

must be liberally sprinkled over the layers of leaves. When in the jar you must well stir the ingredients daily for about a week. You may add violets, dried in the spring, and fresh rose-leaves in ensuing seasons. The mixture will retain its scent for ten years and even longer.

**TOOTH POWDER.**—A simple and excellent powder for whitening the teeth and keeping the gums healthy, is made of camphorated chalk, 1 oz.; powdered myrrh, 1 drachm; powdered cuttle-fish bone, 1 drachm.

**ELDER-FLOWER OINTMENT.**—To make elder-flower ointment, strip the fresh flowers from the stalk and simmer 2 lb. in 2 lb. hog's lard until they become crisp, after which the ointment in its fluid state is strained through a coarse sieve and put into pots for use; it is very suitable for cooling the skin after sunburn.

**ELDER FLOWER WATER.**—To make elder-flower water, add to  $2\frac{1}{2}$  drachms elder flowers, one quart of boiling water, infuse for an hour and strain. This is used as a wash for the face in cases of sunburn; but it is not so delicate a preparation as the distilled elder-flower water sold by chemists.