HOME.

SOME DAINTY DISHES.

Novel Apple Pudding.—Take one egg, its weight in chopped apple, flour, suet, breadcrumbs, and washed currants. Mix all with a little milk, and boil in a greased mould for three hours. Turn out to serve, and pour a nice sweet sauce over the pudding.

Stewed Potatoes.—Put into a frying pan a small piece of butter, a little chopped parsley, salt, pepper, and a gill of milk thickened with flour. Let this come to the boil, add cold potatoes cut into slices, and let all cook for ten minutes very gently. Add a little bit more butter and serve.

Macaroni Pudding.—Throw one ounce of macaroni into boiling water to blanch for a minute and then drain. Into a double boiler put the macaroni and one pint of milk. Simmer all till tender, then place in a pie-dish, add a little butter, and flavor with grated lemon-peel. Bake till the top is browned and serve.

Leek Soup.—Put into two quarts of boiling water half a dozen parboiled potatoes, four ounces of bread, two ounces of dripping, and two pounds of sliced leeks. Boil all slowly for an hour, then add four ounces of rice. Boil together for another quarter of an hour, and serve. This is a pleasant change, and is very inexpensive, besides being nourishing.

Economical Pastry for Mince Pies.—Boil some nice dry potatoes, pass them when done through a sieve or masher. Take three ounces of mashed potatoes, the same quantity of flour, one teaspoonful of baking powder, and a pinch of salt. Mix all well together, and then rub into it with the finger-tips three ounces of lard or good beef dripping. Add cold water to make it into a stiff dough. Set aside for an hour or two. Roll out and use.

Try Fried Spanish Onions.—Take onions of equal size, peel them, and cut in half-inch slices. Have a sufficient quantity of boiling fat ready—it must be quite boiling. Lay the slices of onion in a frying basket, so as not to break them. Boil for about five minutes and, as each relay is done, lift them out carefully with a draining slice and place on a hot dish in the oven. See that the fat boils up thoroughly before cooking the next supply. Serve with pork, or alone with grated cheese.

Mushroom Sauce.—Fry two ounces each of butter and flour to a nice brown, add a little boiling water, some mushroom ketchup, and some finely chopped mushrooms. Simmer till all are cooked, stirring occasionally, add a wineglassful of sherry (or vinegar and water in equal parts), and a spoonful of rich gravy, and make the sauce the right consistency. Serve with grilled chops or steaks.

Italian Cake.—Beat three ounces of butter with the same quantity of caster sugar to a cream. In a separate basin put four ounces of pastry flour, the grated rind of an orange, and a little lemon rind. Beat the yolks of two eggs, add to the sugar and butter, also a dessertspoonful of cold water. Sift in the flour gradually, and lastly, the whites of eggs beaten to a very stiff froth. Pour into a buttered cake tin, and bake in a moderate oven for an hour.

Rich Brown Stew.—Take two pounds of beef skirting and carefully trim off all the skin, and cut into pieces one inch square. Dredge all the meat thickly with flour, and brown in a little hot butter in a frying pan. Take out the meat, add a tablespoonful of flour to the fat, stir till browned, add a pint of stock, a bay leaf, a small onion stuck with cloves, a teaspoonful of salt, and a good seasoning of pepper; lastly, stir in a teaspoonful of vinegar. Cover the saucepan and let the meat simmer slowly till quite cooked. N.B.—If this stew once boils fast it will be spoilt.

Currant Cookies.—Half a pound of flour, two ounces of butter, three ounces of currants, two ounces of sugar, two eggs, half a teaspoonful of baking-powder, a little milk (about one tablespoonful), one teaspoonful cinnamon (ground). Method.—Rub the butter into the flour, mix in the baking powder, then add the sugar, the currants and the cinnamon. Beat up the eggs with a little milk and add to the dry ingredients. Mix into a fairly stiff paste, and put the mixture into a greased baking-tin or flat square cake tins. Bake in a moderately heated oven for about twenty-five minutes. Cut into finger-shaped pieces and dredge with sugar.

Currant Rice Cakes.—Four eggs, 2 ozs. butter, 4 ozs. caster sugar, 2 to 3 ozs. currants, ½ gill cream, 4 ozs. rice flour, 4 ozs. Vienna flour.—Method—Beat up the eggs and sugar with a whisk for fifteen minutes. Sift both flours and stir into the beaten eggs. Melt the butter and add also; lastly, add the currants and the cream. Have ready some buttered patty pans or small cake tins; fill these with the mixture and bake from twenty-five to thirty minutes in a moderately-heated oven.

