

Health and Home.

Remove grass stains from linen by first dipping the spots in ammonia water and then washing them in warm soapsuds.

Liver should always be parboiled and wiped dry before frying. This not only keeps the juice but softens the flavor.

Pulverize a teaspoonful of borax; put it in your last rinsing water, and your clothes will come out white instead of yellow.

No article of furniture should receive more attention than the refrigerator. It should be washed and dried every day.

To whiten clothes put a tablespoonful of borax in the rinsing water. It will whiten the clothes and will also remove the yellow stains or garments that have been laid aside for two or three years.

The care of irons. Salt on the board beside the ironing table will be found most useful for smoothing the irons and cleaning them from the starch that adheres when ironing starched pieces.

Sweet roll (for bread and butter). Take a pound of bread dough, and knead into it one ounce of butter, two of sugar, and a beaten egg. Make it into a roll of the size required for bread and butter. Bake in a moderate oven.

Tortoise-shell combs. To take the dullness from tortoise-shell combs and other articles, rub them first with alcohol to remove the grease and dirt, then dry and polish by rubbing them with bismuth powder and soft flannels.

The care of cuffs. A loop of elastic cord, sewed on the under side of the dress-sleeve lining, to slip over the cuff-stud, is recommended instead of a pin to hold the cuff in place.

A cure for sickness. Buttermilk is a good remedy for vomiting arising from irritability of the stomach and other causes. Hot water—really hot, not tepid—has also a wonderfully soothing action on the stomach. It should be sipped slowly.

Chocolate rice. Make a rice pudding with one pint of milk, and bake it in the ordinary way. When half cooked, stir in one ounce of grated chocolate which has been heated in the oven, and a few drops of vanilla essence. Beat the white of an egg to a stiff froth, stir in a tablespoonful of powdered sugar, and pile on top of the pudding when cooked; place again in the oven for a moment, to brown.

Drink milk slowly. Drinking milk is often a source of discomfort, if not of positive indigestion. The curd of milk is acted upon by the gastric juice of the stomach, and when a large quantity of milk is taken at once, this curdling process is apt to disagree. The proper plan is to sip the milk so as to give time for its digestion. This rule applies to infant feeding as well as to that of adults.

Spots on wall-paper. If you find grease spots on wall paper, put powdered French chalk wet with cold water over the places, and let it remain for twelve hours or more. When you brush off the chalk, if the spots have not disappeared, put on more chalk, place a piece of blotting-paper over this, and press for a few minutes with a warm flat-iron.

Lemon Custard Pie.—The juice of one lemon, yolks of 3 eggs, 1 1/2 spoons flour, 1-3 cup sugar, 1 spoon melted butter, 1 cup sweet milk. Frothing, whites of 3 eggs beaten to a stiff froth and 3 spoons sugar.

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