

## Health and Home.

Bathe the eyes, when tired or weak, in warm salt water. It will soothe and strengthen them.

To preserve the strength of the coffee while it is being made, plug the nose of the coffee pot with a wad of brown paper.

Ribbons and silk should be put away in blue, and not in white paper, as the chloride of lime used in manufacturing the latter produces discoloration.

Sugar as a cleanser—Try washing the hands with a little sugar added to the soap. This increases the lather and cleansing power and will remove dirt, chemical stains, etc.

Rubbing a bruise gently, after bathing with hot water, with sweet oil in which are a few drops of turpentine, will usually prevent the unsightly black and blue marks, which not only tell tales, but greatly disfigure.

Stewed fowl and rice.—Stew the fowl very slowly in some broth. Skim it well and season it with onion cut small, pepper and salt. About half an hour before it is ready, add a quarter of a pound of rice well washed and soaked. Simmer till tender and send the fowl up with a wall of the stewed rice around it. The fowl must be also buried in rice.

Sardine Sandwich.—Drain off the oil from a can of sardines, and then spread on soft paper or cheese cloth to dry. Remove the skin and bones, and mash them to a paste with a silver fork. Work into them a little paprika, one tablespoonful melted butter, and the juice of two lemons. Spread this between slices of buttered bread.

Rice cutlets.—Take a small piece of any cold white meat, such as veal, chicken, etc., and chop it very finely. Have ready some rice boiled in stock till soft, drain it well on a sieve and mix it with the mince till it is in a kind of paste. Then form it into flat pieces the shape of a cutlet and half an inch thick, put egg over them and bread crumbs and fry them like cutlets. Serve with a good gravy or sauce.

Indigestion in children.—This can be cured by diligent watchfulness and continuously insisting that every morsel of food taken is to be properly masticated. The child must learn that every scrap of food which he swallows, without chewing it, is so much poison, to the body. He will believe what you say, but you must watch till he has formed the habit of eating slowly, for, though he will mean to do so, he will often forget. Another point to be remembered is that the child should not be allowed to eat between meals. Sweets and fruit may be eaten with meals, but between one meal and the next the child's stomach should be allowed to rest, for it cannot possibly be healthy if it is always working.

The benefit of gargling.—If only people would wash out their mouths twice or thrice daily with an antiseptic there would be far less disease than there is now, since most disease germs are taken into the mouth, and from thence into the whole system. One of the best and simplest of antiseptics is carbolic acid and water. There is a difference in the strength of carbolic acid purchased at different druggists, so one should ask the druggist how much of the solution should be put into a tumbler of water. Hold a little of this mixture in the mouth, and if you can do so, gargle the throat three times a day, and all disease germs that may be lurking there will perish.

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