THINGS WORTH KNOWING.

Glycerine rubbed on tea stains will remove them.

Use apple sauce with roast duck, goose or turkey.

Keep a dainty white granite pan especially for sauces.

Instead of grating a pine apple run it through a meat grinder.

Do not put cold butter into a hot saucepan when making sauce.

To remove dust from rattan furniture, use a painter's small brush.

Corn starch, as well as any other starch, must be thoroughly cooked to be digestible.

Fish requires a slightly acid sauce; for it either lemon juice or vinegar may be used.

Curtain and portiere poles allow the hangings to slip easily if rubbed with hard soap.

All meats cooked with spices will keep much longer than plain roasted or boiled meats.

Rough bottoms of heavy china dishes may be rubbed smooth with coarse sandpaper.

To keep white gloves from becoming yellow, dust with cornstarch and tie up in dark blue paper.

Bags of lavender leaves placed here and there in the linen closet will give a delightful fragrance.

Orris powder sprinkled thickly on the hair at night and brushed out in the morning, will remove oil and dirt.

Ordinary baking soda, either as a powder or dissolved in a little water, will put out a small fire immediately.

A rounding tablespoonful of butter, and a rounding tablespoonful of flour will thicken half a pint of liquid.

Never use matting as a floor covering for a sewing-room. A bare floor, linoleum or old ingrain carpet are good.

Half a teaspoon of baking soda in half a glass of water, taken at frequent intervals will break the force of a cold.

For a burn, apply equal parts of white of egg and olive oil mixed together, then cover with a piece of old linen.

When frying or broiling, spread a large newspaper on the hearth. It will absorb all drippings and "sputterings" of fat.

If your corn bread falls in the middle while baking, your stove must have been chilled in some way or given a severe jar.

Smoked ceilings may be cleaned by washing with cloths wrung out of water in which a small piece of washing soda has been dissolved.

Roots used as vegetables, such as turnips, carrots, etc., not containing much nourishment, may be covered with a cream or egg sauce.

Unleavened bread is made from flour and water, beaten until light and elastic. It is then rolled very thin and baked in a moderate oven.

Keep a market basket within reach, put all the articles that need to be taken upstairs in the basket as they collect, and carry them all up at once.

To freshen a travelling skirt, after shaking and brushing it, hang it over a bathtub half full of very hot water, and let it steam. The wrinkles will soon disappear.

To make chocolate frosting, stir a cup or more of powdered sugar in three or four tablespoonfuls of chocolate syrup. The mixture should be stiff and put on a warm cake.

The chief causes of failure in even the more simple sauces, are the use of inferior materials, and the lack of constant stirring and careful attention while the sauce is being heated.

FLOATING HOTEL.

Englishman's Scheme to Convert Ocean Liner Into Seaside House.

Captain J. N. Grose, the originator of the floating hotel scheme at Falmouth, England, said in an interview recently.

"We shall buy an old liner, take the engines out, remodel the interior, and anchor the vessel in Falmouth Harbor. There would be accommodation for about 100 guests of both sexes, and the tariff would be somewhat less than that of a first-class hotel on shore. We shall be able to have berths and other apartments somewhat larger than on a liner, but domestic and social routine would be much the same, even to a captain presiding over the ship and all servants being dressed in nautical attire.

"We shall organize amusements on board, and when the guests are disposed to leave the ship there will be boating and fishing and the country to explore. We shall have a steam launch for residents, and tennis and cricket grounds, and perhaps a garage on shore. In winter it is warmer on the water than on land. We shall run a boom out from the side of the ship, and by sinking a net provide safe sea bathing.

"The cost of upkeep will be small, as there will be no rent or rates, and the minimum of dust and dirt. There are hundreds of people who travel to and fro on liners simply because they like to live on the sea. Many of these, I am convinced, will patronize our floating hotel."

STRANGLED HIS WIFE.

Husband Annoyed Because She Kept on Talking.

"I wish to give myself up for murder. I killed my wife this morning about 2 o'clock."

Walking into the police station at Stonehouse, Devon, England, the other day, George Robert Crook, a young laborer of 25, startled the officials on duty by making the above confession.

On going to the man's house, in High Street, the police found the body of Mrs. Crook, who had apparently met her death by strangulation. She was 21 years of age.

After the tragedy, it is said, Crook locked the door of the room, and, proceeding to the house of his parents at Pennycross, wished them "Good-bye." Then he returned to his own house, and about 9.30 went to the station and gave himself up, handing the police the key of the room.

