

### Home and Health Hints.

A little vinegar put into a frying pan heated over the fire removes the odour of fish or onions from the utensil.

To make a mucilage similar to that used on postage stamps and envelopes dissolve 2 ozs. of gum dextrine in 5 ozs. of hot water, and add 1 oz. of acetic acid and 1 oz. of alcohol.

Beet Pudding—One pint of boiled beets, four well beaten eggs, one quart of milk, one tablespoonful of butter, salt and pepper to season. Stir well together and bake half an hour.

Pickled Beets.—Boil, skin and slice into a jar. Boil in a porcelain kettle enough vinegar to cover them, adding to it some mace, pieces of ginger root and pieces of horse radish. Pour over the beets while hot and cover.

Baked Sweetbreads.—Parboil the sweet breads, split and season. Strain the broth in which they were cooked into a baking pan, lay in the sweetbreads, dredge with flour and dot with bits of butter. Bake in a hot oven 30 minutes, or until a delicate brown.

Chicken Sandwiches.—Chop one pound of meat, dark and white, fine. Add one tablespoonful of butter, one tablespoonful of Mayonnaise dressing, and season to taste with salt, pepper and celery salt, adding chopped capers if they are liked. A tablespoonful of finely chopped celery may be substituted for the celery salt.

The habit of drinking daily a quantity of water is an important one, and it is essential to the well-being of every child. The tiniest baby should be given a teaspoonful of pure water many times during the day, and as it grows older the amount should be increased. Of course, the water given to a child should be boiled to insure purity.

Baked Beef Heart, with Vegetable Stuffing.—Boil a fat beef heart in salted water until tender. Prepare a stuffing of one large onion chopped fine, two cold boiled potatoes chopped, two chopped sweet peppers and a tablespoon of minced parsley. Moisten with some of the stock in which the heart has been boiled. Stuff the heart and bake one hour, basting frequently.

Some of the daintiest desserts are evolved from a gelatin foundation. For one of the sort the first step is to make a custard of half a pint of milk, half a cupful of sugar and the yolks of two eggs. Put the gelatin, about one-fourth of a box, to soak in cold water. When it is soft, add it to the custard. Put the dish containing the mixture into a pan of cold water and stir vigorously. Flavor with vanilla or any chosen flavor and when the gelatin begins to harden stir in a cupful of whipped cream. Finally pour it into a mould and set it on the ice to harden.

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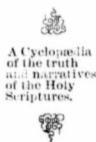
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