

## HOUSEHOLD.

## Useful Hints.

**Saving Steps.**—The woman who does her own work would find much comfort in a simple little device adopted by a Philadelphia bride. It is a movable stand for removing the dishes from the dining-room to the kitchen, and so constructed that all dishes can be taken from the kitchen at once, thus saving many steps. Clean dishes, the different courses, etc., can be brought from the culinary regions in one 'trip.' This labor-saving device is nothing more than a stout little table mounted on rollers and fitted out with a couple of good shelves, extensions and other conveniences. The carpenter made the improvements for a couple of dollars. The little housewife says her stand has already saved her fifty dollars' worth of time and strength.—'New England Homestead.'

**To sponge broadcloth,** spread out the number of yards in double width. Wring sheets from cold water, fold, and place over the cloth; then fold in half-yards. This leaves every other layer next to the sheet. Set away over night. In the morning unfold and hang over a door to dry.—Minette Freeman.

**One Woman's Way.**—The day on which the household mattresses and pillows are renovated is an occasion of dread to the housewife on account of the dust which fills nostrils and throat, causing such unpleasant irritation. The landlady of a country boarding house, where I spent a few weeks last summer, had a method that was so simple that it is a wonder other women have not thought of it. She produced from a closet a broad-brimmed sailor hat, pinned it firmly on her head, covered herself in it with a large veil, as if to keep away mosquitoes, and then went to work.

**When the Mouse Comes.**—Of the many suggestions to prevent mice from entering the premises, I find the best is to paste a cloth over the mouse hole, first freely sprinkling it with red pepper. This will effectually stop them for all time.

## For Croupy Children

On a small table beside my bed stands a lamp, two nails, a tin cup containing one tablespoonful of mutton tallow (or lard), two tablespoonfuls of turpentine, and deep bib with strings, and two safety-pins, with which to pin on a piece of flannel the shape of a bib. As soon as baby coughs hard, I light the lamp, put the tin cup over it (on the two nails), and heat the mixture until it smokes. I then rub baby's chest well, as hot as I can use the turpentine, and I then put on the flannel pinned to the bib, tying the soft tape strings around the neck. It may sound like a fairy-tale, but if the cough is not too bad, it absolutely disappears; if very bad, it becomes so mild and the breathing so different that a distracted mother sleeps in peace. With this same remedy used hot, pneumonia has been twice averted in a neighbor's family.—'Woman's Home Companion.'

## Massage for the Scalp

A fine, vigorous, daily massage, if continued, will improve the condition of the scalp wonderfully, using the finger tips on all parts of the scalp. Sun and air are nature's hair tonics. A daily sun bath not only rejuvenates but makes the hair grow.

Great care should be taken in dressing the hair to avoid twisting or knotting it tightly or uncomfortably against the head. This has a tendency to loosen and cause a falling of the hair. Hairpins, too, should be selected with care for their smoothness, dull points, and shapeliness. Never put a crooked or bent hairpin in the hair; it not only spoils the shape and style of the hair dressing, but splits the hair. As for

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rusty hairpins, discard them as so much poison against the tender scalp. Pure vaseline rubbed on the roots at night will stimulate its growth.—'The Pilgrim.'

## Selected Recipes

**Graham Gems.**—Cream together one and one-half tablespoonfuls of unmelted butter and two heaping tablespoonfuls of light brown sugar. Add one well-beaten egg and one cup of milk. Sift together one saltspoonful of salt, two teaspoonfuls of baking powder, one cup of white flour and three-fourths cup of Graham flour. Bake in gem-pans in a quick oven. These are excellent for little children who desire 'a bite between meals,' as well as a welcome adjunct to breakfast or tea.

**Simple Coconut Candy.**—Take one pint sugar, quarter of a pint of desiccated coconut and quarter of a pint of milk. Boil these ingredients in a granite saucepan for five minutes. Remove from the fire, set in a pan of cold water and stir briskly until the mixture is creamy. Pour on a lightly buttered dish and make in squares while warm.

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