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HEALTH AND HOUSEHOLD HINTS.

Weak spots in a black silk waist may be strengthened by "sticking" court plaster underneath.

Efface scratches on furniture by rubbing on some linseed oil and then following with a little shellac dissolved in alcohol.

It will be well when cane-seated chair bottoms have "sagged," to make them as tight as ever by washing them with hot soap-suds and leaving them to dry in the open air.

Remembered that to make potatoes mealy, they must be taken from the water and drained as soon as they can be readily pierced with a fork, covered with a folded towel and kept hot for fifteen minutes.

For painful sore feet caused by excessive walking, long standing or constant movement, as in the use of the sewing machine, a dusting powder of equal parts of precipitated chalk and tannin, or the tannin alone will be of much service. Apply twice daily after bathing the feet in warm water.

The following plan of ridding the kitchen and dining room of flies is said to be a good one: Take a small stove shovel and heat it red-hot and pour on it a few drops of carbolic acid, having previously closed all doors and windows. In a few minutes open the room and the flies will be found to have entirely disappeared. Only a faint odor of the fumes of carbolic acid will remain.

It is not generally known that there are some seventy or eighty common species of mushrooms which may be eaten with safety. Dr. M. C. Cook states the chief features exhibited by poisonous mushrooms are: Disagreeable odor, change of color, especially to a dark blue, when cut or bruised, distinctly unpleasant taste when a fragment is eaten raw, and fungi containing a milky juice.

Sponge Pudding.—Half a cup of butter, one and a half pounds of sugar, three cups of flour, one cup of milk, four eggs, two spoonfuls cream of tartar, sifted in the flour, one spoonful of soda, the juice and rind of one lemon. Bake in a moderate oven.

Beef Loaf.—Four pounds of round steak; take out fiber and fat; chop fine and add two eggs, one cupful of milk, a slice of toasted or dry bread grated to make crumbs, a piece of butter the size of a walnut, one tea-spoonful of pepper; put a weight on the loaf when in the pan, and bake.

Cherry Tart.—Stone the cherries and stew them with sugar and grated lemon rind until the sugar becomes thick; put them away to cool. Take some puff paste and line the cake ring with it, place the cherries on it, lay on strips of the paste crosswise, brush it with egg, and bake in a good oven.

Tomato Soup.—Cook thoroughly a dozen ripe tomatoes, and add a pinch of salt, and half teaspoonful of baking soda, and a tablespoon of butter. Strain through a colander. (They should be cooked in granite or porcelain. Tin or iron should never be used for acid fruits or vegetables.) Heat two quarts of milk, to which add a teacup of bread or craker crumbs. Serve in hot dishes with buttered toast. This will serve eight people.

Marion Tarte.—Take one-half pound of shelled sweet almonds, blanched and cut up in small pieces; add one-half pound caster sugar, one-half pound fresh butter, one-half pound of fine flour, and two eggs; work up all well together; line the ring, placing paper around about three inches high; bake in a moderate oven until light brown, then remove the paper and fill the tart with stewed currents and raspberries. This tart will keep good for ten days.

Chicken Salad.—Measure the meat from which every last bone has been picked. (If short of chicken, piece out with lean, fresh pork, boiled until very tender.) Add double the quantity of cabbage, celery and lettuce, equal parts. Mix thoroughly, and over all turn the liquor—or so much of it as is needed—in which the chicken was cooked. Chop in coarser pieces two hard boiled eggs for each quart of the mixture. Salt to taste. Set away in a cool place (in earthenware or glass), until ten or fifteen minutes before wanted. Mix thoroughly with the following: For each quart of salad allow two eggs, well beaten; a teaspoon of melted butter, salad oil if preferred, a teaspoon of mustard and a cup of vinegar. Stir the mustard smooth, with a little of the vinegar. Stir the mustard smooth, with a little of the vinegar; add the rest, and the eggs, with a pinch of salt and the butter. Cook slowly so as not to curdle. Use it cold.



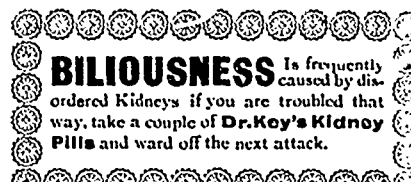
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Don't try to see how much you can get, and how little you can do, but consider the day lost on which you have not done something to make somebody glad that you have lived.

Mr. W. T. Stead is making the bold venture of publishing penny editions of the poets. His theory is that the masses will read the best literature if brought within the reach of their means.

The Boys Brigade, which began in Glasgow twelve years ago, now numbers 750 companies, with over 2,600 officers and 33,000 boys in the United Kingdom. Lord Aberdeen has accepted the presidency of the Canadian branch, which now numbers 4,000 members.

BILIOUSNESS AND HEADACHE.

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