

## Health and Home.

A raw potato will remove mud stains from black clothes.

Beef's heart should always be soaked in vinegar and water.

Small Oriental rugs make effective coverings for floor cushions.

A sink should be rubbed with lamp oil twice a week to keep it clean.

Iron rust will disappear if a little cream of tartar is tied in the stained parts and the garments boiled in few moments in clear water.

A meat fret, which is intended for making the meat tender without destroying the juices or mutilating the steak, cuts it by piercing tiny holes through the surface.

To remove white marks from mahogany furniture rub the stains with a little sweet oil. Rub it off and then apply a few drops of spirits of wine and polish with an old silk handkerchief.

Fricassee.—Chop the scraps of meat and place in a stewpan with a little water, salt, pepper and a little lump of butter. Add one-half cupful of milk, in which is some thickening. Serve on slices of toasted bread, and be sure that the dish is hot when sent to the table.

Meat Cheese.—Boil the meat scraps which you have on hand—the more kinds the better—in a very little water until soft enough to mash to a pulp. Add salt, pepper and a little sage, put in a dish with a plate and heavy weight on top. The next day turn out carefully and serve cold. Cut the slices with a sharp knife. It is very nice for supper.

For Vegetable Pie boil a quarter of a pound of macaroni till tender, having first broken it into short lengths; strain. Now melt two ounces of butter in a stew-pan, and fry in it two onions, cut in rings, and half a pound of mushrooms. Put layers of macaroni, mushrooms, onions, and veal stuffing, with pepper, salt, and a little grated cheese, also a gill of milk. Cover with flaky pastry, and bake for an hour.

### Flavors.

One scheme of the good cook to make a homely dish appetizing is to use various seasonings. Below is a list of some flavors that will make even an epicure's mouth water:

When boiling ham, put in a cup of black molasses, one onion, a few cloves and pepper corns. Adding a bunch of hay it seasons finely. Let the ham cool in the water in which it was boiled, skin, rub with brown sugar, and brown in a slow oven for an hour, basting every fifteen minutes with some of the stock in which it was cooked. When boiling chickens for salads or pressed loaf, put in a quarter of a pound of good salt pork—it is an excellent seasoning. Shred the chicken from the bones, press into mold and pour the water (which has largely boiled away) over it, and it will form a delicious jelly all through the bits of meat.

Put sugar in the water used for basting meats of all kinds; it gives a good flavor, to veal more especially.

To give a fine flavor to corned beef hash, use good stock for moistening, with a pinch of salt, sugar and cayenne.

When making tomato soup, add a raw cucumber sliced fine, boil soft and strain with tomato. It gives a very pleasant seasoning.

Add a cup of good cider vinegar to the water in which you boil fish, especially salt water fish.

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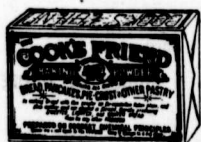
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