

Home and Health Hints.

To relieve pain of a badly pinched or bruised finger, plunge it immediately into very hot water.

In sealing a letter, if you drop the wax on your hand the burn will be trivial if you allow the wax to remain till it cools.

Shoes without heels are much more healthful for the young, because they strengthen the ankles. If a child's ankles seem weak, rub them with a little alcohol.

Jelly Cake—Three eggs, keep out one white, size of egg of butter, one half cup milk, two teaspoonsful baking powder, flour to thicken. Bake in two large-sized jelly tins.

Steamed Apples.—For steaming good-sized tart red apples are chosen; slit the skin slightly from the stem end; stand the apples in a steamer and steam quickly for 20 minutes. Serve hot with whipped cream.

Laces are going to be used on everything this fall, from chiffon to fur. Just now many bargains are to be found, as the merchants are clearing out stock, and the designs and quality are fully equal to those that will be shown later at double the price.

Do not force children to eat what they very distinctly dislike. It makes their childhood miserable, while nothing good is gained, as nature is a pretty good guide as to what the body needs. The variety in foods is now so great that all tastes can be wholesomely and easily suited.

Whipped Cream Dressing.—Beat the yolks of two eggs light, add one teaspoonful of salt, one saltspoonful of pepper, and two tablespoonfuls of vinegar; set the bowl on a steakettle of boiling water, stir constantly until it thickens and set aside to cool. Whip one-half a cup of cream to a stiff froth and gradually add the dressing, beating until smooth.

Kitchen Weights and Measures.

Four teaspoonful of liquid make one table-spoonful.

Four tablespoonfuls of liquid, one gill or a quarter of a cup.

A tablespoonful of liquid, half an ounce.

A pint of liquid weighs a pound.

A quart of sifted flour, one pound.

Four kitchen cupfuls of flour, one pound.

Three kitchen cupfuls of cornmeal, one pound.

One cup of butter, half a pound.

A solid pint of chopped meat, one pound.

Ten eggs, one pound.

A dash of pepper, an eighth of a teaspoonful

A pint of brown sugar, thirteen ounces.

Two cupfuls and a half of powdered sugar, one pound.—November Ladies' Home Journal.

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