become anchylosed. Do you dig for a livelihood, don't omit to burnish your intellect and elevate your thoughts."

Good Potatoes.

The secret of good potatoes, in themselves and for croquettes, fish balls, potato cakes, etc., depends on the simple fact of having this vegetable cooked so that it is left "mealy" instead of hard and flat like bits of soap. In order to produce this result they must be cut, if of large size, thrown into boiling salted water, boiled for twenty minutes to half an hour, drained thoroughly and put back on the top of the stove for a few seconds. They should be in a saucepan with a good length of ladle; this must be taken firmly in the hand and the potatoes tossed to let out the steam, and also to prevent their sticking to the bottom; this must be done once or twice. When the potatoes look white and floury they should be placed on a warm, not hot, part of the range, and covered, until needed, with a clean cloth, which will absorb all surplus moisture.

The Care of Mattresses.

The feather bed is, of course, a thing of the past. It is probably not lamented in many quarters, as it is certainly unhealthy, difficult to care for, and not pleasant to sleep on. Mattresses, blankets, pillows and other articles of bedding, however, require much care to keep them odorless and clean.

The main enemies to mattresses are dust, damp and moth, and frequent brushing must be given them, for in an incredibly short time they will harbor dust all along the edges and where the button is fixed.

It is very important to air all the bedding thoroughly. Every article should be daily taken off and laid separately over a chair, and a strong current of air should be allowed to circulate through the room before the clothes are replaced. The mattress should be turned daily from end to end, as this insures it being worn more evenly, and not sinking in the middle.

Points on Ironing.

There are some things concerning ironing which incompetent laundresses seem never able to learn.

The starching should be solid, stiff enough to stand wear, and flexible enough to give to your movements. After ironing, the work should have a perfectly smooth surface, and a fine, even finish, without gloss. Open-front shirts should be so ironed that the two sides will lie perfectly flat, and the stud holes come together to allow the stud to be inserted without bulging the

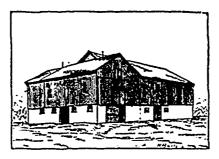
The bosoms of shirts should be free

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for a few hours as to the proper method of using it. I
then completed the wall myself. Yours truly, R. W.
JACKSON, County Councillor, Middlesex Co.
E.S.—It is with pleasure I give you my testimonial,
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