

Sleep.

Many of the ills of life, attributed in most cases to other causes, really arise from keeping late hours, or, in other words, sitting up too late at night. Women, especially young ones, often come down in the morning with pale faces, tired-looking eyes and peevish, irritable tempers. Any cause but the right one is blamed for this "out-of-sorts" "tired-out" feeling, and tonics and other remedies are tried with little effect, since the real cause remains. To keep well, every woman, young or old, should have a proper amount of sleep and at the proper time, namely, at night. I do not believe that sleep taken in the daytime in any way compensates for loss of sleep at night. Let those young women, therefore, who wish to keep their youthful looks and their fresh complexions, forego late hours and take as much of the vaunted "beauty-sleep" as possible.

Hot Fomentations.

Amongst the most effective remedial agencies for the relief of pain are hot fomentations. They will often relieve the most distressing pain when nothing else will. Colic, cramp, lumbago, neuralgia, rheumatism, toothache, and a whole host of ills that flesh is heir to, may all be eased by hot fomentation properly applied. Many people I have met have not the slightest idea of the proper way to go about the business, which really means nothing more than a large piece of flannel, a cloth, and plenty of hot water. Nothing is better for this purpose than a piece of old blanket. Fold the blanket to the size required, dip it into boiling water, lay it in a cloth and wring it out by twisting the ends of the cloth different ways. Wrap in thin, dry flannel and lay it on the patient; change from time to time as it cools, but be sure to have another hot flannel ready when the other one is removed. After such fomentations the surface should be sponged with a little alcohol and warmly covered. If these precautions are followed there will be no fear of taking cold.

Potato Poultices.

Notwithstanding its homeliness, this is a most effective remedy for faceache or earache. Either boil or steam a large potato until quite tender, then mash it very quickly on a hot plate, put it into a flannel bag, and apply it to the painful part. Tie another piece of flannel over it, to keep in the heat, and have another potato preparing to use in the same way as soon as the first gets cool. I need not say that when the last poultice is removed, a silk handkerchief should be tied over the place, to prevent a fresh cold. This simple remedy I have also found an excellent one for relieving pains to which some children are subject.

Tea Biscuits.

As a nice change from the rich cakes which at this time of the year make their appearance on our tables, try a few tea biscuits. I can heartily recommend these to my readers; they are so easy to make and delicious to eat. Put two pounds of flour into a bowl, add a little salt. To half a pint of milk add the yolks of two eggs, which must be well beaten. With the egg and milk mix the flour into a stiff paste. Knead this till it is quite smooth. Now roll out the paste as thin as you can, and cut into biscuits with a cutter or the top of a tumbler, which answers nearly as well: prick them all over with a fork, and bake in a slow oven for about half-an-hour.

Wash all oranges and lemons in cold water with a small Manila brush and wipe them before using. A good deal of dust settles in the deep pores of the rinds and it is not good eating. (*Is it Manila or Mantila?* Ed.)

This is called, the poor man's, or children's.

Marmalade.

Do not let its cheapness hinder you from making it for if carefully made it will be found very good indeed.

Slice Seville oranges very thin, cutting through rind and pith and pulp alike. Put into a large pan, and to every pound of sliced fruit add three pints of cold spring water.