Crook showed complete unconcern about his terrible position. After surrendering he quietly picked up a paper in the charge room and began reading the day's news.

One of his friends to whom Crook said "Good-bye," asked him what he meant, and in reply, it is said, Crook made the following statement:—

"I have done it—I have killed Flo. I have been out to mother's; I have broken her poor heart. I never intended to do it. She (meaning his wife) kept on talking to me, and I told her to stop. I went out for half an hour. When I came back she started again. I said 'Stop it,' and she laughed in my face. Then I did it."

ARITHMETIC OF COLOR.

Wonderful Feats of a Calculating Greek Girl.

A wonderful calculating girl, Mlle. Diamandi, has just been presented to the Society of Anthropology in Paris.

In the presence of many eminent mathematicians she performed several remarkable feats, such as working out almost instantly, and by mental process only, the square of twenty-five figures, subtractions of sums of twelve figures, the square root of from eight to twelve figures, and the cubic root of from six to ten figures.

Another feat of mental arithmetic she performed in less than a minute was to give the number of seconds within a period of twenty-five years.

Mlle. Diamandi, who is only twenty, and of Greek origin, says that every figure presents itself to her mind's eye in a different color. Thus, number one is always black, number two yellow, number three pink, and so on. This color vision is constant, and is entirely independent of her own volition.

ON THE FARM.

FEEDING THE WASTE POTATOES.

Pigs are, of all animals, the best for converting unsaleable tubers into money, and potatoes are among the valuable of vegetable foods for porcine stock. But even pigs cannot be kept entirely on potatoes, while very often the quantity to be consumed is too small to make it profitable to buy a pig on purpose to eat them. If the area under potatoes is large there is of necessity a considerable quantity of small ones, or if not quite deserving of this designation many that have to be picked out to make a marketable sample of the remainder when potatoes are worth only low price per bushel, which, from the grower's point of view, seems to be almost every year. In bad seasons there is always a large quantity unsaleable because diseased, as in northern Maine the present season; but even these, if not badly affected, may be consumed by pigs if boiled or steamed, though they may not be given to either cattle or horses without caution.

It is sometimes said that there is danger in feeding uncooked potatoes to cattle, but this is quite a mistake, the only danger lying in their too free use before the digestive organs of the animal have become accustomed to them. Cattle are sometimes slow in taking to potatoes, and if a moderate quantity be given to a dozen or more beasts, and only two or three take an early liking to them there will be great danger of digestive disturbance to those individual beasts, for they may get a much greater quantity than was ever intended for them. When potatoes are being fed instead of roots they should be cautiously introduced and every care taken that no introduced animal gets more than twelve or wourteen pounds a day, but this quantity may be gradually increased up to six or eight pounds in fact, the tubers may be used almost as freely as swedes or mangels when the cattle have become quite accustomed to them. The extensive grower, of course, provides for the consumption of his unsaleable potatoes, but what of the man who has a plethora of tubers who keeps neither pigs nor cows, and, perchance has only a horse or two? May they be given to horses with safety or advantage? Certainly. Potatoes are not an ideal food for horses that have to work hard or at a fast pace, but judiciously fed they are very useful and should by no means be wasted.

In considering potatoes as an article of food for horses, Prof. Low says that fifteen pounds of potatoes yield as much nourishment as four and one-half pounds of oats; Von Thayer asserts that three bushels of potatoes are equal to one hundred and twelve pounds of hay; Mr. Curwen, who tried potatoes extensively in the feeding of horses, says that an acre goes as far as four acres of hay. Foods cannot, of course, be compared in this way since potatoes cannot replace hay, we take very little stock of what chemists tell us about feeding horses, because if we blindly followed analysis of food stuffs we should believe that bran was a better food than oats and fall into all sorts of errors as to what is suitable for working horses; but there is very little doubt that potatoes are more nutritious than the roots—carrots, swedes and mangels—commonly given to farm horses, and that with care and judgment they may be suitably employed.

NOT A SUBSTITUTE FOR GRAIN.

The worst feature about them is that raw potatoes in any quantity relax the bowels too much, the horse coming perilously near to scouring, and that unless special convenience exists or the quantity to be dealt with is large, it does not pay to cook them. Purging rarely follows when the tubers are steamed or boiled, but neither does it with raw ones if gradually introduced and given in such quantities as a working horse ought to receive. We may calculate the proportion of carbohydrates and fat and fix up the albuminoid ratio to a fraction, but we cannot get good work on potatoes alone, nor will the horse be maintained in hard condition if many potatoes are given in substitution for oats or corn.

