

**Health and Home Hints.**

To cool a hot dish in a hurry place it in a vessel full of cold salt water.

People of small means can live well if care is taken that there is no waste in the kitchen.

A slice of ripe cucumber rubbed over the face will cleanse it as well as soap, and is better for the skin.

**White Sauce.**—Four tablespoonfuls of butter, four tablespoonfuls of flour, two cupfuls of milk, one-half teaspoonful of salt, a little pepper. Melt butter, add flour, to which has been added the seasoning; stir, with bowl of spoon down, till smooth and thick; add milk, gradually, and beat light.

**Dressing for boiled beets.**—One teacupful of vinegar, one tablespoonful each of butter and sugar and a little salt: Mix all together in a sauce-pan, and when it boils add one-fourth of a cup of sweet cream, into which has been stirred one teaspoonful of flour. When cooked, pour over boiled chopped beets.

If milk is kept in a large, shallow basin, it will remain sweet for a longer time than if kept in a deep jug or can. Cans of milk can be kept perfectly cold by being wrapped in a cloth and placed in a deep dish containing some water, where air is circulating. As the cloth absorbs the water, cold is produced by evaporation.

The great thing in baking a custard is to prevent it from boiling, because if it boils it is full of holes and the appearance is completely spoilt. To prevent this, place the dish the custard is in in a larger dish half full of water. The water will boil, but not the custard, and it will cook quite satisfactorily. Take out as soon as it is set.

**Potato Griddle Cakes.**—Pare and grate two good-sized potatoes into one pint of milk, add one-half teaspoonful of salt, two well beaten eggs and sufficient flour to make a thin batter (try a large cupful), beat well; add one teaspoonful of baking powder. Put crumpet rings on a greased griddle, pour in the mixture to the depth of one-quarter of an inch; bake slowly until thoroughly cooked. Serve hot.

**Damson Roll.**—Stone one quart of damson plums and boil slowly with one pound of sugar until the plum juice becomes a thick syrup. Have sufficient pastry made for one pie and roll it out to receive the fruit. Fold the dough well around the plums, pinching together firmly on all sides, and bake in a quick oven. If there is a great deal of juice, save out a half-cupful to flavor the sauce, which may be made by any recipe you like best.

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