



Never take warm drinks and then immediately go out into the cold.

Never omit regular bathing, for, unless the skin is in healthy condition, the cold will close the pores and favour congestion or other disease.

Fine table salt will remove odours from the hands after peeling onions or handling fish. Simply rub the hands thoroughly with it and then wash it off.

A rich gravy may be made at a moment's notice, by mixing some Gravina with hot water, rubbing it with a spoon until smooth—much in the way cocoa is made—and then boiling for four or five minutes; flavouring to taste.

TO PREPARE A MUSTARD PLASTER.—Mix the mustard with the white of an egg, instead of water. The result will be a plaster which will "draw" perfectly well, but will not produce a blister, even on the skin of an infant, no matter how long it is allowed to remain upon the part.

MINUTE SOUP.—Have ready a quart of boiling water, take two tablespoonfuls of Gravina, mix well into a paste with a little cold water and stir into the boiling water. Add salt and pepper to taste and let it boil for five minutes; flavouring with Worcester or any other sauce preferred.

Silverware to keep bright, should never be washed in soap-suds; clear water is best. To prevent articles from tarnishing warm them and apply with a soft brush a thin solution of collodion in alcohol. The ware can be brightened by rubbing with a flannel or chamois-skin dipped in whiting or chalk, then with a newspaper.

In France, if a patient who is under chloroform shows any sign of heart failure, those in attendance hold him head downwards till he is restored. The method is said never to fail; and so convinced are some surgeons of its efficacy that they have operating tables made in such a fashion that one end can be elevated at a moment's notice, and the patient be practically made to stand on his head for an instant or two.

HOW TO CLEAN IVORY.—Ivory ornaments are quickly cleaned by brushing them with a sharp, not very new tooth-brush to which a little soap is given; then rinse in lukewarm water. Next dry the ornaments and continue to brush till the lustre appears, which can be increased by pouring a little alcohol upon the brush. Should the article have become yellow, dry in a gentle heat and it will regain its original appearance.

Silk handkerchiefs are ruined by careless washing, such as they are likely to get if put into the general wash. It is better to do them up by themselves. They should be washed in lukewarm water and rinsed two or three times in clear, cold water, without blue. Wring them out, fold and roll them tightly in a cloth, but do not let them get dry before ironing or they will never look smooth. Coloured silk handkerchiefs should be washed with fine, white soap—never with strong, yellow soap.

A fish napkin, for boiled fish, may be made out of fine linen; it should be forty inches long by twenty-three wide, with a piece ten inches long by seven wide cut out of each corner, which leaves the right sized flaps to turn over on the four sides. The flaps may be embroidered with some sea design in wash silk or simply an initial done in heavy "over and over" embroidery to match the remainder of the napery. Many ladies economize by cutting off the hems of fine damask napkins, which have become worn, and fringing them out to the depth of an inch and a-half, thereby converting them into pretty tea and fruit doilies.

Flocon or snow-flake wool, with or without silk threads twisted about it, is as thick as a lady's finger, and is crocheted on a large shell needle as thick as one's thumb, to make duvets to throw over a bed, a lounge or a baby's carriage. This work is quickly done, an expert making a baby's blanket a yard square in a day. This flocon wool is so light and warm that it makes most luxurious afghans, and there are other afghans of French doubled zephyr, which has two more threads than the German double zephyr, done in a solid colour of two or three shades of terra cotta or of gobelin blue, with scalloped or fringed ends. Still other sofa blankets have a plain centre to match the prevailing colour of the room, with Roman borders. Long stripes, blocks, points or zigzag cross stripes in shaded colours are also popular for afghans.

WOMAN'S DOMAIN.

Children's frocks should be made quite simply, and comfort be the first thing considered. At the London Health Exhibition, some three years ago, among the many ludicrous and ill-constructed monstrosities designated "rational costumes," there were some really charming frocks for little girls exhibited; though perhaps there was nothing startlingly new about the patterns, and many, no doubt, had been long familiar to mothers and nurses. Most of these little frocks were of the "smock" type, the dress hanging from the shoulders almost straight, the bodice part being made with a yoke prettily "honey-combed," the sleeves loose and drawn into a band at the wrist, the waist just "hinted at" by a

broad soft silk sash. This is a very good and healthy style of dress for a girl in the schoolroom who has entered upon the "leggy" stage of her existence, for at nine or ten years old it is quite time to leave off dressing a little girl smartly and picturesquely. While they are in the schoolroom their dress cannot be too simple for good sense, good taste, and economy; though, at the same time, there is not the slightest reason why the frocks should be unbecomingly or badly made, and harmony of colours and suitability of materials should be always considered. There is not the least excuse for a girl being sent out for her daily walk in a brown dress, a black jacket, and a grey hat, because she is "only in the schoolroom," or that she should be made to go on wearing a winter felt hat into July for the same reason, and because "it is not worth while to get her another one for every day."

