

## Home and Health Hints.

A hairdresser says that an old silk handkerchief is much better to use in stroking the hair night and morning than a brush.

Currants, raisins and similar fruits will be very dear this winter, owing to the almost total failure of the crops in some parts of the world.

In asphyxiation from gas, bathe face and chest with vinegar, and hold some also to the nose. Give strong coffee and apply cold water to the head and warm water to the feet.

**Horseradish Sauce.**—Beat one half-cupful of heavy cream until thick. Mix one quarter of a cupful of horse radish root with two tablespoonfuls of lemon juice, and add to the cream. Season with salt and cayenne.

A delicious hot gingerbread was served at a home luncheon the other day. It was fresh from the oven, spicy and tender, and on being broken it proved to be full of almonds. They had been split into halves so as not to be heavy enough to sink to the bottom of the dough during the cooking process. The combination of flavors is to be recommended.

**Barbecued Beef.**—One pound each beef, veal and fresh pork chopped fine. Mix with six crackers and three eggs, two cups milk, one tablespoon salt, one teaspoon ginger, little cayenne pepper, one half grated nutmeg, one bay leaf pounded, one grated onion, one tablespoon lemon. Mix thoroughly and beat well. Shape into a loaf. Put small strips of salt pork on top and bake one and one half hours. Baste often.

**Apple ringlets.**—Peel, core and cut into thick slices five large apples; mix half a cup of flour with half a teaspoonful of baking powder, half a teaspoonful of butter and salt- spoon of salt. Mix half a cup of water with one well beaten egg, add to above ingredients and mix to a smooth batter. Melt one spoonful of fat in a frying pan, dip the apple slices into the batter, put them in the frying pan, fry light brown on both sides, keeping the pan covered while frying. Serve with dusted sugar over them.

There are two varieties of wheat muffins, those raised with yeast and baked on a grid-dle as English muffins are, or in the oven in muffin pans, as the New England muffins are, and those made with baking powder. To make a raised muffin which is to be baked in the oven, make a batter with a quart of flour, one tablespoonful of butter rubbed through the flour, one pint of warm milk, half a cake of compressed yeast, or half a cup of liquid yeast, two well-beaten eggs and a teaspoonful of salt. Let the batter raise over night; in the morning fill deep muffin tins half full and let them rise to the top of the tins. Bake them in a quick oven twenty minutes.

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