

coarse white cotton they will last for years and only need washing now and then to keep them nice and fresh; stretch them into shape on a flat surface to dry, and never let them be ironed; square ones are the fashion just at present, or, I should say oblong, like the dishes that rest on them.

Let tumblers and crockery to be as bright as possible. Let every thing be placed in good order, and avoid crowding, which is decidedly vulgar. Do nothing carelessly, and however humble the fare it will look all the nicer for these little attentions in small matters; and, rest assured, the ailing appetites will be tempted, and the possessors of strong ones will admire your efforts to please.

All dishes must be hot. Dinner over, be sure to fold up the cloth carefully, after brushing off the crumbs; then it will last quite a time and always look nice.

Theory of Digestion.

A man feels drowsy after a hearty dinner because a large part of the blood in the system goes to the stomach to aid in digestion and leaves the brain poorly supplied.—*Popular Science News.*

LAUNDRY HELPS

Ironing Day.

Next to washing day, every busy housekeeper dreads ironing day. Where there is a large family of small children, ironing really becomes a great burden. After all, is not this ironing of plain linens rather a waste of time and strength? Why not let the domestic mangle do a little more work? Underclothes look much prettier when ironed, but that is all—they do not smell as sweetly, do not last so long, and are not so wholesome. But the clothes must be well sunned; if dried in the house on account of a storm, hang them out in the sun another day. By denying yourselves the pretty ironed garments you may be a calmer, happier, stronger woman for those whose lives are bound up with yours. As to table-cloths, napkins, handkerchiefs, and pinafores, by ironing a little at a time they will give you no trouble. Pull the sheets thoroughly, and be careful that everything is snapped and folded as it is taken from the line.

Test blueing with washing soda; if it turns red it is made of Prussian blue, a compound of iron. With some soaps and washing compounds this is decomposed and causes iron rust spots.

If sheets or tablecloths are wrung by putting the selvedge through the wringer, the edges will not curl up, and they will iron much easier.

Do young housekeepers know that if they accidentally scorch a garment in ironing they need not worry? Lay it where the sun will shine full on it, and the mark will disappear.

To remove iron-mold stains from linen a little oxalic acid should be dissolved in water, and the stained part dipped in the solution, when the iron-mold will disappear without injury to the fabric. The mixture may be kept in a bottle for any length of time, but it should be distinctly labelled, as it is a strong poison.

Put a little salt in the water if you wish to prevent black calicoes from fading when they are washed.

Ammonia will bleach yellow flannels.