

from tinned salmon, peas, lobsters, oysters, etc. Tomato juice can be kept without fear of poison. Before using canned lobsters or shrimps it is a good plan to well rinse them in cold water. Never have any mixture made up in the tin, even if used at once. The various packing companies are very careful to have their goods put up as fresh as possible, but unless salted or corned they cannot possibly turn out and keep as long as freshly cooked goods will.

SLEEPLESSNESS.

In these days of over-work and over-excitement the complaints from women concerning an inability to sleep as they used to do are growing very frequent. They are complaints that cannot be over-looked, since without sleep one becomes in danger of idiocy, and every ailment is exaggerated to its last degree by the sufferer. Still, although long-continued loss of sleep is known to produce a depression of all the powers that cannot be too greatly deprecated, yet for a few nights only it can be endured without fatal results. The anxiety that in such cases the loss of sleep occasions, is much more harmful than the loss itself, and it is well to understand that one really can do without a night's sleep, now and then, and receive no real or permanent injury. One of the best sleep producers is considerable bodily fatigue, and a brisk walk or a good stirring about the house before bed time is likely to bring sleep. And so is a slight supper of easily digested food, as that calls the blood from the brain to the stomach, and it is too great activity of the brain, occasioned by the pressure of crowded blood vessels, that is said to keep people awake.

A BAD HABIT.

Many ladies when sewing have a bad habit of biting off the ends of their threads, or moistening the end with their lips before threading their needles. While in general this is a decidedly bad habit, as biting a thread is apt to chip off the enamel from the teeth, and so to render them liable to decay. This is bad enough, but there is another danger, and this time to the health. It is not generally known that silk often contains a large proportion of oxide of lead, which is a poisonous substance. It is said that black silk is more often impregnated with this substance than any other, as much as 18 per cent being used in

the manufacture of it. You will see from this that continual putting of such a substance into the mouth must in time prove very injurious to the system.

TEMPERATURE OF YOUR ROOMS.

The temperature of the room we live in has more to do with health than most people imagine. In England most people keep their rooms far too warm. If we stay some time in a room which is unduly warm, and then suddenly go into a cold one a chill and often a cold is the result. I think a thermometer should hang in the general sitting room, then a glance will show whether the room is too hot or cold. The temperature of a room should never exceed seventy degrees. Bedrooms, in winter especially, should be kept warmer, because more warmth is needed when a person is asleep. Many people now a-days use a gas fire or gas stove in their bedroom, and if proper precaution is taken in getting rid of the gas fumes by means of a chimney, they are exceedingly useful, and the temperature kept more even in case of sickness than it can be with a fire, which needs replenishing. One precaution however, should never be neglected, and that is to keep some utensil with water in it on the top of the stove, in order to take away the unpleasant effect of the dry heat.

A HEALING SALVE.

A healing salve which has been strongly recommended for burns, frost bites and chapped hands or lips may be made as follows: Take equal parts of turpentine, sweet oil, and beeswax; melt the oil and wax together, and when a little cool add the turpentine and stir until cold, which keeps them evenly mixed. Apply by spreading upon thin cloths—linen is the best.

Half a teaspoonful of sugar will nearly always revive a dying fire, and it is always a safe thing to use for this purpose.

COOLING FOOD QUICKLY.

The problem of cooling food without ice has at last been solved. How often this is required every cook knows who has made her custard late and wants to have it cool quickly. The best plan is as follows: Remove the pot containing the