

### Home and Health Hints.

Well-ventilated bedrooms will prevent morning headaches and lassitude.

Consumptive night-sweats may be arrested by sponging the body nightly in salt water.

Burning feet may be relieved by soaking them for fifteen minutes in a bath of one gallon of hot water containing an ounce of baking soda and a pint of bran.

Cherry Delight.—Line a dish with sponge cake, cut in slices. On this place a layer of stewed cherries, and the third layer should be rich, hot custard, and so on in alternation. This pudding should be served very cold, with a sauce made of cherry juice.

Instead of starching table-napkins, they should, after being washed and dried, be dipped into boiling water, lightly wrung out between two cloths that have been starched, and ironed with irons hot enough to escape scorching. They will have a beautiful gloss and be just stiff enough.

For summer floor coverings matings are most generally used, but it is a point to be noted that the cheaper qualities do not wear well. Denim, which comes in all manner of pretty designs and shades, is a very good substitute, provided it is put down over a layer of carpet lining or old newspapers, says an exchange.

Blanched almonds are both brain and muscle food, and the man who can include them in his daily bill of fare will, to quite an extent, keep up his mental force and clearness. Juicy fruits also develop more or less of the higher nerve or brain; but, unfortunately, they do not agree with every one.

A little common table salt sprinkled evenly over the surface of a mustard plaster will enable the patient to keep it on comfortably for hours—and go to sleep, if so disposed—while the mustard is "putting in its work." The salt probably absorbs some water, making a brine which comes between the mustard and skin, but is not in quantity sufficient to seriously interfere with the mustard.

Welsh Rarebit.—For a Welsh rarebit, grate one pound of soft American cheese. Put this into a saucepan with half a teaspoonful of salt, a dash of pepper, a teaspoonful of Worcestershire sauce, two whole eggs beaten until light, with two tablespoonfuls of milk. Stir until the cheese is melted. Pour over slices of hot buttered toast and serve immediately.

Egg Omelet.—Five eggs; beat whites and yolks separately; in the yolks put one table spoon of flour (into which you have already put a quarter teaspoon baking powder), a little salt and pepper, butter size of a walnut, and half cup sweet milk; add the whites last; pour half of this into a hot, buttered pan and fry a light brown, and fold together; this makes two rolls.

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