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### HEALTH AND HOUSEHOLD HINTS.

Tomatoes make an agreeable remedy for constipation. Use them raw or cooked.

Stained table linen should be put into pure boiling water before putting any soap on it. This causes the stains to disappear.

A knife that has been used for cutting onions should at once be plunged two or three times into the earth to free it from the unpleasant smell.

Piquant Sauce.—Heat one cupful of meat liquor to boiling and season. Pour it over two spoonfuls of butter browned with one of flour. Add a teaspoonful of mustard, a little onion juice, a large spoonful of vinegar and some parsley.

One of the best ways in which to remove old wall paper is to dip a large and clean whitewash brush in warm water, and to apply it evenly to the wall before scraping with a kitchen knife. Holes in the plaster should be filled with plaster of Paris, mixed with mortar.

Bananas have been repeatedly used with gratifying success in cases of chronic diarrhoea. Some of the most troublesome forms of diarrhoea have been arrested by parching rice brown, then boiling and using in the ordinary way. It often cures when nothing else will.

Powdered red pepper, best to be had from a good druggist, under the name of "capsicum," is a great promoter of a good digestion in cases of a weak stomach. If taken freely on meat and in soups, it has a stimulating power like alcohol, without any of its exciting or narcotic effects.

### THESE TINS

are found everywhere. They're on the pantry shelves of nearly every housewife, and in every grocery. They contain

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Cherry Roly Poly.—Make a rich biscuit dough, roll to half an inch thick, lay the berries on the prepared paste or crust, roll up, tuck ends in, prick deeply with a fork, lay in a steamer, and place over a kettle of boiling water. Cook an hour and three-quarters. Cut across and eat with sweetened cream, or butter and sugar.

A dish made with huckleberries and called a Providence pudding is worthy of a trial. Pick over and wash the berries, drain them a few moments, and then sprinkle them with sifted flour; use just what clings to the berries. Put the floured berries in a buttered mould, cover closely, and boil two hours. Serve with a hard sauce flavored with wine.

Roast Loin of Veal.—Wipe the meat with a clean towel, place it in a baking-pan, dredge with pepper and salt; add a cupful of hot water to the pan, and half a pound of dripping or lard, and set in the oven to cook fifteen minutes to every pound. Baste every ten minutes. When done, take up in a heated dish, garnish with thin slices of lemon, serve with brown sauce.

Lamb Cutlets.—Take the cutlets from a neck of lamb and shape them by cutting off the thick part of the chine bone; trim off most of the fat, and all the skin; brush the cutlets over with egg, sprinkle them with breadcrumbs and season with pepper and salt; now dip them into clarified butter, sprinkle over a few more breadcrumbs, and fry them over a quick fire, turning them when requiring for about 15 minutes.

A Breakfast Dish.—Procure equal quantities of steak, fat bacon, and bread-crumbs. Pass the steak and bacon through a mincing machine; add the bread-crumbs, seasoning with chopped parsley, a little thyme, a squeeze of lemon, pepper, and salt, and a little allspice. Then beat up an egg, and add to the mixture, working it all together with a wooden spoon. Press into a firm roll, and shape in small sausages, dip each in well beaten egg, and then in bread crumbs; fry in boiling fat a golden brown with sprigs of parsley.

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