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## To Stop a Sneeze.

A correspondent, Mr. F. W. Christiansen, of Hamilton, remarks on the embarrassment we feel in a church, public ceremony, etc., when signs of a coming sneeze visit us. He says he discovered by chance a remedy, which is 'simply to press your forefinger upward and backward against the bridge of your nose between the two nostrils, and the coming sneeze will be smothered.'

## Selected Recipes.

Cooked Salad Dressing.—Put in a saucepan a dash of cayenne, a quarter teaspoonful of mustard and three eggs, and beat them for a minute. Mix together one-third of a cup each of vinegar and water, add to the eggs and beat until thinned. Drop in two tablespoonfuls of butter and stir over hot water until thick and smooth. Strain and add a pinch of salt. This dressing will keep for some time.

Vegetarian Beef Tea.—Half a pound of haricot beans should be washed and put to stew in an earthenware jar containing a quart of hot water. Half a small onion should be added, and the ingredients should simmer steadily for three hours, when about a pint and a half of liquid should remain. The mealy part of the beans must not be allowed to break into the liquid, and the beans must be strained off when the mixture is removed from the fire. The remaining half of the small onion should then be sliced and fried with an ounce of butter, and sprinkled with pepper and salt. The slices, when browned, should be added to the broth, which must then be strained again. This beverage is savory, and is declared to be 'vastly superior in sustaining properties' to the beef tea made from butcher's meat.

Apple Shortcake—Pare, core and slice four fine, large apples. Drop them into boiling syrup and cook until soft, and then mash them well. Roll a sheet of plain pie crust in two thin layers. Lay one in the pan, lightly greased with butter, then lay on the second sheet, and bake in a hot oven. When done, separate the sheets and spread the apple sauce between the crust and also on top, and serve with cream.

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