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**HEALTH AND HOUSEHOLD HINTS.**

Never set a bed in the corner of the room; there should be open space on at least three sides. Never sleep with the face turned toward a near wall.

Throw dish water around fruit trees, currants, gooseberries, &c. Coffee grounds are said to be valuable when put around shrubbery and flowering plants.

For a weak person when bathing, especially in summer, a gill of ammonia in a tub of water, or some rock salt, is a wonderful invigorator, almost as good as a sea bath.

To cleanse gilt frames take sufficient flour of sulphur to give a golden tinge to one and a half pints of water, boil in this water four or five onions, strain, and when cold wash with soft brush any part that requires restoring; when dry it will come out as good as new.

Corn Fritters.—To a can of corn or a half dozen of ears, add two eggs, well beaten, one pint of flour, one teaspoonful of salt, one half teaspoonful of pepper; mix well. Fry in hot lard.

Moths.—Tansy leaves sprinkled freely about woollens and furs will drive out moths. This is an old fashioned country remedy, but one that many a village housewife has proved the efficiency of.

A Pretty Breakfast Dish.—Salt the whites of eggs, while beating to a stiff froth, then arrange on a plate. Place the yolks at regular distances apart, in cavities made in the beaten eggs, and bake till brown.

Fricassee Eggs.—Boil a dozen eggs ten minutes. When cold peel and slice. Season some grated bread crumbs with salt, pepper and nutmeg, and beat the yolks of three raw eggs very light. Dust the eggs with flour, then dip into bread crumbs, covering well on both sides. Fry in hot lard.

Sleep.—To enjoy refreshing sleep one should sleep in the dark. The sweetest and most undisturbed sleep is always enjoyed in a darkened room. Light acts upon the brain, and those who sleep with their blinds up will find that in the summer time, when so few hours are really dark, their sleep is not refreshing.

Rusks.—Add to about a quart of bread dough the beaten yolks of three eggs, half cupful of butter, and one cupful sugar; mix all well together. When formed into little cakes (rather high and slender, and placed very near each other), rub the tops with sugar and water mixed; then sprinkle over dry sugar. This should fill two pans.

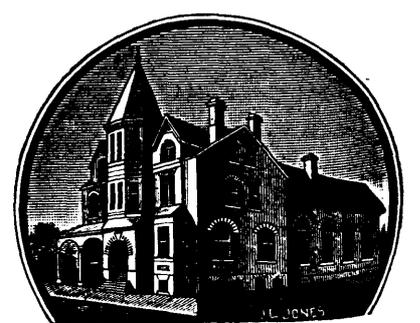
Baked Rice.—Pick and thoroughly wash one cupful of rice; put it into a dish that will hold two quarts and a pint, and cover with sweet milk; add two teaspoonfuls of salt, one tablespoonful of ground cinnamon, and four tablespoonfuls of sugar. Set this in the oven, and stir once in every half hour; after it has been baking two hours stir in milk enough to fill the dish, and bake one hour longer (the dish should be nearly full of milk at first). Serve with sugar and milk or cream.

Lemon Pudding.—For this pudding there are required: Two cupfuls of milk, a dessert spoonful of butter, half a cupful of sugar, half a cupful of ground rice, the grated rind and juice of one lemon, three eggs. Reserve sufficient milk to wet the rice, and bring the remainder to a boil in the double-boiler. Stir the rice into the hot milk, with a pinch of salt, and boil ten minutes. Remove from the fire, cool to blood heat, and add the beaten eggs, sugar, and lemon. Bake in a buttered dish half an hour. Serve cold with cream.

Cure for Round Shoulders.—A physician in Mother's Nursery Guide has recommended the following movements for the cure of all except very "severe cases" of round shoulders, when braces are also sometimes a necessity: 1. Raise arms before your shoulder high; extend arms sidewise; throw head back; straighten head; move arms forward; lower arms; repeat ten times. 2. Stand erect; raise arms before you; rise on tiptoes, then throw arms as far backward as possible; sink again on heels, and drop arms to side; repeat ten times. 3. Raise arms with elbow bent, shoulder high, bringing palms together in front of face; then, with elbows still bent, swing both arms vigorously backward as far as possible even with the shoulders, palms looking forward. This should be repeated several times; but as the position is somewhat fatiguing, rest or change of exercise may be made between the movements.

**A few Pennies**  
on the one hand—ruined garments on the other. That will be the result of your trying to save money by using poor, cheap washing-powders, instead of **Pearline**. Just consider. How much could you save in a year if you bought the cheapest and most worthless? And how far would it go toward paying for the things ruined in a single month? You can't save anything by buying cheap washing-powders. The way to save money in washing is to use what has been proved to be absolutely safe. That is **Pearline**. Millions use it.  
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