

### Health and Home Hints.

Headache almost always yields to the simultaneous application of hot water to the feet and back of the neck.

Ammonia in dish water brightens silver, in water keeps flannels soft and is good in washing lace and fine muslin.

A towel folded, dipped in hot water, wrung out quickly and applied over the stomach acts like magic in cases of colic.

The requirements of health can be counted on the fingers of one hand. They are—Good air, good food, suitable clothing, cleanliness, exercise and rest.

A frequent cause of trouble with the feet is the wearing of black stockings. Care should be taken to select those with white soles, as the dye is extracted by the heat induced by confinement in the shoe and acts as an irritant poison.

**Chocolate Cake.**—1 cup butter, 1 cup sugar, 1 cup milk, 3 cups flour, whites of 4 eggs, 2 teaspoonsful of baking powder. **Frosting.**—Yolks of 2 eggs, 1-2 cup sugar, 1-2 cup milk, one part of a cake of chocolate, cook till thickens. This recipe has been used by a great many and it has been found good.

**Apple Filling.** Grate two large sour apples, add grated rind of one lemon. Boil rapidly ten minutes; add juice of the lemon, and one beaten egg yolk. Sweeten again to taste. Apple must boil rapidly, or it will lignify. Cool, and spread on half the cake, cover with the other half, and frost with cocoa frosting.

**Vegetable Salad.**—Take equal quantities of cold cooked beets, potatoes, carrots, turnips, sprigs of cauliflower, and cut all into neat little dice, with the exception of the last named. Mix them lightly together, and add a few small sprigs of watercress, some capers cut in halves, and one or two hard-boiled eggs; cut up neatly like the vegetables. The eggs and capers may be used to garnish the rest of the salad, if liked; it is more convenient to mix all together. Just before serving pour over a mayonnaise dressing.

**Portuguese Fritters.**—Thoroughly pick over and wash one-half pound of rice and place it in a large stew-pan with one-fourth pound of sugar, one quart of milk, two ounces of fresh butter and a small stick of cinnamon; simmer gently until the milk has been absorbed by the rice, when, if the process has been slow, the rice should be sufficiently cooked for the purpose; now add one-pound jar of orange marmalade and the yolks of six eggs, and stir over a thick fire until the eggs are set firmly in the mixture; turn out into a clean, large flat dish, and spread equally over the surface to about one-fourth inch in thickness; when this has become cold cut in oblong shapes, dip in light batter and fry well. The fritters may be glazed or not, as you prefer.

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