

All kinds of fruit sandwiches are very good, though but little used on this side of the water. Bananas, pineapple, and peaches are all excellent in sandwiches; so are strawberries cut into slices with sugar and liqueur. Almond icing and lemon cheesecake are also very good for sandwiches; the latter especially, which can be made at home without much difficulty and kept in the house for use whenever wanted. The following is an old recipe for making it: To half-a-pound of butter put one pound and three quarters of castor sugar, the yolks of eight eggs and the whites of six; the grated rind of four lemons and the juice

of six. Simmer all together in a clean enamelled saucepan over a slow fire, stirring till it becomes as thick as cream; then store away in well-covered pots till wanted.

With these instructions for sweet sandwiches I shall leave this part of my subject, only delaying to implore my readers to be very careful to select the best of bread, and the better than best of butter. The latter is an ingredient not to be trifled with where sandwiches are concerned; and the former should also be thought of in time in order to secure a second day's tin loaf of the proper shape for sandwiches.

Brown bread should also be of the same age, and should not be of the crumbly sort. Mustard-and-cress, water-cress, and sardines, will all make nice brown-bread sandwiches; but cucumber will not answer, though most sweet things will be good. One of the most attractive of the brown-bread sandwiches is made with good fresh Devonshire cream. Of course, only the thickest part is used, and they must be made and served at once. I have often wondered whether that sour cream, which is served in France with fruit, would not be nice. Of course it would have to be slightly sugared before using it.

ANSWERS TO CORRESPONDENTS.

MEDICAL.

NANCY.—The treatment of obesity is mainly a question of diet. Farinaceous foods should be taken in great moderation by those who are inclined to stoutness. Alcohol in all forms should be avoided. Exercise is of great importance, but it should not be carried too far. For stout persons it is very advantageous to get accustomed to take both their meals and their exercise regularly. If walking produces great perspiration, as it usually does in very stout people, it should not be abandoned altogether, but reduced, and then steadily and gradually increased. Walking is by far the best form of exercise.

E. C. W.—1. White precipitate ointment, though exceedingly valuable in certain diseases of the scalp, is by no means suitable for all abnormal conditions of the hair. The dry and brittle condition of your hair is in all probability due to "seborrhoea." Perhaps washing your head every week with a weak solution of borax would help you. The condition of your eyebrows is the same as that of your head. Cutting the hair of the eyebrows or even pulling them out by the roots does not prevent their return. The heat of a fire may possibly make the hair thin. The ordinary muslin or lace cap does not injure the hair.—2. The question you ask, "How can I teach myself to remember what I have heard and read," by no means lends itself to direct answer. Memory is in part a gift, but it is probably infinitely more dependent upon education than is usually supposed. At your age it is a difficult thing to learn to remember, but by far the best way to set about it is to learn by heart one verse of poetry every day and to read one page (or chapter if you have time) of some standard author, and then to write an account of the chief features in the matter you have read, and then compare it with the original.

DICK.—You ask us the best method for "thinning your blood." Drinking water is decidedly the best way, as every drop of water you drink gets into the blood and so thins it. But why do you want to thin your blood if you are not thirsty? You think that "thickness of the blood" is the cause of all your evil—of what evil you do not tell us, if you did we might help you. We will, however, tell you this, that whatever the evils are from which you suffer they are not due to "thickness of the blood." There is no such disease as this.

L. A. B.—You suffer from a "red nose." How much tea do you drink? We will not say that tea is the only cause of red noses, but from what you tell us it appears most probable in your case. Avoid tea altogether and attend to your digestion. Do not take any drugs.

LILY.—Tender feet are almost always due to ill-fitting boots. Your boots are probably either too large, too small, or too new. If your feet are sore at present bathe them in cold water, to which a little boracic acid has been added, and then rub them gently with a bath towel will help to cure them.

BETA.—1. Carbolic tooth powder is one of the best of all preparations for the teeth. It is absolutely harmless. We have heard that chalk injures the enamel of the teeth, but considering that the enamel is one of the hardest substances known it is difficult to believe that rubbing the teeth every day for a lifetime with chalk could have much effect in injuring this extremely hard enamel. If there is a dense deposit of tartar on your teeth you had better have it removed by a dentist; if it is not sufficient for this leave it alone.—2. As regards your hair we cannot see what you have to complain of. It comes out, but as it increases afterwards, it is a change for the better. The hairs do not live for ever; they grow old, comb out, and are replaced by other new ones.

NELLIE.—See the answer to "Beta" about your hair. Of course some of your hairs come out, it is but natural that they should. There is no reason to be uneasy about the matter.

MARIE.—An enlarged great-toe joint is almost for certain a bunion. You tell us that you have your boots made for you and that there is no pressure upon the joint. Are you certain of this? Are the tips of your toes drawn together by a misshapen point to your boot? It is not common for a bunion to form if your boots are correct in shape. To reduce the pain in a bunion bathing the part in warm water and applying some anodyne liniment, such as belladonna liniment are very useful. If this fails you had better see a surgeon about some further treatment.

DREWRY.—It is a difficult matter to give any suggestion as to how lispings may be remedied. There are specialists whose business it is to treat this condition, and we advise you to consult one of them about it. Their results unfortunately are not highly satisfactory, and indeed at your age cure can hardly be expected, unless your lispings is dependent upon some abnormal condition of the mouth.