Do not overload your children with dress. Do not make them so fine that you have to scream "Don't!" "Don't!" "Don't!" to them from morning to night. Children are sweet and pretty in little muslin and gingham slips, edged with lace or needle work, and all the puffing and fluting, and trying on of sashes and ribbons, just spoils their beauty. A little child has no figure; its charm is in its limbs, its neck, its face.

A mother need not fret if she can have plenty of light pretty calico and a white dress or two, with nice shoes and stockings and cunning little underclothes. Her babies in these will look well enough for little princesses, and those who keep maids for their children should be all the more careful to dress them so that the little creatures' tempers will not be spoiled by excessive nagging in order that the maid may not have the trouble of changing dresses and re-trying sashes. The great want of health and freedom—clothes that are warm enough in winter and light in summer.

For school and play let children have hats that they can throw about without spoiling them. Delicate artificial flowers are crushed in a few days, and money is wasted and a dowdy effect produced. A twist of soft silk is all that is needed for a school hat with a pin or a buckle. It is a problem how to make a little girl neat and yet to keep her from thinking altogether about her clothes. The best way is to awaken her interest in higher things. Educate her to the best of your ability, and above all, teach her that clean hands and face, well-brushed hair, nice nails, and well-laced boots are before all ruffles and furbelows.

Children require more heat-producing than blood-producing food, and should not have meat more than once a day, and it should not be underdone, and between the first and second year be minced fine, that is until the first dentition is over. Milk should enter largely into the food of children for breakfast and supper until they are at least seven years of age. Vegetables should be thoroughly cooked and potatoes well mashed. The heat-producing foods are such as flour, potatoes, lentils, eggs, chocolate, oatmeal, oils, and nearly all vegetables. The blood-producing are meats all kinds, and fish.

In lifting a child both hands should be used and so placed as to clasp the body about the waist, or hips, and the body raised without any force being exerted upon the arms. Every day upon our streets can be seen little children just able to toddle along who have to be carried across the street and over or around obstructions; and the torture that they oftentimes have to undergo from the thoughtlessness of those who attend them causes many a headache to a careful observer who feels for them. Usually, with a hand grasped by the mother or other person caring for the child, it is hurried along faster than its little legs can carry it, a portion of its weight being lifted and causing a constant strain upon the arm; when a crossing is reached the mother takes a stronger pull, the child dangles by one arm until the opposite side is reached and then the feet are allowed to partly rest upon the ground again. Sometimes the process will be varied by two persons taking the child between them and each taking a hand when the weight of the child will be divided between two arms which is only one half as bad. But such practices should never be allowed. The arms of a child were never intended to serve as handles for the purpose of lifting or carrying. Strains, dislocations and fractures causing deformity and imperfect use of arm or shoulder or both, result from such careless use of the arms of a child, which were designed for the child's use in doing things within its strength. It would be impossible for a child weighing thirty pounds to so exert its strength as to lift that amount with one or even both hands and yet that is what it is compelled to do when the arms are made the handles whereby the child is lifted.

TOILET HINTS.

Cream cures sunburn on some complexions, lemon juice is best on others, and cold water suits still others best.

An ounce of borax in four ounces of glycerine rubbed into the hair at night and washed off in the morning cleans away scurf and makes the hair soft and silky.

Many people are troubled with soft corns. A good cure for them is to soak a pledget of cotton-wool in castor oil and place it over the corn. Continue this treatment for some time and you will be astonished at the result.

When the lips are sore and cracked apply a drop of warm mutton tallow at night just before going to bed and it will heal them quicker than anything else. It also whitens the hands in a very short time and renders them soft and smooth.

Borax water is a good thing to keep by one for the hands. To make it put $\frac{1}{4}$ lb crude borax into a bottle and fill with hot water. When the borax is dissolved add more to the water, until the hot water can absorb no more, and a residuum remains in the bottom of the bottle. To the water in which you wash your hands pour enough dissolved borax to make the water slippery. It is very cleansing and will keep the hands nice and soft. It is too drying for the skin of the face.

