

bonnets, when they have become rusty, and nothing so soon becomes rusty as cut steel. This, I think it its great drawback. I came across a simple remedy the other day which perhaps you may not have seen and may like to try for yourselves. Place the ornament you are desirous of cleaning upon a plate, pour over it a little paraffin, and let it lie for an hour soaking in the oil; then brush it well with emery powder. If you follow these directions I think you will be pleased with the result obtained.

THE COMPLEXION.

It is quite certain that there is no magical lotion which will turn a coarse skin into a delicate one. The methods to be employed in clearing and improving the skin, require patience and perseverance, one of the chief points being the strict regulation of the diet. Greasy foods are notoriously bad for the complexion. Speaking generally, frugal living is best for the complexion. Light farinaceous foods, milk, white fish, and fruits are preferable to the more heating ailments with which our tables are generally supplied. Beef, pork, ham, liver, and kidneys should be avoided. Poultry, lamb, and mutton are very beneficial.

An excellent medicine to cure a muddy or blotchy skin, especially during the spring is flowers of sulphur. A teaspoonful should be mixed in a little milk and taken either at bedtime or before breakfast. For whitening the skin there is nothing better than virginal milk, which is perfectly harmless. It can be prepared at home as follows: To one pint of rosewater add $\frac{1}{2}$ oz. of simple tinctures of benzoin. Add to the whole half-a-dozen drops of glycerine and shake well before using.

THE CARE OF SILVER.

One of the many things that are impossible for the untrained mind to grasp seems to be the fact that if an article is never allowed to become dirty it will never need cleaning. In all branches of housework this rule hold good, but especially so in the case of silver. The average mind finds it necessary to devote a large part of one day out of every seven to scrubbing and cleaning forks, knives, and spoons that should never have been allowed to become dirty enough to demand such exertion. When these articles are once clean they

should be kept in that condition. If after using, each piece of silver is washed in very hot water and wiped immediately dry on a perfectly clean towel, it will retain its lustre for days and weeks. If by any chance a spot of tarnish appears, it can be easily banished by a brisk rubbing with a piece of chamois skin.

YORKSHIRE TEA CAKES.

A great addition to the tea table at this time of the year are Yorkshire tea cakes, and they are equally good eaten hot or cold. Take one pound of fine flour, $\frac{1}{2}$ lb. of butter or lard, 1 oz. German yeast, a little salt, and milk enough to make a soft light dough. Rub the butter into the salted flour. Add the milk and the yeast, and roll the dough out very thin. Make the cakes about the size of a tea-saucer. Let them rise about an hour in a warm place; by the end of that time they should be fully three times their first thickness. Bake in a quick oven. Split, butter, and cut into quarters while hot.

EFFERVESCING LEMONADE.

Rub one or two lumps of sugar on the rind of a large juicy lemon, put the sugar and lemon-juice into a large tumbler, pour on it half a pint of iced water. To make it effervesce, add half a small teaspoonful of bicarbonate of soda or potash.

VEGETABLE AND MEAT SOUPS.

It is said that vegetable soups are more nourishing than and not so heating as those made from meat stock.

COOKING BACON.

Most people find frying the most handy method of serving bacon in small quantities. It will not do, though, to thrust the pan on the stove and leave the bacon to cook itself. Some care is necessary, as, like other things, all bacon does not behave in the same way, and a slice of lean needs to be turned over on to a fatter part to keep it from getting too dry, while another rasher cook more quickly than the rest, so without care the rashers will not cook evenly. In doing small quantities, it is well to put a little bacon fat in the pan. Save it each day when frying, pouring it in a jar to keep it. This plan preserves the meat from hardening. Some of the best cooked bacon