

If people only would learn to eat simple dishes ! If mothers would early cultivate a liking for plain bread and butter and milk in their children ! If healthful, carefully prepared, palatable, home-cooked food were offered for sale in our woman's exchanges and special stores at a price within the reach of the poorer classes ! If and if, and if ! If we—you and I—had the planning, and none of the work to do, what a fine world we would make !

#### LINEN.

When buying linen you may generally test its goodness by drawing one or two of the threads. If the thread breaks immediately, the linen is not good ; but if you can draw each way a thread of a quarter of a yard in length, you may consider the linen worth buying. When linen is very good, a thread a yard long may be drawn it without breaking.

#### GLOSSING LINEN.

The bright china-like gloss which we have for a time looked upon as the perfection of shirt and collar dressing is not now considered in good taste, but a certain amount of polish is yet permitted, and as it is so easily accomplished, perhaps some of my readers may be glad of a few hints on linen polishing. Having ironed the shirts and collars till the linen to be polished is perfectly dry, lay the collar on cuff on a clean bare piece of board, called the polishing board, with a soft clean piece of rag wring out of cold water slightly and evenly damp the article. On no account must it be made wet, or blisters will be the result. Have a clean, hot polishing iron, which pass gently up and down the linen ; then with a quick heavier pressure pass the iron lengthways of the linen, till it looks evenly glazed all over. At first the linen will look a little streaky, but the polishing process must continue till the polish is evenly distributed, place the article in front of the fire to set and harden. Many different sort of glazes are advertised, but none looks so natural as the polish produced by the damp cloth, the clean, hot iron, and plenty of elbow gease.

#### TO WASH SILK.

In washing white silk, if the colour be bad, it should be steep in borax water in proportion one tablespoonful of dissolved borax to a gallon of water for a few hours. When this has been done,

rinse well, and wash in luke-warm soap-lather, stiffen slightly in gum water, partly dry the silk, roll up in a clean cloth for an hour, then iron the silk on the right side with a cloth between the silk and the iron. Gum water for stiffening is made by adding a teaspoonful of liquid gum to half a pint of cold water. Coloured silks may be washed in the same manner as above, only in the rinsing water put a little salt to set the colour, if two colours a little vinegar should be used in addition to the salt. The effect of vinegar is to brighten most colors. Tussore silk is washed the same way as the white silk, the only difference being in the rinsing water. For this mix a tablespoonful of methylated spirited in one quart of water, dip the silk in this, hang it out wet and let it drip. Whilst still very damp roll it up, and set aside for an hour or so. In ironing this silk use a rather hot iron and cover the silk with a clean smooth cloth. If these rules are carefully carried out the washed silks will look nearly equal to new.

#### TO CLEAN LINOLEUM.

Never allow your servant to touch linoleum with either scrubbing brush or soft soap, or it will soon become ruined. Rather have it well wiped over with a soft flannel cloth and moderately warm water. Dry it carefully with another clean dry cloth. Skim milk is a very good thing to use, as it gives a nice gloss to the linoleum. Every now and again a good polishing with furniture polish makes it look almost like new. Very little of the polish is needed on the flannel. It is the rubbing, not the polish, which brightens up the floorcloth. Too much polish renders the surface slippery and dangerous. Kept in this manner a linoleum will wear years longer than the one which is always being scrubbed and washed—scrubbing wears it out and too much wet rots it.

#### PAINT CLEANING.

Paint cleaning forms the most important part of spring cleaning, and yet very few people know how to accomplish it without removing paint as well as the dirt. Anyone knows how to scrub paint with soda and soft soap, which is the favourite mode of the British charwoman, but what is really wanted is a method which will do away with the dirt and leave the paint in its original place on the woodwork. The following method