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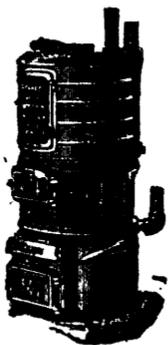
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HEALTH AND HOUSEHOLD HINTS.

Spinach juice colors a white sauce prettily, and when poured over hard boiled eggs, sliced and laid evenly on the platter, makes a tempting dish. It is useful in preparing a green luncheon.

One of the best insect exterminators known is hot alum-water. Put the alum in hot water and boil until dissolved; then apply with a brush to all cracks or lurking places of the pests. Ants, cock-roaches, bedbugs and other creeping things are killed.

Chemical Washing Soap.—Take one gallon and a half of water in a vessel, and as soon as the water boils add two pounds of opodeldoc soap, one pound of sal soda, four tablespoons of turpentine; boil until dissolved, and set off to cool. It is then ready for use. This preparation makes fifteen pounds of good soap.

A strong cement for mending china is made as follows: prepare a thick solution of gum arabic and water, and stir in plaster of Paris until the paste is very thick; apply it with a brush to the broken edges, set them carefully together, tie a string around them, and put away several days to harden. It will break in a new place before the old fracture will part.

A New Way to Cook Eggs.—A pleasing variety in the way of cooking eggs is as follows. Boil the eggs twenty minutes; cut the whites fine and place around the dish, leaving a place in the center for the yolks, which must also be chopped fine. Pour cream sauce over them made like this: Melt one tablespoonful of butter, stir into it a level tablespoonful of flour, then add gradually a half pint of milk, stirring all the time until perfectly smooth. Season to taste.

A medical expert says that the fact should not be lost sight of that cold air is not necessarily pure air. Consequently, the practice of opening up a warm room to let the coldest air of the winter rush through it like a blast from the north pole, is by no means as healthy as it may seem to the "pure air" enthusiasts. If an open fireplace is used, very little other ventilation is necessary. If a closed stove is the heater then the room should be ventilated, and by ventilation is not meant refrigeration.

Creamed Potatoes.—New potatoes in early summer are best for this dish, but any can be used. If new, rub off the skins, but do not scrape. If old, peel them before cooking. Cook quickly in boiling water. Have ready a pint of sweet cream and milk, mixed, put in a spider or Scotch bowl, and when it comes to a boil add onespoonful of flour mixed well with two spoonfuls of butter, and with cold milk stir one minute, drain the water from the potatoes and sprinkle salt over them; remove to a hot tureen and pour cream sauce over them.

One-Egg Cake.—Cream one cupful of sugar and a half cupful of butter; add the beaten yolk of one egg, beat all together; one teaspoonful of soda dissolved in a very corner of the fire and let it simmer twenty minutes; add one tablespoonful each of curry powder and flour; mix the whole well together and let it boil three minutes; pass it through a coarse sieve; serve with bits of roasted chicken in it, and boiled rice in a separate dish. This is said to be the original East Indian recipe.

Marble Cake.—For dark portions of the cake: One cup of molasses, two cups brown sugar, one cup sour cream, five cups of flour, one cup of butter, the yolks of seven eggs, two spoonfuls of well ground cinnamon, one teaspoonful each of ground allspice, cloves, and black pepper, one-half a nutmeg grated, and one teaspoonful of soda. For the light part: Two cups of white sugar, one cup of butter, three cups of flour, one-half cup of sweet cream, the whites of seven eggs, and one-half teaspoonful of cream of tartar. Spread a thin layer of cake on bottom of the cake-pan, then drop alternate spoonfuls in rings or stripes until all is used. Bake about two hours. I am never troubled with my cakes bursting, but I think your cake bakes too fast at the top at first. After your cake has risen sufficiently, quicken your fire.

THE NEW YORK Examiner says: Every mother and housekeeper must often act as a family physician in the many illnesses and accidents that occur among children and servants. For many of these cases I have used Davis' Pain-Killer, and consider it an indispensable article in the medicine box. In diarrhoea, it has been used and effected cures. For cuts and bruises it is invaluable. 25c. for the New Big Bottle.

The realization of God's presence is the one sovereign remedy against temptation. It is that which sustains us, consoles us, and calms us.

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should take these Pills. They enrich the blood, restore health's roses to the cheeks and correct all irregularities.

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