

HOUSEHOLD HINTS.

A BAY leaf gives a fine flavour to some soups.

A TIN cover for a cook's table is useful, and saves scrubbing to get the grease out.

MIXED dried herbs—a dash of them or a few drops of herb-essence—will make warmed-up meats delicious.

A DUST of bicarbonate of soda (baking soda) not only will relieve a burn, but, it is said, will soothe a toothache. Oil of cloves will surely do this.

LUXURY shortens life; comfort prolongs it, especially ease of mind. To fret and toil after luxury or the means to have it, is therefore a species of suicide.

ICE is now used to preserve cut flowers. Put your bunch of roses in the refrigerator over night. Salt and ice are said to answer even better than ice alone.

It is the calves' feet added to the usual recipe for consommé that makes it, when strained, so clear and delicious, but a careful use of gelatine does nearly as well.

TREASURERS of charitable societies do well to paste their cancelled cheques into their cheque books again when these come back from the bank. That keeps a convenient record.

A CANAPE Lorenzo is made of crab meat and grated cheese heated very hot and mashed with butter; brown bread crumbs, or else cooled and marked with mayonnaise. Buy crumbs of cheese for this.

DRESS sachets filled with violet orris impart the cleanest perfume; a crescent one for the left under arm, an oblong for the right side of the corsage and a long, narrow roll for the back seam of the dress-skirt, just below the waist.

AROMATIC vinegar is made with an ounce of each of these, dry or green: rosemary, wormwood, lavender, rue, sage and mint. Put them in a stone jar, and pour over one gallon of strong vinegar; cover closely, and keep near the fire for four days; then strain, and add one ounce of pounded camphor gum. Bottle, and keep tightly corked.

A PRETTY way to serve hot hashed mutton is to make a light raised pie; have the crust puffy with suet and baking powder. Cut a round opening in all but the under layer of the paste before baking, and pour in the finest mince of the mutton, with its very hot gravy thickened by the yolk of one egg, as soon as the pie-crust is light and browned.

CREAM SAUCE.—Put two tablespoonfuls of hot water with a teaspoonful of sweet cream into a saucepan; stir in one tablespoonful of butter and a little chopped parsley; set the saucepan into a kettle of boiling water, add a little strained soup stock, let boil, take from the fire and add a tablespoonful of butter. Then pour around the hot fish.

LEARN to drink from a public fountain cup, if you must do this, without touching the rim. Put the lower lip in the water first, and tilt the cup higher than usual. When children want "drinks" from the railway mug, place a clean cambric handkerchief over the rim, next the lips. But it is a small matter to carry a tiny tumbler on any journey or walk.

If you have ever so little property—even only your clothes and articles of furniture—and have no direct heirs, make a will and say who is to have them. It is the little matters, rather than the large amounts of fortune, that make the most trouble in dividing property among relatives; so that it is best to name one person who is to distribute it, or else to specify what each is to have.

To check a nasal hemorrhage, throw the head back, sit still, and resolutely think of something else. Resolve that the bleeding shall stop, and keep just as unconcerned as though it were somebody else. This is even better than the old remedies of putting a paper wad under the tongue or of making the motions of chewing while working the upper jaw. Powdered tannic acid, carried in a small wooden box in the pocket, is an assurance that the astringent dust, snuffed up the nostril, will check the bleeding.

FOR a long illness or a broken limb by all means use that contrivance of a lifting-bed which consists of strong straps of webbing that can be passed under the patient's body and securely fastened at each side. A simple appliance raises the straps, and all changes of bed-clothing can be made without the slightest disturbance of the patient's position.

FOR rough hands in winter glycerine and rose-water are very good; or a mixture made of two cakes of (real) Castile soap scraped to a powder; a wine-glass of cologne and one of lemon-juice; or get some benzoïn from the apothecary, with instructions how to mix it. The principle in these preparations, as in almond meal, is to supply oilness to the dry, roughened skin.

HOT catsup is in every way better than cold for use on meats. You can thicken any sauce almost as well with corn starch as with butter. This starch has oil in it. With some syrup of preserve or jelly, or the juices of canned fruits, very good sweet sauces can be made with either arrowroot or any other fine starch. Corn starch put in with the vinegar for coldslaw makes a good thickening. This is to be remembered when butter is high.

FOR a rush of blood to the head, try to get some of it down to the feet. Even in sitting you can use the same device as that which prevents cold feet in a church or horse-car: rest the weight of the leg on the toe of each foot. Make as though you were about to walk on tip-toe. This diverts the blood from an apoplectic head, and is found to relieve giddiness or swimming of the head in a few minutes. Perhaps the resolution to send the blood to the toes has something to do with it as well as the attitude.

FOR potpourri of roses and violets, the *Ledger's* recipe, printed in 1889, is as follows: Spread the rose-leaves on a folded sheet on a table in a shady room, tossing them up frequently for two or three days before salting. This is important. If you put them, as soon as gathered, in the jar between layers of salt, it will make a moist, ill smelling compound. Add to the perfume jar the first fragrant violets, gathering not only blossoms, but the tender stems and leaves, shredded, of the calycanthus (sweet shrub), lemon trifolia, scented geranium, etc.

ALWAYS make a memorandum in your little book of any contract you undertake for money or any agreement to work. It saves much trouble to keep a memorandum-book and put down the dates when you either pay or receive money. Whenever money passes on account set it down. If any money or thing of value goes through your hands, give a receipt for it and make a memorandum. Your receipt settles the amount that passes, and that cannot be disputed. When you pass it to a third party to be given to the lender, get a receipt and keep it. Accuracy is as important in the trust of other people's money or valuables with your own family as with strangers.

TO GET SLEEP WHEN IT IS WANTED.—Bend the head forward, so that the chin rests deeply on either collar-bone; close the eyes; let the head "nod" from side to side in the attitude into which the person falls naturally when dozing in a chair. This position cuts off the supply of blood to the brain. It is prescribed in some "rest-cures" instead of bromides. It is also useful to change the thoughts at any time when worried or perplexed by letting the head "loll" forward and shutting the eyes. "To lose themselves" for a few minutes in a busy day was the practice of an older generation. One was accustomed to sit, cane in hand, the stick planted on the floor, and the forehead resting on the gold-headed stick; when the sleeper's hand became so relaxed that the cane fell to the floor, that was sufficient. It roused him, and he "found himself" all the fresher.

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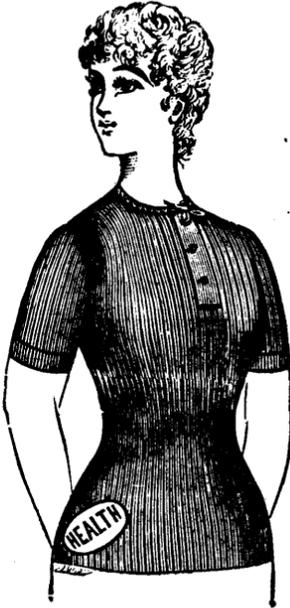
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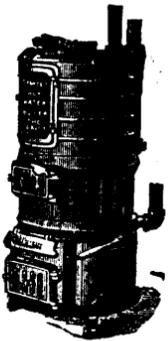
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