ALICE.—From the description with which you furnish us we rather believe that you suffer from true asthma. You must not give up exercise, take a walk every day, but wrap yourself up warmly. Perhaps a chest-protector may do you good. As locality is of great importance in the treatment of asthma, change of residence, if that is possible, may do good. The ordinary "respirators" worn over the mouth have one advantage and one only, that is, that they prevent you from breathing through them. This is a great advantage, as under no circumstances, least of all if you suffer from respiratory troubles, should you breathe through your mouth. If you habitually breathe through your nose a mouth respirator is simply an ornament.

LOUISE VALENTINE.—Deafness following scarlet fever is usually due to a deflection of the ear itself and not of the nerve. The most common form is that in which there is a discharge from the ear. Another form (and from your description we think it is this that you suffer from) is that in which the drum becomes indrawn and hardened. This is indeed a difficult thing to treat. We should advise you to consult a specialist who will tell you what to expect, and if he thinks that your condition is amenable to treatment he will give you all necessary information.

"DOMESTIC."—To our knowledge there is no preparation that will remove hairs from the face.

FRANK.—The best preparation for the teeth is carbolic tooth powder or else a powder of the following composition:—R. pulv. iridis (orris root) 30 parts; pulv. sepia (cuttle fish) 30 parts; pulv. saponis dur (hard soap) 30 parts; creta precip. (precipitated chalk) 20 parts; magnesii carbonatis, 240 parts; olei caryophylli (oil of cloves) 8 parts; atar of roses 1 part.

MANCUNIAN.—We are much pleased that you have asked your question, and we are still more pleased to be able to tell you that the fact that one of your other relatives has died of consumption need not interfere with your marriage. Of course, your father is your parent and as such, any diseases from which he suffered are not unlikely to be transmitted to you; but if you are perfectly healthy now and your other relatives are also healthy you need not worry yourself about your family history. After all, there are but few families who have not lost at least one member from tuberculosis. You will do well to tell your intended husband that your father died of consumption, but we think it exceedingly unlikely that he would break off your engagement on that account.

18.8.—We quite agree with your remark that babies under two years old do not need change of air if they are healthy. Most certainly you may take a child of two years old to the Malvern Hills if you desire to do so.

LIGHT BLUE.—Perhaps you use the peroxide of hydrogen too strong. It is anything but our experience that peroxide of hydrogen removes hairs.

MISCELLANEOUS.

GOLDEN ROD.—1. We do not know to whom you refer as a "gentleman," that, and the terms "lady" and "esquire" having been of late years diverted from their original meaning. If the person you wish to address be an attendant on the person of the sovereign, one holding the Royal Commission not below the rank of "Captain," or (by general concession) a Barrister-at-Law, Master of Arts, or Bachelor of Law or Physic, or by hereditary right, as the eldest and representative son of the younger son of a Peer in perpetual succession (in all other countries but England he would inherit the family title), then you would be guilty of a breach of etiquette in addressing him by letter as "Mr.," you should style him "Esquire." But thousands of real "gentlemen," so born, who, by courtesy are so called, have no legal claim to that title; but, after the old-fashioned and more correct style, should have "gentleman" placed after their name instead. This no one now does, and the legality of the question is little considered. "Esquire" is accorded to all gentlemen, professionals of the higher class, and the upper middle class generally.

—2. The guest takes the cup from the small silver salver (or plate) on which the servant hands it.

NAN.—Make the wall to be papered thoroughly wet, and strip or scrape off all the old paper, and when nearly dry, lay on a coat of size, on which the paper will adhere. In cutting the paper in lengths, take care that they be an inch, or at least half an inch longer than the part of the wall to be covered, and observe the pattern so as to match the connecting parts well. A paste of flour, and best of all eye-flour, is what should be laid on the back of the strips of paper with a broad flat brush. The flour should be mixed with cold water and stirred till thick and creamy, and then boil it; boiling will thicken it, so be careful. If too thick, add a little boiling water, also a little carbolic acid to preserve it from getting sour. A suitable brush will cost about 2s. 6d., and a long pair of scissors 1s. 6d. Two people should be employed, one pasting on a wide board or table, handing up to another on a ladder, as the paper must first be put up at the ceiling, and the person below draw the lengths into correct position. We gave an article on this subject in vol. iii.

HELEN JACKSON (Mission, Tirhoot, India).—We have read your letter with much interest, and are obliged by all your information. We regret, however, that we cannot assist you in the manner you suggest.

HARRIET.—1. A hostess should not on any account sit down until she has placed her guest in a comfortable chair, or on the sofa. When a lady comes into the room where you are paying a visit, you should certainly rise when she comes forward to greet you. We wonder you should need to be told this; it is only common politeness, not to say friendliness. We are supposing that you are not an old person, and the new arrival not a little young girl. In that case you may keep your seat, and give her an extra smile of recognition instead.

—2. We answer at once, but cannot say how soon paper will serve for its insertion.

CINDERELLA.—We do not believe that there exists any scientific reason by which a half-extinguished fire may be re-lit or revived by means of laying a poker across it. Dr. Johnson said he thought it a superstition of the dark ages; when people fancied the presence of evil spirits prevented the fire from burning properly, and that, laying the poker across the bars, made the sign of the cross, which acted as a charm to drive them away. If you wish to make a poor fire light up clear the ashes from below it, and place one or two thin pieces of coal standing upright one by another (the grain upright, not across horizontally) and they will light up like a candle.

DAFODIL.—See our answer to "Golden Rod," with reference to the title "Esqre." There is nothing to prevent your bowing to your brother's friend, if you have spoken to him.