

House and Household.

Useful Recipes.

STRING BEAN SALAD.

A salad of string beans is the most delicious of salads. Cook a quart of beans; do not break them in pieces, but leave them whole. When they are cooked throw them into ice-cold water, and when cold drain and remove them to a bowl. Make a nice French salad dressing with three tablespoonfuls of oil, a saltspoonful of salt, half a saltspoonful of pepper, and two tablespoonfuls of wine vinegar. Mix the oil, salt and pepper; add them to the beans; pour the vinegar over them, and toss them as gently as you can to avoid breaking the beans, and serve.

FOODS FOR DYSPEPTICS.

Dyspeptic people require little food; as different temperaments crave different dishes, rules are impertinent. Among the articles of diet considered bad for this class are pork, veal, sausage, dried beef, salt fish and meat, liver, cheese, all shellfish except oysters, dumplings, tarts, mince-pie, hot breads of all sorts, pickles, highly-seasoned sauces, bananas, pears and preserves. Cereals boiled dry, dry toast, broiled beef, soft eggs, weak tea and coffee, milk and clear soups are prominent on the bill-of-fare for treacherous systems of digestion.

WHAT TO DO WITH COLD BEEFSTEAK.

Chop the best and most tender portions; add hot water enough to moisten slightly; heat quickly and serve at once as soon as hot. Add butter, salt and pepper. The tough parts of steak or roast beef are much more palatable if boiled first in water to cover until tender. Then use them in any of the ways given for cold meat, as croquette, hash, mince on toast, stew, ragout, meat and potato pie, braised meat, etc.

A GOOD BREAKFAST DISH.

Separate the meat from the bones of any fish that may be left from dinner and place on one side. Break into a bowl one or two eggs, according to amount of fish; add salt, bit of pepper and one teaspoonful of plain flour; mix thoroughly. If you think there is not sufficient fish for your slices of toast add one slice of fresh, white bread, minus crust; mix all well and add fish. Pour into a frying-pan in which is a little hot butter or ham gravy; stir until very hot; spread on toast and serve. A few drops of lemon juice sprinkled on the mixture improves it for some tastes.

SIMPLE COMPLEXION REMEDIES.

Milk or sweet cream is better for the complexion than bottled grease when an emollient is required. The food should be thoroughly chewed, so as to help the stomach; indigestion is often caused by swallowing lumps of meat and dough and strings and fibres and vegetables and fruits; indigestion not only disorganizes the stomach, but destroys the complexion. In the best-kept nurseries meat is forked for the children; meats that cannot be torn with a fork are not served. It is madness to swallow a piece of meat that cannot be readily cut.

HOUSEHOLD HINTS.

Kitchen floors painted with boiled linseed oil are easily cleaned.

To clean a sewing-machine of oil and dirt go over it with a rag wet with coal oil.

In packing bottles or canned goods for moving slip a rubber band over the body of them.

The cleaning of windows is made easier and better by putting a little kerosene in the water.

Bent whalebones may be straightened and made fit for use again by soaking in hot water, then straightening under a press till dry.

New cushions and sachet bags are made in saddle-bag fashion, and are of plush or brocade. They are tied together with ribbons with large bows.

Add a teaspoonful of borax to a pan of hot soapuds; put your table silver in it and let it stand two hours; rinse it with clear water and polish with a soft cloth or chamois.

USE SURPRISE SOAP ON WASH DAY; AND EVERY DAY.

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DOCTORS

SAY

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Kamouraska, June 10th 1885.

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L. J. V. CLAIROUX, M. D.
Montreal, March 27th 1889.

L. ROBITAILLE, Esq. Chemist.
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NOTICE.

Notice is hereby given by Miss Josephine Vanier, spinster, and Joseph Eleodore L. Vanier, civil employe, both of Montreal, that they will apply to the Quebec Legislature, at its next session, for the purpose of obtaining an act to authorize them to sell the substituted immoveable properties belonging to the estate of late Dame Adelphine Vanier, widow of Pierre Vanier, gentleman, of Montreal, which said immoveables are all situated in the District of Montreal.

Montreal, 28th September, 1894.
DEMEERS & DE LORIMIER,
Solicitors for Petitioners.

CANADA: PROVINCE OF QUEBEC, DISTRICT OF MONTREAL. SUPERIOR COURT. No. 278. Dame Alice Jane Swall, of the City of Montreal, in the District of Montreal, wife of George W. Clarke, Trader, of the same place, gives notice that she has this day instituted an action for separation as to property against her said husband.

Montreal, 20th September, 1894.
HUTCHINSON & OUGHTRED,
Attorneys for Plaintiff.