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## Scientitic aud

Many an early wrinkle might be traced to MaNY an early wrinkie might be traced to a restless night occasioned by a slight attack
of indigestion, brought on probably by hurry in eating.
A VERY good and efficient tooth powder may be made by mixing two teaspoonfuls each of powdered orris root
with four of precipitated chalk.
Never read or sew in the dusk, and never read or sew in a powerful sunlight, or by the fierce glare of a lamp. Reading in railway carriages is also bad for the eyesight.
To Cleanse Glass.-To give glass great brilliancy, wash with a damp sponge dipped in spirits, then dust with powdered blue or whiting, tied in a thin muslin bag, and polish with chamois cloth.
Scorched Linen.-Take an onion and macerate it well to extract all the juice, and to this a few shreds of soap, an ounce of fuller's earth, and half a tumbler of vinegar. Boil these together for an hour and allow the mixture to cool. Place it on the scorched part, and do not remove it until quite dry.
To Remove Ink Spots. - Wach the place with cold water withnut soap, and apply a solution of dilute muriatic acid; any chemist will give the proper proportions. This will only do for white materials. Ink dipping it in milk; but this must be done dipping it in
immediately.
Advice to Coors.-A writer in "Sylvia's Home Journal" says I must impress well upon my readers that the secret of a wellcooked dinner does not consist so much of the ingredients as of the manner of using them. Good results are only obtained by the following rules: Put whatever you wish to cook on the fire early, so as to give it it constantly, and, above all, alzeays coook on a slow fire, which will at the same time effect a saving of coal.
To Wash White Lace.-Cover a bottle with fine flannel, tightly wrapped round it two or three times, and sewn on, wind the lace quite smoothly round, fastening with a stitch every now and then. Make a good soap lather in a deep basin and stand the bottle in, shaking it well and pressing the lather into the lace. Rinse in the same way with clean cold water, put the bottle in the sun to dry; when nearly so, lay it in a basin of water with a small quantity of borax to stiffen it. If to be ironed, this must be done on two or three thicknesses of flannel, the edges and raised parts being picked up with an ivory pin.-Girls' Own Paper.
For Weak Eyes.-An exchange gives the following recipe-"Bathe the eyes in soft water that is sufficiently impregnated with spirits of camphor to be discernable to the smell-a teaspoonful of spirits of camthe smen-a teaspoonful of spirits of cam-
phor to a tumblerful of water. For inflamed phor to a tumblernd of water. For infamed
eyes use milk and camphor, adding a little eyes use milk and camphor, adding a hittle
more of the camphor than above." An exmellent lotion, commended by a leading Boscellent lotion, commended by a leading Bos-
ton oculist, is a solution of ten grains of ton oculist, is a solution of ten grains of
borax in the official "camphor water" (not borax in the official "camphor water"
the "tincture of camphor"). This is safe the "tincture of camphor"). This is safe
and beneficial as an application in any slight and beneficial as an application in any slight
weakness or inflammation of the eyes due to weakness or inflammat
exposure or weariness.

Preserved Orange Peel-Clean care fully; cut in thin strips; stew in water until the bitterness is extracted; drain off the water, and stew again for half an hour in a syrup of sugar and water, allowing half a pint of water and a pound of sugar to each pound of peel. Put it aside in jars, and keep it in a cool place. If desired a little cinna mon and ginger may be stewed with the with sugar. Lemon peel may be prepare in the same manner, either alone or mixed with orange peel. These form pleasan "relishes" eaten with cake or bread, or if chopped finely when prepared they form excellent flavouring for puddings and pies.
Fruit as a Component of Diet.The "Medico-Chirurgical Review" says:"There are few persons who have not la liking for fruits; and we are sure that were they made a more regular component of diet, instead of being merely introduced, as they usually are, into pies and puddings which are added as a superfluity to a dinner already sufficient, or coming on as a dessert when the stomach is already loaded, they would exer 2 wholesome influence on the system. And we would especially suggest their employment in cases of aggravated dyspepsia, where ordinary farinaceous food and green vegeta bles seem to aggravate the complaint, and where there is danger of producing a scorbutic diathesis by the too exclusive limitation of the diet to animal fesh and bread,'

