

SUGGESTIONS OF VALUE.

Whiting, dry or wet, will give to glass a fine polish.

To arrest hiccup close both ears with the fingers with pressure while a few swallows of liquid are taken.

Coughs may be much alleviated and dry throats cured by glycerine and lemon juice taken at night. The glycerine should be diluted.

A little borax put in the water in which scarlet napkins and red-bordered towels are to be washed, will prevent them from fading.

A small box filled with lime and placed on a shelf in the pantry or closet will absorb dampness and keep the air in the closet dry and sweet.

Paint on windows can, it is said, be removed by melting some soda in very hot water and washing them with it, using a soft flannel.

Peaches to be kept any time should be spread out on shelves in a cool dry cellar, looked over carefully every day and all the speckled ones used first.

The skin may be removed from peaches quickly and without any waste by putting a few at a time in a wire basket and dipping them in boiling water for a couple of minutes.

Strong salt and water and diluted camphorated alcohol given alternately and in quantities to merely keep the mouth and throat wet, are recommended for diphtheria patients. A gargle of sulphur and water has also proved of value in the treatment of diphtheria.

In cases of sickness sand bags are preferred to hot water rubber bags, as they can be more easily adjusted to different parts of the body. These granular heaters are also to be chosen rather than soapstone or bottles for keeping the feet at normal temperature in zero weather.

If you have trouble to get your last year's catsup bottles perfectly clean, after washing them thoroughly in suds and rinsing in clean water, chop a potato quite fine, mix it with a little warm water, put this in the bottle and shake it well; it will surely remove any foreign substance.

Tough meat can be made wonderfully tender when put to boil by adding a tablespoonful of good vinegar. This is also good for a tough fowl of any kind, and tough steak can be very much improved, after pounding, to salt and roll in flour and fry in very hot butter or lard.

Flour is excellent for stopping the irritation caused by the stings of insects! Dry bluing also will allay the pain from the sharp sting of wasps and hornets. A very homely remedy and a very efficacious one for the swelling and inflammation of a sting is to apply a plantain leaf that has been bruised and moistened so as to extract its juice.

HOUSEKEEPERS' HELPS.

Ham Salad—One pound of boiled ham, chopped fine; one half dozen small pickles, chopped fine; add a little chopped celery and serve with salad dressing.

Dressing for Salads—Two raw eggs, one tablespoonful of butter, eight spoonfuls of vinegar, one-half teaspoonful of mustard. Put in a bowl over boiling water and stir until it becomes like cream and salt and pepper to taste.

Apple Croutons—Pare, halve and core good, smooth apples, cut slices of bread, without crust, to fit the flat side of each apple, dust the apple with sugar, a little nutmeg or cinnamon, place on pie plate and bake in a moderate oven.

Apple Charlotte—Two lbs. of apples pared and cored; slice them into a pan, add one pound of sugar, the juice of three lemons and the rind of one grated; boil all together until it becomes thick, which it will do in about two hours; turn it into a mold; serve cold, with either a rice custard or cream.

Tomato Sauce—Cut up a

dozen medium sized tomatoes and put them into a saucepan with four or five sliced onions, a little parsley and thyme, one clove and a quarter of a pound of good mustard. Set on the fire where it may cook gently for three quarters of an hour. Strain through a hair sieve and serve.

Broiled Tomatoes—Select firm, ripe tomatoes, cut them in two and place them upon a well greased double broiler iron. Put them over a clear fire and broil, first on one side and then on the other. Now place on a hot dish and pour over them melted butter, seasoned with cayenne pepper and salt. Serve immediately.

Frozen Peaches—A quart of canned or fresh peaches, a heaping pint of granulated sugar, one quart of water. Boil the sugar and water 12 minutes, add the peaches and the cook twenty minutes longer. Rub through a sieve and freeze. Take out the beater and stir in a pint of whipped cream lightly with a spoon.

Mixed Beefsteak on Toast—A favorite, and without doubt the best, way to use cold beefsteak, is to mince it finely and to put it to stewing for fifteen minutes with quite a little water. If the beef has not been all dried up by pounding and over-cooking the first day, add to the gravy a good-sized lump of butter, a small onion and a teaspoonful of vinegar or catsup and serve it smoking hot on nicely browned toast.

The modern civilized world is dying of too much meat. Some people are afraid to eat fruit, thinking that fruit and diarrhea are always associated; when if they understood the true cause of diarrhea, they would know that it is caused by eating meat. In hot weather meat putrefies very quickly, and during this process alkaloids are formed, which are very dangerous, acting as emetics and purgatives. It is true fruit eaten green or between meals will interfere with digestion, and cause bowel troubles, but use fruit that is perfectly ripe at meal time and only beneficial results will follow. Acids prevent calcareous degenerations, keeping the bones elastic, as well as preventing the accumulation of earthly matters. Fruit is a perfect food when



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fully ripe, and if it were in daily use from youth to age, there would be less gout, gallstones and stone in the bladder. Taken in the morning, fruit is as helpful to digestion as it is refreshing. The newly awakened function finds in it an object of such light labor as will exercise without seriously taxing its energies, and the tissues of the stomach acquire, at little cost, a gain of nourishment which will sustain those energies in later and more serious operations. It is an excellent plan, with this object in view, to add a little bread to the fruit eaten.—Boston Herald.

