

Home and Health Hints.

Try walking with your hands behind you if you find yourself becoming bent forward.

Contriving to keep up a continual worry about something or nothing is a good way to destroy health.

Infantile bronchitis can sometimes be prevented from passing into the capillary form by the judicious use of repeated hot baths.

Eggs with Bacon.—Pile brown toast in the center of a heated dish; arrange slices of nicely fried bacon around the edge; pour over a little brown sauce; lay on hard boiled sliced eggs. Garnish with lettuce or parsley and serve at once.

Few women know how to rest. Standing about or sitting is not resting. Absolute repose can be had only when the muscular system is at rest. Five minutes lying flat on a hard, smooth couch is worth half-an-hour, for purposes of rest, in an armchair.

Milk Soup.—Boil four good sized potatoes and one onion and put them through colander, adding the water in which boiled; about a quart of milk, a piece of butter size of egg; two table spoons of tapioca, in water. Pepper and salt to taste.

This receipt is sent us by a Toronto lady, famous as a good soup maker.

A Light Bread Pudding.—Grate some stale bread, and pour over a pint of boiling milk. Leave it to soak until it is quite cold. Add a little sugar to it, and two well-beaten eggs. It can be baked either in the oven for an hour, or steamed for an hour and a half. It will be found more digestible for an invalid or a child if cooked in the latter way.

Escalloped Eggs.—Six hard boiled eggs, three-fourths of a cupful of cold cooked meat, measured after chopping, two cupfuls of white sauce Foam three-fourths of a cupful of buttered cracker crumbs. Chop eggs fine, sprinkle bottom of buttered baking-dish with crumbs, cover with half the egg, then the sauce, and then the meat, repeat, cover with remaining crumbs, and bake on centre grate of oven.

Berry Dumplings.—Make a dough with two cups of sour milk, one teaspoonful each of sugar and salt, two tablespoons of melted butter, two heaping cups of flour, sifted with two heaping teaspoonfuls of baking powder. Stir well together, adding the flour and baking powder last. Roll out and cut in rounds five inches across; place on the rounds a tablespoonful of berries, pinch well together, brush over with eggs, using the white only; bake in a brisk oven and serve with cream and sugar.

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