

## HEALTH AND HOME HINTS.

Don't throw away sour milk. It will make sweet light bread, griddle cakes, tea cakes and pastry.

A few folds of soft linen, soaked in kerosene, bound around a corn, will drive it away in a few days.

Flowers with woody stems will last much longer in water if the stalks are scraped for about three inches up.

The best way to stop an ordinary nose bleed is to press with the fingers on the upper lid beneath the nostril.

Machine oil may be removed from muslin by soaking the spot in cold water and rubbing it with soap or borax.

Turpentine should be sprayed or sprinkled in the haunts of cockroaches. It will often quite destroy the pests, and will always disperse them.

The next time you make hard sauce try this method: Have the butter soft and stir in gradually powdered sugar instead of granulated, which is usually selected.

When sewing hooks on a wash dress try sewing the eyes on the upper flap and the hooks on the under, instead of the usual way. The outer flap may then be ironed smoothly.

When next broiling chops, season them before putting over the coals. Then put them on a plating hot platter and pour over the chops a sauce made of melted butter and lemon juice.

Coffee taffy is new. Instead of water use coffee to dilute the sugar. Cook in the usual manner and pull the taffy the same as the old-fashioned variety. As it begins to stiffen, roll in ground nuts and break into desired lengths.

To gain flesh, live largely on boiled meats, bread and butter, starchy vegetables and cereals. Eggs are wonderfully good. Take two every morning before breakfast, raw, adding a suggestion of lemon juice and salt and pepper to make them palatable.

**Blackberry Muffins.**—Cream one-fourth cup butter and one fourth cup sugar; add one beaten egg and three-fourths cup milk alternately with two cups flour sifted with three teaspoons baking powder. Stir in one cup flour, add blackberries and bake 25 minutes.

**Southern Sweet Biscuits.**—Make a stiff dough with a quart of milk, a cupful of butter, a teaspoon of salt, two tablespoons of sugar and flour; knead into small biscuits and bake.

Summer is the time for steamed fruit puddings of all sorts. These are eaten with various sauces or with cream and sugar.

**Mocha Custard.**—Mix one and one-half cups of milk and one-half cup of very strong coffee add one-half cup of sugar and yolks of four eggs. Stir in six tablespoons of powdered macaroons and bake until the custard is set. Cover with meringue made with the whipped whites of the eggs, beaten with one-fourth cup of hot syrup and one-half cup of whipped cream. Garnish with candied cherries and angelica.

For canning peaches allow to every eight quarts two pounds sugar and three quarts water. Make a sirup, stirring until the sugar is dissolved. As soon as it boils skim carefully. Meanwhile peel the peaches, pack in sterilized glass jars, making sure before you begin that your rubbers are new and the tops of the cans perfect. Settle the fruit as you pack by shaking the jar. Fill the hot jars with boiling sirup. It will require about a pint to each quart jar. Adjust the glass top half way over the jar, but do not put on the rubber. Set the jars in the oven in shallow pans half filled with boiling water. Close the oven door (and the oven should be only moderately warm) and cook the fruit fifteen minutes.

## SPARKLES.

"Johnnie, do you understand what is meant by a crisis?"

"Yes, mum."  
"Tell us, Johnnie."  
"Two out an' the bases full, mum."

"I see you employ a number of old men."

"I do."

"How old are they?"

"Too old to be interested in canoeing, or mandolins, or race horses, or girls, or tennis. That makes 'em fine for work."

"The last time I saw him was thirty years ago when he was a baby."

"Well, I saw him yesterday, and he hasn't changed a bit."

"Do they have a good table?" asks the prospect guest.

"It is first rate," answers the man who has just returned. "Solid oak, with heavy legs and a polished top."

"Habliments for infants" is a sign in a clothing-store in Boston. A western visitor, seeing it, stopped in amazement. "What does that mean?" he asked his better-acquainted fellow Westerner. "That?" said the other. "Oh, that is Boston dialect for kids' duds."

"Yes, I love your daughter," said Gayrake. "I'd go through fire and water for her."

"Indeed," replied her wise old father, as he caught a whiff of the suitor's breath; "but would you refrain from going through fire-water for her?"

Dr. Monstave—Why, a little boy like you smoking. Don't you know that it's injurious to your constitution?  
Kid—Aw, gawan, I ain't got no constitution! Why, I ain't old enough to vote yet.

"Let me see," said the editor to a new acquisition, a graduate of the College of Journalism. "I hardly know what to put you at." "Until you decide," replied the man, "I'll sit down and write a few leading editorials."

Pendleton—What are the two greatest wishes of a medical student?

Kefer—Give it up. What are they?

Pendleton—To put Dr. before his own name and Dr. after the names of other people.

"Look out, Hi," shouted the farmer's wife, as the big balloon soared over the farm, with the trailing anchor "Them thar arynaughts will hook you up like a fish if you don't watch out."

"Gosh Mandy!" gasped the old farmer, as he dropped his rake. "Yeou don't think they'd try to do sech a thing purposely, do yeou?"

"Wouldn't trust them, Hi. That tall chap looking down here with the spy-glass is one of them thar Indiana writer folks, and he's working on a book called 'The Uplifting of the Farmer.' Reckon yeou better keep yeour eye on that anchor."

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## TABLE MANNERS IN 17TH CENTURY.

An account of hospitality in 1629 gives a good idea of the manner in which a country gentleman of the period lived. Dinner and supper were brought in by the servants with their hats on, a custom which is corroborated by Faynes Moryson, who says, that, being at a knight's house, who had many servants to attend him, they brought in the meats with their heads covered with blue caps.

After washing their hands in a basin, they sat down to dinner, and Sir James Pringle said grace. The viands seemed to have been plentiful and excellent, "r big pottage, long kale, bowe of white kale," which is cabbage; "brach soppe," powdered beef, roast and boiled mutton, a venison pie in form of an egg, goose. Then they had cheese, cut and uncut, and apples. But the close of the feast was the most curious thing about it.

The table-cloth was removed and on the table were put a towel, the whole breadth of the table and half the length of it, a basin and ewer to wash, then a green carpet laid on, then one cup of beer set on the carpet, then a little long lawn serviter plaited over the corner of the table, and a glass of hot water set down, also on the table; then be there three boys to say grace; the first, the thanksgiving; the second, the pater-noster; the third, prayer for a blessing of God's church. The good man of the house, his parents, kinfolk and the whole company then do drink hot waters, so at supper, then to bed."

## THE TRUE WIFE.

Do you ask from whence comes this beautiful word "wife"? It is the great word in which the English and Latin languages conquered the France and Greek. I hope the French will some day get a word for it, instead of that dreadful word "femme."

But where do you think it comes from? The beautiful characteristics of Saxon words is that they mean something. Wife means "weaver." You must either be housewives or housemoths; remember. In the deep sense, you must either weave men's fortunes and embroider them, or feed upon and bring them to decay.

Wherever a true wife comes, home is always around her. The stars may be over her head, the glow worm in the night-cold grass may be the only fire at her feet, but home is wherever she is, and for a noble woman it stretches far around her, better than house ceiled with cedar or painted with vermilion, shedding its quiet light far for those who else were homeless. This, then, believe to be the woman's true sphere and power. Ruskin.

One ought to talk only as loud as he lives—a rule which would deprive some people of the privilege of shouting.—Chapman.

The measure of a man's life is the well spending of it, and not the length.—Plutarch.

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