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[^0]What Causes Pimples?


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glanus with peluutu or olly matter. Nature will not allow the cloghing of the pores to
contlaue long, hence, incontinue long, hence, In
thamuation, paln, swelling and redness.

What Cures Pimples? Tho only rellailio cure, whon not duo to a constitutional hmmor, is Cuticuma somp duces Indaumation, soothes and heals irrt tated and roughened surfaces, and restores the skin to its origlual purity
Jicslites belig tho most effective akin purt
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## GEALTH AND HOUSEHOLD HINTS.

Steamed Batter Pudding.-Make a light dough, rather stiff, as for tiscuits. Stir cranberries into the batter and steam two hours. Serve with liquid or hard sauce.
Pickle for Ham.-Six gallons of water, nine pounds of salt, two pounds of sugar, one fourth pound of pepper, one-half ounce of saltpetre. Pack bams tightly in a cask without salt, press down with a heavy stone that the boiling hot brine when it is poured over them shall ho displace more than is necessary After lying in the brine six weeks, it is ready for smoking.
Sponge Cake-Use the weight of two eggs in fine sugar and halt the quantity of flour separate the yolks and whites, whisking the later to a froth; beat up the yolks, add very gradually the sugar, flour, a teaspoonful of baking powner, a dessertspoonful of strained lemon juice and the whites of the eggs. Pour the mixture ioto a well buttered pan and put
it at once into a brisk oven.
A German Dish.-A German dish is called Pfaumen Mius, and is made from various fruits than the one given. Rub plums with a cloth; stone them. Stew slowly till tender in a little water; rub them through a sieve stew this with sugar and cinnamon to taste, and a littic orange or lemnn peel; throw in at the last moment either small squares of bread "ried in , butter, or grate the same over the "mus."
Sardines on Toast.-Select good sized firm sardines, arrange them in a double broiler brisk fre. Toast lone an each slices of bread from which the crust has been renoud and place the sardines on them, taking care that they do not creak. Pour them over a totter sauce made as follows: One-balf curful of sauce made as follows: One-half cuyful of
melted butter, $i=\mathrm{zio}$ which stir one table ful of pepper and the jaice of one lemon.
Fig Paste.-A dainty inexpensive candy is made thus: Chop into bits and boil a pound of figs; when soft strain and press through a sieve: return to the water in which they were boiled and which should be reduced to one
cupful ; stir in three pounds of cupfal; stir in three pounds of granalated sugar, cook down slowly until a thick
paste is formed. Pour in pans lined with paper; let cool; take out on the paper and cupar ; let cool; ; take out on zhe paper and
cut into sections. Dust with powdered sugar.
Horse-radish is a somewhat vulgar and despised root, yet it possesses valuable qualities as a purifier of the blood as well as a stimulator of the appetite. For hygienic as well as gastronomic reasons it should be put upon the table in the spring. A beefstealk served with polonaise sauce, or what is more often known now as a Russian sauce, introduces horseradish in the bill of fare in an appetizung man-
ner. To make this sauce melt two even tablener. To make this sauce melt two even table-
spoonfuls of butter with two teaspoonfuls of flour. When well mixed stir in a pint of rich white stock. Beat the mixture continually while it is cooking for 10 or 15 minutes. As this simple foundation is generally made, it is ccooked but four or five minutes, but this time does not give the grains of flour
time to swell, and it is better as well as more time to swell, and it is better as well as more
Fholesome if it is cooked longer. Add the pholesome if it is cooked longer. Add the
juice of balf a lemon and a tablespoonful of butter, with four tablespoonfuls of grated horse-radish whicb has been soaked in vinegar over night, but is drained from it. Season the sauce carefully with a little salt and a mere pinch of cayenue pepper. Two tablespooniuls of cream are sometimes added to the genaine Russian sauce, but this is not necessary, and to our American tastes it seems somewhat incongruous.
Slices of tenderloin, daintily broiled and rare, may be served with this sauce, which should be poured into a hot platter and the renderloins laid over it. A Hamburg steak is very nice with this sauce. As every good is no a per should know, a Hamburg steak ed in fat balls, which are either freed mould ed, in fat bans, which are either fried or broiled, but must in any case be kept rare. It is
an acceptable way in which to dispose of the an acceptable way in which to dispose of the
tough end of a porter-bouse steak, which should never be allowed to come on the table with the rest of the steat but should be table minced for Hamburg balls or ysed be either To season a pound and a butt of a stew. teak add a pospoon of bil or Hambur traspoop ful of salt and a salispuice, a liberal per The meat anst bs alspoodrul of pep sausage meat, and there should be neine as nor sinews with it. A chopped onion ninced very fine or a good-sized shallot may aninced place of the sion juce The minced the may now be moulded into litte calces and broled or if you prefer dipped into the polk ofegg and bread crumbs, and fried brown This will keep it rare in the centre as it shoul be. Indeed, a Hamburg steal is ame times served at gentlemen's suppers withour cooking. It must then be made of the tenderest meat and garnished with anchovies, capers and parsley, and bighly seasoned. This practice of eating ram beef, boweyer is not commended now by physicians as it formerip was, when mothers often gave little childrei well-seasoned, scraped becfas a topic.-New

## INFORMATIOA FOR GAHOIDATES.

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