Several days ago the remains of William McIntyre were found strewn along the railway track, near Logansport, and it was supposed he had been killed by a train. Later developments indicate that he was murdered by tramps and his body thrown upon the track to conceal the crime.

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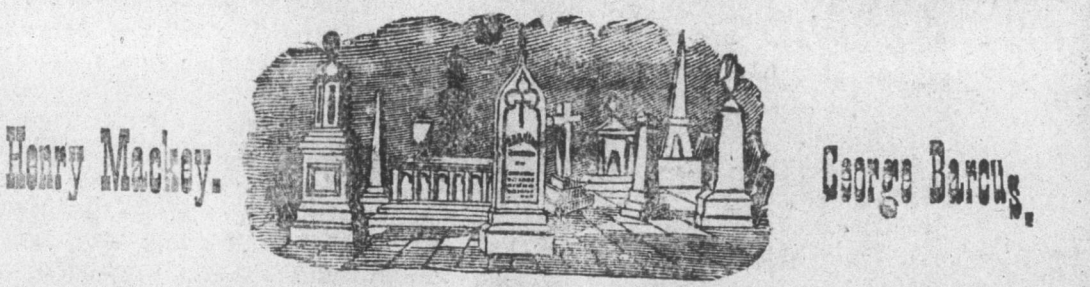
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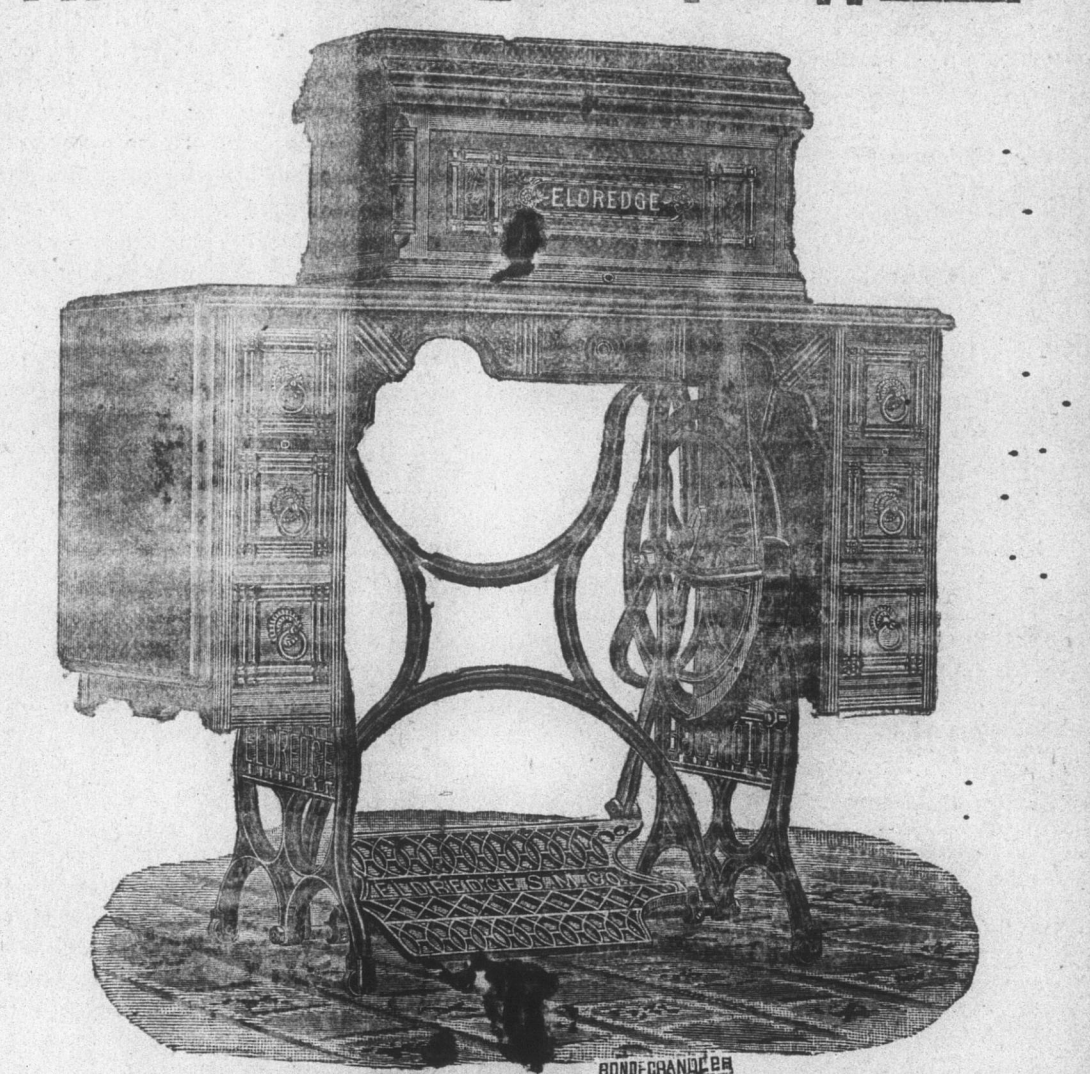
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