

blue in suspension evenly, and no specking of the clothes will be seen.

D. J.—To clean the hair brushes, make a suds with some good borax soap powder and wash the bristles in this, keeping the back dry. When the bristles are clean, rinse well in clear coal water and dry with the back up. Clean the comb with the same, dislodging everything between the teeth.

Housewife—If the hardness of the water is from impregnation of lime, boiling it for a time, or even exposing it to the atmosphere for a day or two, will tend to soften it. For laundry purposes, wood ashes turned in a barrel of water will be effective; but the ashes must be all from wood. A wooden pail full of ashes will soften a barrel of water, unless very hard.

Seamstress—A good quality of silk is best for lining, but if you can not afford this, buy a good quality of mercerized cotton, such as sateen or percaline. Linings are called by many fancy names, but are, after all, most of them mercerized cottons.

Hazel—The ingredients for oatmeal bath bags are five pounds of ground oatmeal, half a pound of powdered castile soap, and one pound of fine Florentine orris

root powdered. Mix thoroughly, and sew in cheesecloth bags about four inches square, with double seams. Less quantity can be made by keeping these proportions. Use one bag for the bath, using no soap.

For the Toilet

A mild soap for cleansing the pores of the skin is made as follows: In a double boiler (such as cereals are cooked in) melt together fifty grams of pure strained honey, forty grams of pure white soap (castile is good) and thirty grams of white wax, and when mixed, add ten grams of tincture of benzoin and the same of storax, mixing thoroughly. Use a little of this, with a little water, instead of soap when cleansing the face and hands at night; dry well and apply some simple cream.

The cold weather renders it very difficult to keep the hands in good condition. One of the most important remedies for the rough, red, swollen appearance is the use of the right kind of soap. Do not use highly scented, strongly alkaline soaps, as the scents are generally used to cover up the poor oils and fats used in making, and the alkali extracts the natural oil from the cuticle and leaves it frightfully dry. Use only the vegetable oil soaps, even though they cost a little more, and do not use any more of even the best than is absolutely necessary. Little bags filled with oatmeal, or with bran, or a little almond meal, will largely take the place of soap as a cleanser. Use soft water, if it can be had; but if not, soften the water by boiling, and by dropping a little borax in it. Rain water caught from the eaves of a roof covered with coal smoke settlements is bad for the hands.

A bath of aromatic salts is almost a medicine, as it refreshes and acts as a carminative on the usually nervous woman. It is not expensive, and this is recommended: Crush a spoonful of carbonate of soda and sprinkle it with a few drops each of essence of lavender, rosemary and eucalyptus; add a very little of this to the bath water, and it will perfume and render it very invigorating. One ounce of ammonia to a tub of water is strengthening when a woman is exhausted; but ammonia should be used sparingly, as it will dry up the skin worse than even hard water, and do more harm than good.

Contributed Recipes

Spaghetti with Tomato Sauce—Put a quarter of a pound of spaghetti into boiling water, enough to well cover it; boil rapidly for half an hour; drain, cover with a pint of stewed and strained tomatoes, add a teaspoonful of salt, cover and cook for half an hour, then add a quarter of a pound of grated cheese, a tablespoonful of butter, and heat until the cheese is melted; serve hot.—Emily F.

Old Fashioned Battercakes—Heat one pint of milk to near the boiling point, and stir into it one tablespoonful of butter; stir gradually into the scalding milk one pint of sifted corn meal and one scant teaspoonful of salt; when cool, add two eggs beaten light without separating the white and yolk, and one tablespoonful of sifted flour. Beat the batter until thoroughly blended and light, and it should be quite thin. Have the griddle very hot, but not so hot as to burn the batter, and it must be well greased with lard. Pour the batter on the griddle by generous spoonfuls, and turn the cakes as soon as the under side is browned. They should be thin, and quite brown when done, and should be eaten with pork gravy or butter.—Mrs. C. P.

Crumpets—To one quart of good flour add one tablespoonful of lard, one tablespoonful of salt and two tablespoonfuls of yeast. Mix well

and knead, and set to rise over night. Next morning add one well-beaten egg and enough milk or lukewarm water to make a stiff batter; set in a warm place to rise, and when light, drop the batter on a hot griddle, making the shape round; bake very quickly, and serve hot.

Materials

Cotton crepe at fifteen cents a yard makes up satisfactorily in blouses or shirtwaists, and little trimming is required. It washes well and requires no ironing.

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