Therefore, when unsaleable potatoes are given to working animals it must not be expected that they will replace anything like a considerable quantity of the regular corn allowance. Compared with cereals they are deficient in albuminoids and although life may be sustained on them efficient work cannot be obtained any more than on roots or grass. The chemist may show that there is as much feeding matter in three pounds of potatoes as in one pound of mixed grain food, but as is the case with hay the horse has to take an enormous bulk of food in order to obtain the necessary nourishing constituents, and this is injurious. The tubers must not be given whole to either horses or cattle for the smaller they are the greater the risk of choking. All animals are much less likely to choke on big roots, at which they must bite than on small ones which may be taken into the mouth and greedily bolted without mastication. A small round potato lends itself admirably to choking purposes and probably gives rise to more cases when it is presented whole than any other root. If there is a pulper or slicer, small potatoes should be put through the machine, but where there is nothing of the kind available the tedious process of slicing with a knife may be obviated by hitting each tuber a smashing blow with a mallet. A good plan is to sprinkle plenty of chaff on the floor and then bruise each tuber in the quantity allowed in the manner indicated. Potatoes, especially for horses, should be washed or otherwise rendered tolerably free from dirt—indeed, adhering soil which is sometimes plentiful when the tubers are lifted during or after wet weather, should be removed before they are given to any animal. The dirt may have no very remote connection with the relaxation of the bowels when horses are first given potatoes—indeed, it is certainly that or some constituent in the rind, since pared potatoes do not seem to have such a marked relaxing effect on the bowels. Crushed potatoes should be fed mixed twith the oats and chaff. Youatt recommends as the desired proportion, one pound of potatoes to 2 and one-half pounds of other ingredients, but this, seeing that heavy horses need from thirty-six to forty pounds of food per day is far too much for working horses and is should only be allowed to idle horses or those doing next to nothing at a walk.

COOKED OR RAW.

With reference to the relative advantage of feeding cooked and raw potatoes it is generally conceded that potatoes are best cooked for pigs—indeed there are many who affirm that it is only potatoes that pay for cooking where pig feeding is concerned. Long mentions a number of experiments conducted in Denmark with a view of ascertaining whether a better return could be obtained by the use of boiled or raw potatoes. Ten young pigs of the same litter were put into two lots at the age of ten weeks, one lot being fed upon boiled and the other upon raw potatoes. Each lot received in addition two and one-half pounds of barley meal which in one instance was given in a boiled state while in the other the barley was only bruised. In four weeks the increase in the weight of the pigs which had been fed upon boiled food was found to be 173 pounds whereas in the other case it was only 115 pounds. It must not be forgotten, however, that against the fifty-eight pounds of increase must be put the trouble of cooking, cost of fuel, wear and tear of plants, etc. With reference to cooking potatoes for animals other than pigs—for which they are no doubt, improved and especially in winter when warf food is advantageous—there are objections to feeding cooked food to horses, while cattle thrive just as well on potatoes given pulped.

GIRL HUNTS SWEETHEART.

Searching for Her Poor and Proud Lover Amid Mining Camps.

Among the hills of Northern Idaho, searching the lumber and mining camps for her sweetheart, who has been missing since last spring, is Nettie Williams, daughter of a prominent merchant at Providence, Rhode Island, who declares she will not give up until she finds the man she loves, and can share with him the life he must lead in trying to recoup his fortunes in the Pacific Northwest.

Miss Williams declines to give the name of her fiance, nor will she divulge any information other than that her husband-to-be was a farmer in Rhode Island until a little more than a year ago, when the mining fever touched him and he went to Mexico, sinking his earnings in a property which turned out a poor venture. Then he was forced to toil at ordinary labor.

Too proud to return to his old home and admit his failure, he wrote a brief letter, in which he explained his circumstances, telling his promised bride that he would leave Mexico, and begin again, and she would not hear from him until he had built up a fortune, as he could not think of asking her to share his poverty with him.

Upon receiving the letter the young woman started for Mexico with the determination of finding the man she loved regardless of the fact that his fortune had been swept away. She reached Mexico only to find that he had gone to Wyoming. She traced him to several camps there, only to learn he had become dissatisfied and left.

Miss Williams believes he is somewhere in Idaho. Although she has undergone many hardships and suffered from exposure in making long mountain trips she has determined not to give up the search.

