

Household Hints.

TO WASH COTTON FABRICS.—In order to prevent colours from running or fading throw a handful of salt into the suds and into the rinse water.

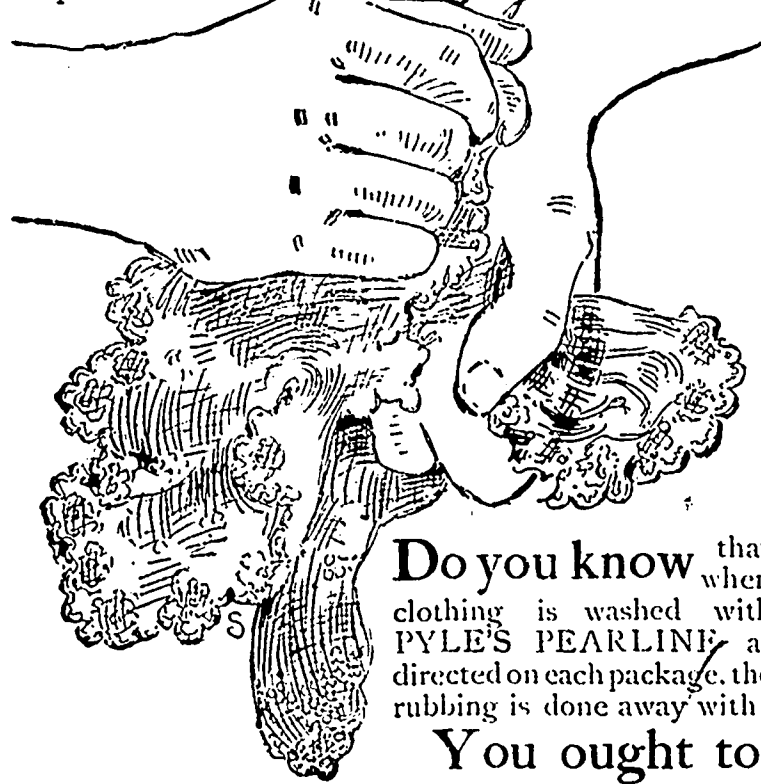
NORFOLK DUMPLINGS.—Divide a pound of risen dough into six parts; mould these into dumplings. Drop them into a pot of fast boiling water and cook quickly for a quarter of an hour. Serve with any hot rich sauce, with melted butter, flavoured and sweetened, or with molasses.

NECESSANT TOIL.—The folly of constant, unceasing work is never comprehended nor realized until serious damage to health brings the toiler to a standstill. Then, when too late, he begins to rest. Every man, woman or child, no matter how strong, how well fitted mentally and physically to withstand and combat fatigue, should not go on and on and crowd into each day the labour of two days. Take the average business man, how often does he treat himself to a vacation? Follow him up—at forty-five or fifty years of age he is old and broken down, or worse maybe, an inmate of an asylum for the insane, suffering from a malady known as paresis—a self-caused disease wholly preventable. The late brilliant Dr. Golding Bird, of London, furnished a noble example of the folly of overwork. He fully realized his mistake, and said to a professional friend one day: "You see me at a little over forty, in full practice, making my several thousand per annum. But I am to-day a wreck. I have a fatal disease of the heart, the result of anxiety and hard work. I cannot live many months, and my parting advice to you is this: Never mind at what loss, take your annual six weeks' holiday. It may delay your success, but it will insure its development. Otherwise you may find yourself at my age a prosperous practitioner, but a dying old man." Any worker may profitably take to heart this eminent doctor's advice.

VENTILATION.—The healthy atmosphere in a room is one in which the air is changed to the extent of 3,000 cubic feet per hour per adult inmate. The air admitted need not be cold; warmed air, so long as it is fresh, is of course preferable to cold air in winter, but in some way the air must be brought in if we are to continue in health. There are various ways of doing this. One is by admitting cold air so that it is directed upward toward the ceiling, where the air of the room is at the highest temperature; the cold stream is then heated in its passage as it falls to the lower level for breathing. But in large rooms, to utilize at its best this current, there should be in the skirting outlets communicating with a heated up-cast flue, which will draw away the heavy air near the door. In cases where there is heating by hot water coils, the cold air may be brought in at or near the floor level and passed through the hot-water coils—the outlet for vitiated air being in or near the ceiling—to a heated up-cast flue. In larger rooms or buildings for public assemblies it may be necessary with either of these systems to use a fan, either to propel fresh air into a room or to draw away the vitiated air. The great desideratum in the admission of fresh air is to cut it up into very fine streams, something in the way water is cut up in passing through the fine rose of a watering can. It has been found that air admitted through a tube or orifice of equal sectional area throughout enters as a cold draught; but if the inlet be through a series of small truncated cones, the smaller section outward, the larger inward, with a wire gauze on the inside, the current is so cut up and diffused that the draught is not felt. By analogy, a mass of water entering through a narrow canal drives all before it, and cuts a channel for itself, but the same quantity passing over a large surface of ground gently irrigates it. Another important point is not to let the passage of the air be at too great a velocity, the gentler the flow the better.

