

Health and Home Hints.

Iron pillowslips lengthwise instead of crosswise if you wish to iron the wrinkles out instead of in.

Two bottles should be kept for a bottled-fed baby. The one not in use should be filled with cold water and soda.

Do not give sick people fried foods or anything highly seasoned. Avoid hot bread and biscuits and strong tea and coffee.

A continual change in the bill of fare is desirable; one tires of the same dessert if seen too often, no matter how delicious it is, unless possibly ice cream be an exception.

If part of a dish is left over, wait a day before serving again, and let weeks elapse before preparing it again. In this way the table will always present a pleasant surprise.

Three tablespoonfuls of rice may be substituted for tapioca in the "tapioca meringue pudding." Soak the rice over night in cold water, and add milk, eggs, etc., in the morning.

A strip of flannel or a soft napkin, folded lengthwise and dipped in hot water and wrung out, and then applied around the neck of a child which has the croup, will surely bring relief in a few minutes.

The little salt bags (ten cent size) make roomy mittens for sweeping; they will also be found serviceable when removing dishes from hot ovens, as they protect both wrists and hands, which a holder often fails to do.

Save soapsuds if you have a garden, for they form a very useful manure for flowers, as well as shrubs and vegetables. It is well to have a sunk tub in every garden where the soapy water can stand till required for watering.

Corn Pone.—To make corn pone, put one pint of meal into a bowl; pour over sufficient boiling water just to moisten it; it must not be wet. Cover, and when cool add a tablespoonful of shortening, melted, and two eggs lightly beaten. Add a pint of thick, sour milk to which you have added a teaspoonful of soda dissolved in two tablespoonfuls of water and mix thoroughly. Turn into a shallow pan and bake in a moderately quick oven for half an hour.

To make spanish eggs. Put a generous tablespoonful of butter in an earthen plate and place it over a moderate fire; add to the butter a teaspoonful of chopped onion, the same amount of chopped parsley, a tablespoonful of chopped green pepper, add salt and pepper. When stirred well together break in four eggs, one at a time, keeping the yolks whole. When they are cooked upon one side turn them over carefully so as not to break the yolks, and by the time the last one is turned they should be done. Serve as soon as possible in the dish they are cooked in. Eggs cooked in this way will be found delicious.

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