Prospectors and timber cruisers in the mining camps and forests east of Spokane are giving Miss Williams every assistance in locating the man, and have provided saddle and pack horses for her to make the journey to the various camps, but so far she has found only meagre clews. But she is not losing heart.

"The only explanation I can give for his absence is the fact that he is too proud to return home after having made a poor investment in Mexico," Miss Williams said a few days ago, "and I believe he is out here among these hills working to regain his losses. That is the reason I am out here. I have enough money for both of us, but I am ready to share his lot, no matter where he is or what he is doing to make a home."

"I should like to give a big dinner-party, John." "Whom do you wish to snub now?"

THOUSANDS TRY THIS

HOME-MADE MIXTURE SAID TO BE CURING RHEUMATISM.

The Philadelphia and New York Newspapers Print Simple Prescription Which Cures Thousands.

Some remarkable stories are being told in the large Eastern dailies of this simple home-made mixture curing Rheumatism and Kidney trouble even after the noted health resorts failed. Here is the recipe and directions for taking. Mix by shaking well in a bottle one-half ounce Fluid Extract Dandelion, one ounce Compound Kargon, three ounces Compound Syrup Sarsaparilla. Take as a dose one teaspoonful after meals and at bedtime.

No change need be made in your usual diet, but drink plenty of good water.

This mixture, writes one authority in a leading Philadelphia newspaper, has a peculiar tonic effect upon the kidneys; cleansing the clogged-up pores of the eliminative tissues, forcing the kidneys to sift and strain from the blood the uric acid and other poisonous waste matter, overcoming Rheumatism, Bladder and Urinary troubles in a short while.

A Toronto druggist who has had hundreds of calls for these ingredients since the first announcement in the newspapers last October stated that the people who once try it, "swear by it," especially those who have Urinary and Kidney trouble and suffer with Rheumatism.

Any druggist can supply the ingredients, which are easily mixed at home. There is said to be no better blood-cleansing agent or system tonic known, and certainly none more harmless or simple to use.

CHINA'S FOREIGN DEBT.

Startling Increase During the Last Fourteen Years.

Before the outbreak of the war with Japan, 1894-95, the foreign debt incurred by China was insignificant in amount, the only loan of which any portion now remains outstanding being a small one of £115,080 at 7 per cent., issued in 1886. Of this amount £61,980 has been redeemed (to December 31, 1906), leaving £53,100 still to be redeemed.

The Government had some knowledge of the financial history of Turkey and of Egypt, writes a correspondent of the London Times, and it steadily resisted all blandishments to "improve its estate" on borrowed money.

But the thirty years of peace from 1864 to 1894 were followed by some very expensive events. First the war with Japan, with its resulting indemnity and the necessity of rearmament. Next came the midsummer madness of 1900, which was punished by the various Powers with the infliction of an indemnity demand footing up about £67,000,000. At the time of the Russo-Japanese war another loan of £1,000,000 was floated. In addition there are the railway loans all with a Government guarantee.

The total amount of the foreign debt constituting an obligation of the Imperial Government and secured on its revenues, including Government loans not yet paid off, indemnity (1901) and railway loans is as follows:

Total amount of original issue, £135,270,080; charge in 1906 for interest and sinking fund (including one redemption in January, 1907), £7,433,749; paid off to January 31; 1907, £9,974,241; outstanding January 31, 1907, £125,295,839.

"Have you any reason for doubting what I say?" "Yes, I have." "What is it?" "I don't believe you."

Small doses of cod-liver oil are very useful for children who catch cold easily. They should be given two or three times a day, directly after food. It is a great mistake to give large doses of cod-liver oil; they are not digested, and really do more harm than good.

If Dieting Remember—Meats hard to digest are: Sausage, salt meats, pork, goose, heart, brain, liver, veal, duck, lamb. Meats easy to digest are: Venison, sweet bread, turkey, chicken, partridge, beef, mutton. Fish hard to digest are: Eele, salmon, salt fish, lobster, crabs. Easy to digest are: Trout, pike, oysters. Vegetables hard to digest are: Potatoes, lettuce, beets. Fruits hard to digest are: Pickles, pineapple, cherries, plums, pears. Easy to digest are: Grapes, oranges, peaches, strawberries.

Grippe or Influenza, whichever you like to call it, is one of the most weakening diseases known.

Scott's Emulsion, **which is Cod Liver Oil and Hypophosphites in easily digested form, is the greatest strength-builder known to medical science.**

It is so easily digested that it sinks into the system, making new blood and new fat, and strengthening nerves and muscles.

