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Carrots require three hours' boiling; parsnips, from half to three quarters of an hour; lima beans, half an hour; rice, twenty minutes.

To cut fresh white bread use a knife that has been heated, and it will cut smoothly.

Fruits or vegetables canned in tins are wholesome if ends of cans sink in. If bulged out the contents are fermented.

A small dish of fine charcoal kept in the refrigerator, and renewed every week will absorb the odors and keep everything fresh and clean.

To clean straw matting, use a cloth wet in clean salty water, washing until clean but wetting no more than necessary, then wiping dry at once. Do only a small space at one time, drying as it is washed, until the whole has been gone over.

To clean hardwood or stained floors, sweep thoroughly and dust. then rub with an absorbent flannel cloth wet with kerosene.

Dissolve five cents' worth of ox alic acid in a g'ass of water and scrub the hat with a nail brush, after it has been thoroughly freed from dust, then rinse in clear water and dry in the sun.

Black Chip Hats may be made to look like new by wiping with an old, soft silk handkerchief, followed by a light application of pure olive oil.

In cleaning white felt hats mil!iners use the soft inner part of a stale loaf of white bread. It does the work perfectly.

A LEMON HINT.

If the sugar is dissolved in a little hot water before putting in the lemonade, it will not sink, and will sweeten it more quickly.

COOKING ACID FRUITS.

Acid fruits, such as gooseberries, plums, cranberries and rhubarb, require an unlimited amount of sugar, much of which can be saved by stiring in, before sweetening, a little soda, say, one-half a teaspoonful to a quart of fruit.

BEEF STEW.

Cut one and one-half pounds of lamb or of beef into small pieces -perhaps an inch square. Put into a pot, cover with two quarts of cold water, and bring slowly to a boil. Cook as slowly, replenishing the water with hot from the tea kettle should it hoil away too much

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Woodstock, N. B., Dec, 14, 1911.

There should be two quarts in all of meat and gravy when the meat has cooked tender. Three hours should do it. When the meat has cooked an hour and a half add two medium sized carrots, six potatoes and three onions, all peeled and sliced thin, together with three even tablespoonfuls of pearl tapioca which has been soakfor an hour in cold water then drained-and one small red pepper seeded, cut into rings, and scalded. Salt to taste. When ready to serve sprinkle shredded parsley

"The yellow of the carrot and red of the pepper and the dots of green supplied by the minced parsley make an attractive dish. It is also highly nourishing.

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