Should you at any time be suffering from toothache, try GIBSON'S TOOTH ACHER GUM; it cures instantly. All Druggists keep it. Price 15c. MINARD'S Liniment cures Colds, etc.

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Beware of peddlers and some unscrupulous grocers are offering imitations which they claim to be Pearlme, or "the same as Pearlme." IT'S FALSE—they are not, and besides are dangerous. PEARLINE is never peddled, but sold by all good grocers. 137 Manufactured only by JAMES PYLE, New York.

Household Hints.

RICE AND APPLE.—When the rice is about one-third cooked add a small quantity of tart apples sliced. When done, stir thoroughly together. If steamed, this is a very nice dish.

RHUBARB PUDDING.—Prepare the stalks as for pies; butter well the bottom of a pudding dish, then lay in buttered slices of bread; cover with rhubarb, sprinkle abundantly with sugar, then another layer of buttered bread, and so until the dish is full. Cover and steam while baking for half an hour, then remove the cover and brown.

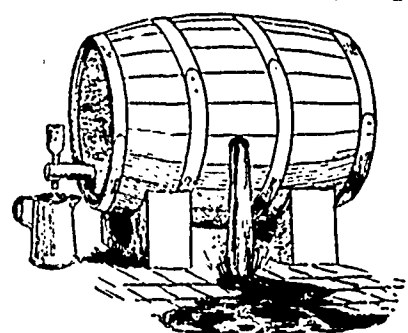
CANDY AND OTHER SWEETS.—Persons who exclude from their diet bread and potatoes and partake largely of meat and greens, should eat freely of sweet stuffs—cake, puddings and candy. Sweets will not disturb digestion if taken with meals. It is the between-meal eating that does the harm. Bread and potato eaters require very little sweet food. It is needful for the proper performances of all the bodily functions to have sugar in the system. Many foods not sweet to taste furnish sweets for the blood through the digestive changes they undergo. If these substances are excluded from the diet, the best substitute would necessarily be a true sweet at the beginning.

HOW TO BAKE FISH.—Take two good-sized fish, clean and wipe well with a cloth wet in salted water, keep the breasts as whole as possible. Strew salt over them and leave them on a board a few hours, then wipe the salt from them, cut off the heads and fins, cut the skin through down the back and take off neatly, being careful to keep the fish whole. Beat the yolks of three eggs, dip the fish in the egg, have ready some bread crumbs, mixed with pepper and chopped parsley. Roll the fish in the crumbs, and stuff the heads and breasts with oysters, chopped not too fine, and bread crumbs, mixed with a little egg. Butter a dripping-pan. Lay the fish upon it and bake until done. Put pieces of butter over them and be sure and not burn. Serve with sauce, made with a pint of veal gravy, the same of cream, mix two tablespoonfuls of flour in a little of the cream cold, and boil until smooth. Add a blade of mace, a little nutmeg, if you like, and salt; some prefer an onion. Lay the heads of the fish at each end of the dish and garnish with lemons.

SWEETBREADS.—As sweetbreads do not keep well they should be parboiled and partly prepared before they are put in the larder. Soak them first in cold water for an hour; then remove the skin and blood vessels. Allow only enough cold water to cover the sweetbreads, and cook in as small a saucepan as will hold them; to each quart of water allow half a teaspoonful of salt, one tablespoonful of vinegar, one-quarter of an onion, six peppercorns, six sprigs of parsley, a bay leaf and a sprig of thyme. When this water comes to a boil, let it boil for three minutes, then put the sweetbreads in and boil for another two minutes; take out the sweetbreads and drop them in cold water for ten minutes; remove and cleanse thoroughly from any scum or fat. They are now blanched and if put in a cold place at once will, if prepared the afternoon before, keep until they are to be further cooked for luncheon or dinner the next day. Never cut a sweetbread with anything but a silver knife or cook in any but a porcelain-lined or agate saucepan, as they contain a phosphoric acid that spoils the flavour if it comes in contact with steel or iron. To prepare the sweetbreads with French peas take the parboiled ones, put in a small dripping-pan, sprinkle with salt and pepper to taste, and dredge them over with a tablespoonful of flour; cover the bottom of the pan with stock, bake in a moderate oven for forty minutes and baste often. When nearly done prepare a white sauce by putting a tablespoonful of butter in the frying-pan, and when melted (but not brown) stir in, until smooth, a tablespoonful of flour; add gradually a cupful of boiling milk; stir until it boils, then add the drained peas; put the sweetbreads in the centre of the dish and pour the creamed peas around them.

Miscellaneous.

SAVING AT THE SPIGOT AND WASTING AT THE BUNGHOLE IS A POOR KIND OF ECONOMY



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