

Health and Home.

Giblet Pie.—Put some giblets in a stew pan, add a small quantity of water, a little minced onion, pepper and salt and cook until nearly done. Line the edge of a pie dish with pie 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 Cutlets.—Season pieces of cold chicken or turkey with salt and pepper. Dip in melted 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, one-half cup fine yellow corn-meal, one-half teaspoon salt, one-half teaspoon soda, and 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 bicarbonate 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 bi-carbonate should be made fresh after a week's use. The burning sensation is produced by the pores of the skin being closed, so that the feet do not respire.

Rest For The Heart.—Nature takes the time when one is lying down to give the heart rest, and that organ consequently makes ten strokes less a minute than when one is in an upright posture. Multiply 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 pumps six ounces of blood with each stroke it lifts 30,000 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 veins 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 insufflation of a few grains of common salt, and it proved efficacious in many cases of long-standing catarrh. The salt, held in the hand 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 dressing table, and insufflate a portion of this poured out into the hand. The medical journals give this simple remedy, faithfully applied, credit for curing headaches, eye strain, tooth ache, ear affections and even bronchial asthma.

Staining floors is a simple process, and the result is always gratifying to the good housekeeper. No preparation is needed except cleanliness. The boards must be absolutely free from any dust 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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