THE DOMINION PRESBYTERIAN

Health and Home.

Giblet Ple.—Put some giblets in a stew pan, add a small quantity of water, a little minced onion, reper and salt and cook until nearly done. Line the edge of a pie disn with ple crust, put in the giblets when cold, add the liquor in which they were cooked. lay slices of cold boiled potatoes on top, moisten with rich cream, cover with a crust and bake for one and one-half hours.

Chicken Cutiets.-Scason pieces of cold chicken or turkey with salt or pepper. Dip in meited butter; let this cool on the meat, and dip in beaten egg and in fine bread crumbs. Fry in butter till a delicate brown. Serve on slices of hot toast, with either a white or curry sauce poured around. Pieces of cold veal make a nice dish, if prepared in this manner-

Sour Milk Corn Cake.-Mix one cup bread flour, on-half cup fine yellow cornmeal, one-half cup one-half teaspoon soda, arid one-fourth cup sugar. Beat one egg very light. Pour one cup sour milk into the dry mixture, add the beaten egg, and two tablespoons melted butter or beef dripping, then stir all together and beat vigorously. Pour it into a shallow cake pan, well greased, and bake about twenty minutes.

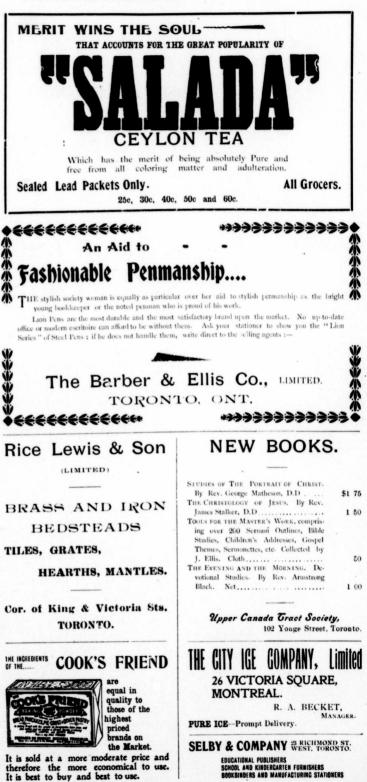
Hints on Health.

Relief for Burning Feet.—To relieve burning feet, first discard tight boots; then take one pint of bran and one ounce of blearbonate of soda, put in a pail, and add one gallon of hot water; when cool enough, soak your feet in this mixture for 15 minutes. The relief is instantaneous. This must be repeated every night for a week or perhaps more. The bran and bl-carbonate should be made resh after a week's use. The burning sensation is produced by the burning sensation is produced by that the feet do not prespire.

Rest For The Heart.—Nature takes the time when one is lying down to give the heart rest, and that organ consequently makes ten sirokes less a min ute than when one is in an upright posture. Mutpip that by sixty minutes and it is 600 strokes. Therefore in eight hours spent in lying down the heart is saved nearly 5,000 strokes, and as the heart punps six ounces less of blood in a night of eight hours spent in bed than when one is in an upright position. As the blood flows so much more slowly through the vehis when one is lying down one must supply them with extra covering to supply warmth usually furnished by circulation.

For Catarrh, Use Salt.—The late Dr. Loomis was a high authority on the treatment of all varieties of catarrh and throat affections, and he recommended the insufficiation of a few grains of common sait, and it proved effacacious in many cases of long-standing catarrh. The sait, held in the inand and "snuffed up," causes no more inconvenience than a pinch of snuff; but a still less disagreeable way is to have a strong solution of salt on the dreesing table, and insuffiate a, portion of this poured out into the simple remedy, faithfully applied, credit for curing headaches, eye strain, tooth ache, ear affections and even bronchial sebma

Staining floors is a simple process, and the result is always gratifying to the good housekceper. No preparation is needed except cleanliness. The boards must be absolutely free from any dusi or grease. Some of the best quality of varnish stain should be purchased, also a broad, thin brush for applying. One board at a time should be stained, so that there may be no streaky appearance. One coat will be sufficient on boards that have been stained before, but upon new ones at least two will be required.



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