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HEALTH AND HOUSEHOLD HINTS.

For inflamed eyes, take a piece of alum and with it stir the white of an egg until it becomes of a creamy consistency, then spread between a fold of thin linen, and lay upon a handkerchief, after which bind it over the eves.

Impute air and overheated rooms are a fertile source of wrinkles. The nerves of the face are deadened by close and impure air, the fine muscles lose their tone, the tissue of the face shrinks, and these shrinkages become wrinkles.

Hives are due in the majority of cases to improper diet; the foods that should be avoided by those subject to this unpleasant disorder of the skin are fish, pork, cheese, pickles, sauerkraut or strawberries, particularly when they are stale.

To remove an odor from a barrel balf fill it with cold water. Heat half a dozen stones the size of the palm of the band until they are red hot and throw them into the water, and let the water remain in the barrel until cold; then rinse the barrel with clean cold water.

Cake Without Eggs .- One coffee cup of sugar-powdered-two large tablespoonfuls of butter rubbed into the sugar, one and a balf cups of flour, one-half cup of sweet cream, one-half teaspoonful of soda. Bake quickly in small tins, and eat while fresh and warm.

A small flannel bag, with one end left open, is a good receptacle for the ends of toilet soap. When a few have been accumulated sew up the opening and an excellent bath bag is evolved. As only pure soaps of reliable make should be used, it pays to utilize every scrap.

Two important points must be attended to in dressing infants. They must neither be loaded with clothes nor exposed to catch cold. With a young child, to shield it from draughts and wrap it up comfortably is es-sential. Over clothing weakens children, and by causing profuse perspiration predis-poses them to cold, while colds are the beginning of all kinds of diseases.

Hamburg Cream.—Five eggs, two lemons, one-balf pound sifted sugar; beat the volks with the juice and grated rind of the lemons, also the sugar; put it on the fire and let it come to a boil, thea bastily add the whites of the eggs, beaten stiff, stir all well together, take immediately off the fire and put in glasses. In making this always use a farina boiler. This recipe will fill eight glasses.

How to Broil a Steak.—Have the meat cut quite an inch thick. Trim off the fat, and hold it on a gridiron over a very hot fire, turning it rapidly from side to side that both surfaces may be thoroughly seared to retain the juice. Withdraw a little from the extreme heat and cook four to eight minutes, as it is liked, rate or well-done. The same principle is involved in broiling chops or any other meat.

Lemon Filling.—Take one large, fair lemon, one cup of white sugar, half a cup of water, one egg, one teaspoonful of corn flour, the same of butter. Grate the rind of the lemon and put it in a saucepan with the juice, the water, sugar, beaten egg, butter and the corn flour rubbed smooth in a little water. Boil them all together until the mixture begins to thicken slightly. When it is cold spread it between the layers of the

Oatmeal Brown 'Bread.-One cup of rolled oats made into a porridge, stir in it one cupful of molasses, one and one-half cupfuls of lukewarm water, into which is dissolved one yeast cake and one teaspoonful of salt; knead into this mixture enough flour to make a stiff dough; set over night in a warm pisce; put in pans next merning; when light bake in a rather slow oven. Bake one hour and twenty minutes, or until thoroughly cooked.

When flies become troublesome they can always be expelled by a very simple mixture, says a correspondent. A half tea-spoonful of black pepper, finely ground, should be mixed with double the quantity of brown sugar, the compound to be moistened with cream. The flies will generally eat greedily of this mixture if placed where they can easily reach it, but it will be their last meal, for the least taste of it is to a fly rank poison. If watched they will often be seen to drop dead within a few feet of the plate which they have just left, and some of the healthiest enters do not live to leave the

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