tension in starting a load, or when striking stones and ruts. Brakes on wagons are a good thing. All such improvements are worth examining. If they save horse flesh, buy them.—Charles H. Crandall.

IMPORTANT!

Remarkable Restoration to Health of Well Known Canadian whose Case was Given up as Incurable.

From the few of the hundreds of letters we have received from those who have been restored to health and strength by the use of that wonderful discovery, Paine's Celery Compound, we make a few extracts. We hope that the thousands of Canadian men and women who are suffering from nervous and wasting diseases, will profit by these true and plain statements of facts.

D. S. Davidson, of Montreal, suffered for years with nervous dyspepsia, pain in his back, and sleeplessness. He tried doctors without relief, was losing flesh rapidly, and had about given up heart when he commenced the use of Paine's Celery Compound. "Now," he says, "I am a new man. I sleep well and my food does not hurt me."

Mr. Jas. Johnson, 302 St. Charles Borromeo Street, Montreal, was weak and nervous, had no appetite, and could not rest at night. His nerves were soothed and strengthened by Paine's Celery Compound, and he soon became well and strong.

Annie Gourley, of River Beaudette, P. Q., found the Compound a certain cure for weakness, and now feels as well as she ever did.

A customer of Harrison Bros., druggist, Hamilton, Ont., told them that he was entirely cured of nervous weakness by the use of two bottles of the Compound, after everything else had failed.

The little child of Mrs. G. E. Meredith, 76 D'Agry St., Toronto, was cured of St. Vitus' Dance by Paine's Celery Compound.

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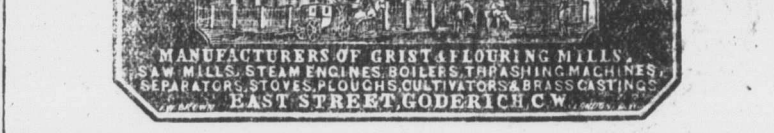
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THE FA

A Variety of Jettin the Fa

A quaint screen with a small pattern and there, suggest mode.

A handsome hall in terra cotta plush paler shades of it with fringe to mat.

A good specimen by a clever trades which is used as a. The work has been drill, which shows of the wool splendid.

Modern copies of very fashionable, chairs, white shell bronze, green and l up with terra cotta are welcome addition and libraries.

Many tea cloths drawn linen border tea cloth is of whi work and corner a mums done in it. deeper red to cover is set pattern in vari with lace.

New foot stools square, on straight tops are covered wi and ribbons are tie legs. An electric with soft shades flowers, and pink l bona finish off the.

There are some that are most orn four-fold they are, for the most ele doirs. Some are of almost indescri still further embere ery. The frame, with rail deeper red at the.

Far undershirts for borders and f the same effect, t the whole fur gett just now, and ordinary cloth r quite distinctive an blue with Astrak Persian lamb, or with mink or sat ations.

Steward's Linine Very stylish Fr Princess, with a front over a dit lighter in texture This same materi of the boote, wh terial folded b over the sh species of c is hidden a This is, like moe fashions, simpl of an ancient mo when, according men were alende and faultless figu lowy, graceful or crient tenemty to

Another popul round bodice ed very thickly; the bust, with t so-called "habit ness and plain costume, is hand deeply above. T