An English lady, over 50, asserts that her lack of wrinkles is due to the fact of her having used very hot water all her life, which tightens the skin and smooths out the lines. A celebrated beauty attributes her preservation to having never used a wash-cloth or towel on her face, but having always washed it gently with her hand, rinsing it off with a soft sponge, drying it with a soft cloth, and then rubbing it briskly with a flesh brush. She used castile soap and very warm water every night, with cold water in the morning, and if she were awake late at night she always slept as many hours in the day as she expected to be awake at night. Another student of the toilet asserts that she prevents and obliterates wrinkles by rubbing the face towards the nose when bathing.

MUSIC AND THE STAGE.

ACADEMY OF MUSIC, TORONTO.—This popular house has held large audiences all this week, the attraction being "Our Flat," a most comical comedy by Mrs. Masgrove. The play is produced and played by an exceptionally strong company, under the management of Mr. Daniel Frohman, of the Lyceum Theatre, New York. "Our Flat" details the engagements of a newly-married couple, who bought all their furniture on the instalment plan, said furniture having to be given up when first instalment was not forthcoming. The serious predicament into which the couple (*Mr. and Mrs. Sylvester*) find themselves thrown, with no furniture in the house, does not strike them as particularly alarming, and the ingenious wife turns to make a new set of furniture out of tubs, barrels, coal boxes, etc. and it is out of this situation that most amusing and infectious fun is taken. There is no depth in the piece; it is fun, pure and simple, from first to last.

GRAND OPERA HOUSE.—Mr. E. H. Sothern is playing "Lord Chumley" and the "Highest Bidder" for the first three nights of this week. He is well received, though his support is not up to last year. For the last three nights of the week Mrs. Frohman appears in "Ingomar" and "King René's Daughter." She comes well spoken of.

JACOBS & SPARROW'S OPERA HOUSE.—Go-Won-Go-Mohawk, the great Indian actress, is playing at this house and seems to please, for large audiences greet her on each occasion of her appearance.

HERE AND THERE.

Canada pays less annually in interest upon the national debt of the Dominion than it would have to contribute every year to the American Pension Fund if annexation were an accomplished fact. The army of pensioners upon the bounty of the United States Government is increasing so rapidly that the great republic is now within easy distance of the time when the annual expense of satisfying the claims of the veterans will be over \$100,000,000. Canada's proportion of this liability would be, according to population, \$10,000,000.

Lord Wolseley, speaking recently on the drink question in the army, expressed his conviction that the only way to secure an efficient army is to have good and moral soldiers, and that the only way to obtain good and moral soldiers is to get them to abstain from intoxicating drink. He further averred that his own experience of an abstaining regiment was that the soldiers performed their work better than others, enjoyed better general health, and did not expose themselves to punishment for offences. That a General in Lord Wolseley's position should make so emphatic a stand in this matter is noteworthy, and that his weighty influence in the army has been enlisted upon the right side.

AINHUM, A BRAZILIAN DISEASE.—Ainhum was first systematically described by a Brazilian surgeon as attacking coloured races in Brazil. The merit of its actual discovery, as Dr. Radcliffe Crocker and others have pointed out, is due to Dr. Clarke, who described the disease before the Epidemiological Society, in 1860, as a dry gangrene of the little toe among the natives of the Gold Coast. Dr. Da Silva, Lima, however, described ainhum as a disorder long known as existing among Africans and Creoles in South America, first writing about it in the *Gazeta Medica de Bahia* in 1867. Ainhum consists in hypertrophy and degenerative changes in the little toe, a constriction forming and slowly becoming deeper until the digit is amputated spontaneously or otherwise. The disease is often symmetrical, and may last for years. It is now known that the fourth, or even the great toe, may be affected, and Egles describes a case where a finger was attacked. It is frequent near Bahia, and also occurs in the Southern States of Africa, the West Indies, the West Coast of Africa, India (where Hindus are also liable to the disease), Réunion, and Nossi-bé. M. Cogues has described a case of ainhum, which occurred in Madagascar, in the March number of the *Archives de Médecine Navale*. The pathology of ainhum is obscure, and although spontaneous amputation of digits is a feature in some forms of leprosy, it is by no means certain that the two diseases are closely allied.—*British Medical Journal*.