## Home and Health Hints.

Ammonia takes finger marks from paint. A solution of ammonia' cleanses sinks and drain pipes.

It is oftenest best not to speak of the food until served.

A cheery face and voice help to make the tray attractive.

Many cases of weak sight may be traced to the pernicious habit of reading in bed at night and in the early hours of the morning.

The intemperate use of tea and coffee produces results as real as those of drunkenness. Total blindness is often the result of 'excessive coffee drinking.

A cup of hot milk, a little thickened milk, or hot drink of any kind preferred, on waking in the morning, helps to give tone for the coming breakfast.

Mashed Beets .--- Boil and skin young and tender beets, mash together with new boiled potatoes, season with a gener us amount of butter, salt and pepper to taste.

To swallow a pill easily without water, put the tablet or pill on the back of the tongue, rest the chin on the top of the chest, then swallow, and the pill will go down.

If a turkey is young the legs will be black and smooth, the eyes lively and the feet flexi-ble; if old the eyes will be sunken and the ble; if old the eyes will be sumeen and the feet dry. In choosing fowls see that their legs and combs are flexible, which means that they are young. If the legs and combs are rough and stiff they are old.

Tea Twists.—Work 2 oz of butter into 1 lb. of flour, add a teaspoonful of baking powder and a little salt. Break up two eggs Break up two eggs and mix with the flour, adding enough milk to make a dough. Roll out and cut into strips, plait three into a short roll, brush over with egg and bake for a quarter of an hour in a sharp oven.

Scrap baskets, as has been suggested, are a necessity in every room, but if the chambermaid carries them off to empty and forgets to return them, they may be the cause of great annoyance. To obviate this have the maid carry to each room a large bag made of selesia, the hem at the top being run on to a metal or wooden hoop. Into this bag each basket is emptied every morning, and as it never leaves the room, it is, of course, not lacking at the critical moment. Nor is it found full to overflowing just when a bundle of papers needs a home. The bag is emptied also after it has made its rounds, and its hung up with the brooms and brushes.

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