Use *Scott's Emulsion* after Influenza.

Invaluable for Coughs and Colds.

ALL DRUGGISTS: 50c. AND $1.00.

HEALTH

THE BACKWARD CHILD.

Do you number among your brood that most tragic of all created beings—a "backward" child? If you do, does that child seem, as backward children generally do, prompt to mischief but slow to all else? Is he, though apparently impervious to reproof, abnormally swift in resentment?

You say that, although the other children could read before they had reached his age, he is still stumbling over letters in a kindergarten; that he cannot lace his shoes or wash his hands or take a message; and finally, that you are in despair. But you need not despair unless you are certain that you have met this state of affairs with the proper remedies.

You have perhaps done what so many parents have done before you—be sought, scolded, punished, or settled down to a sort of hopeless bickering. All this is not only useless—it is wrong. Modern science, with its great and ever-growing interest in infant psychology and pedagogies, has demonstrated that in the great majority of cases a physical cause lies back of juvenile incorrigibility, and it is the duty of parents to seek out this cause and apply its remedy. If your child does not quite hear, does not quite see, cannot quite breathe freely, neither will it quite understand, or obey, or develop. Do not allow yourself to be the judge as to whether these conditions exist or not, but take your backward child to the specialist, whose life-work it is to recognize them and put them right.

A child who habitually breathes with open mouth will probably be both deaf and inattentive, and will certainly be below par physically, but the removal of the choking growths in nose or throat is a comparatively simple matter, while the after effects may seem like some blessed miracle.

If your child has a defect of vision, he will naturally lag behind in the classroom and suffer from cruel nervous strain through all his waking hours. It makes the heart ache to think how much original sin would vanish at the snip of the tonsil scissors or the putting on of properly fitted glasses in the case of hundreds of poor, harassed, bewildered little children.

There is an old bad saying about "the black sheep in every flock." It is a medieval verdict that modern science happily tends more and more to overthrow.—Youth's Companion.

ARE YOU OVERWORKED?

Many people, influenced by a desire for wealth and wisdom, continue with their work long after it has ceased to be healthy for either brain or constitution. They tumble into bed at night, and wake next morning feeling "stale" and unrefreshed. Then they know that they have been overworking.

The point at which a man first becomes overworked, however, is not evidenced in any weariness of the brain, but in certain physical symptoms, and it is through ignorance of this fact that the health limit is so frequently overshot by men and women.

Increased circulation of blood in the cheeks or ears is with many people a certain sign of overwork, while others are warned by an unusual flushing of the temples. Strange sensations in the pit of the stomach—somewhat akin to nausea—also indicate that the limit has been passed.

One good test—a test that can be relied on with safety in the plurality of cases—is for the worker to extend each arm horizontally at the sides. Then, if his fingers are steady, he may continue his labors in safety, but if they tremble, it is an indication that he should at once cease working.

An ingenious instrument for recording the amount of energy remaining in the frame of a man or woman has been invented by Professor Angelo Mosso, the Italian scientist. This apparatus is called the "Ergograph." But by far the surest test of overwork is irritability; and when a man loses his temper he may be quite certain that further labors for the time being will prove detrimental to his work, to his friends, and to himself.

SIMPLE REMEDIES.

To Relieve Headache.—The juice of half a lemon in one-half glass of water and one-half teaspoonful of soda will relieve sick headache.

If You Catch Cold.—Take a cup of boiling milk and add a half teaspoonful of ginger. Drink before retiring. From experience this is known to break up a cold or stop a cough.

Drop Medicine Easily.—Cut a groove along the side of the cork of a medicine bottle; put back in the bottle and it will be easy to count the drops one by one, without pouring too fast.

Add Faith to This.—Burn some paper on the flat side of an axe. This causes a kind of oil to form on the steel. Dip a bit of cotton in this oil and insert in the ear, and it will give almost instantaneous relief.

Keep Sick Room Sweet.—Set a wash-bowl of water under the bed, put a few drops of carbolic acid, and cut a raw onion into the water. It will draw impurities to it. Change it every ten hours.

Bandages from Collars—Do not throw away collars worn at the edge. They make excellent bandages. First soak out the starch and then tear into strips. Each collar makes four nice strips, which are always in readiness.

Cough Mixture.—Take one-third pint of flaxseed and pour over a quart of boiling water, let stand on back of stove, where it will just simmer for two hours, then add the juice of two lemons and a pint of granulated sugar, set over the fire, let come to a boil, then strain and cool. Take a tablespoonful several times a day.