

A tablespoonful of salt will weigh about one ounce.
One pint of water or milk will weigh one pound.
One pint of molasses will weigh one and one-quarter pounds.
Three teaspoonfuls of baking-powder should weigh one ounce.
One quart of flour weighs one pound.
One quart of Indian meal weighs one and a quarter pounds.

REMARKS ON CARVING.—Carving is now so generally practised by gentlemen that ladies may, in a great measure be considered exempt. It is, however, a very desirable accomplishment. Every lady should be competent to preside at her own table, and as expertness is best gained by experience, it would be very advantageous to young ladies that they, before leaving the parental roof, should be permitted to occasionally do the carving and serving at table. By acquiring properly, early habits of this kind under a mother's direction, they will be prepared to operate with confidence at their own table.

To carve with ease and elegance it is essential to be furnished with a good and suitable carving-knife. These vary in size and form according to the purposes for which they are intended: for carving a large and fleshy joint, as a round of beef, etc., a long blade will be necessary; for lamb, etc., a smaller size will answer; and for poultry and game a still shorter blade, sharp pointed and somewhat curved. A new carving-knife for poultry is now in the market, which can be used as shears, and is a great help in nipping off small bones, tendons, etc. The knife should be as light as is compatible with the size and strength required; the edge very keen, and a good steel or knife-sharpener always at hand. A guard fork is generally used for carving which requires strength, as it is a necessary security, but for light cutting it is a needless and rather cumbersome appendage.

It is the business of the cook to see that the butcher properly divides the joint of neck and loins in all kinds of meats, as this materially facilitates the operation of carving. The seat should be sufficiently high to command the table, and render rising unnecessary. For fish a silverfish-knife or trowel is to be preferred, as preserving the flakes more entire, which contributes greatly to the beauty of its appearance.

Although carving with ease and elegance is a necessary accomplishment, most people are lamentably deficient not only in the art of dissecting winged game and poultry but also in the important point of knowing the parts most esteemed. Each person, as far as possible, should be served with a portion of the best parts.

TO CLEAN PAINT.—Tea leaves may be saved from the table for a few days, and when sufficient are collected, steep, not boil, them for half an hour in a tin pan. Strain the water off through a sieve, and use this tea to wash all varnished paint. It removes spots, and gives a fresher, newer appearance than when soap and water is used. For white paint, take up a small quantity of whitening on a damp piece of old white flannel, and rub over the