

QUERIES.

Any queries, domestic or otherwise, will be inserted free of charge. Correspondents replying to queries are requested to give the date of the question they are kind enough to answer, and address their reply to 'The Lady Editor, NEW ZEALAND GRAPHIC, Auckland,' and on the top left-hand corner of the envelope 'Answer' or 'Query,' as the case may be. The rules for correspondents are few and simple, but readers of the NEW ZEALAND GRAPHIC are requested to comply with them.

Queries and Answers to Queries are always inserted as soon as possible after they are received, though owing to pressure on this column, it may be a week or two before they appear. Ed.

RULES.

No. 1.—All communications must be written on one side of the paper only.

No. 2.—All letters (not left by hand) must be prepaid, or they will receive no attention.

No. 3.—The editor cannot undertake to reply except through the columns of this paper.

QUERIES.

COLD RABBIT.—Can you, please, give me full directions for preparing a dish of cold roast rabbit?—PUSSIE.

RAILWAY PUDDING.—A recipe would oblige.—A. GUARD.

ANSWERS TO QUERIES.

DUMPLINGS.—Your *nom de plume*, 'Old Housekeeper,' makes me a little afraid that I shall not be able to help you much. However, I shall be very pleased to try. Do you know the following recipe? Make a rich biscuit dough, roll out pieces as large as a tea-plate, and in the centre of each put canned or stewed fruit of any kind, putting in very little of the juice. Draw the edges up and pinch them together, then place the dumplings in a buttered tin pan, put bits of butter and plenty of sugar on each, grate over a little nutmeg, then pour on the juice of the fruit and enough hot water to cover. Bake for an hour or an hour and a half according to the size of the dumplings, and serve in saucers. They make a nice change this time of the year when it is hard for the housewife to think of something to tempt the appetite.

RECIPES.

VERY GOOD CLARET CUP.—Mix together one wine-glass of curacao, the same quantity of sherry, a small wine-glass of brandy, one and a half bottles of good sound claret, a bottle of soda water, also one of ginger beer, and one and a half tablespoonful of castor sugar, then add part of the rind of a lemon which has been very thinly peeled, and a sprig of burrage and ice. Claret cup can hardly be made by any hard and fast measurements, for what some persons think nice others would grumble at. Forgive me if I add use really good sound wine for your concoction; many persons have a mistaken idea that any kind of wine does for 'cups,' but I am pleased to differ from them.

SCUMMED APPLE CUSTARD PIE.—Take four tablespoonfuls of fine mashed dried apple sauce, three eggs, one half-cupful of brown sugar, one and a-half pints of milk. Season with nutmeg and bake with one crust.

HOT RUSSIAN TOAST.—Cut some stale rye bread rather thick, cut off the crust, cut into small rounds, then fry a light brown in butter. Dig a small hollow in the middle of each round, and put into the hollow any hot sauce you choose. Place on the toast a thin slice of smoked goose, salt duck or ham, pour over it a tablespoonful of Spanish sauce and serve hot.

STUFFED DATES.—Remove the stones from one pound of fine dates, by cutting them open at one side. Remove the shells and skins from half a pound of almonds; the skins can easily be rubbed off by first pouring boiling water upon the almond kernels; replace the date stones with the almonds, and arrange the dates neatly upon a shallow dish; dust a little powdered sugar over them and keep them in a cool, dry place until ready for use.

HOUSEHOLD HINTS.

To make rough and dirty hands soft and white, wash the hands in warm soap suds, then rub them with the smooth side of a piece of pumice stone. Keep the stone wet when using it, for it is more effective when wet than when dry. Another good plan, after hard or dirty work, is to cleanse the hands very carefully by washing them in warm water and rubbing into all the creases and folds of the knuckles with a well-soaped flannel pad, which is much better than a brush for this purpose. A few drops of liquid ammonia, either in the water or on the washing pad, greatly facilitate this cleansing operation, which is most important in preventing chaps. To whiten the hands, melt half an ounce of camphor gum, half an ounce of glycerine, and one pound of nuttun tallow, and apply this mixture every night.

To clean Suede gloves, make a lather of curd soap, put the gloves on the hands, wash, and allow to dry before removing from the hand. A much better way is to take the gloves to a cleaner, who will clean them for a few pence.

NATURAL INFERENCE.

BEWARE of trying to deceive children. How often must parents be taught this lesson?

'Why, mamma, you've got a grey hair in your bang!'

'Yes, dear. That came because you were so naughty to mamma yesterday.'

'O mamma, what a naughty little girl you must have been to grandma! All her hairs are grey.'

ALL ABOUT THE HOUSE.

WHAT CAUSES SPOTS ON A MIRROR.

SPOTS have appeared on a correspondent's new mirror, and she wants to know how to remove them. If a mirror be placed where sunlight or a very strong light falls directly upon it the quicksilver will be liable to dissolve, leaving dark spots on the glass. I have failed to learn of any way to repair this defect except by having the glass resilvered.

HOW TO TEST FLOUR.

Although flour is in daily use in nearly every family, comparatively few cooks or housekeepers know anything about the quality of the different brands of flour, or can tell whether they are using flour of a choice or of an inferior grade. There are various methods of testing flour, but this is one of the simplest.—Take some flour in the left hand, add a little water, and with the right forefinger mix a rather stiff dough in the hand. Let it stand a few minutes, then knead and work in the hand. If the flour is good the dough will become stiffer and dryer with working, and have an elastic, rubbery feeling. If it is of inferior quality the dough will become soft and sticky under protracted working. Flour that is of a chalky or bluish white shade, or that feels soft and salvy, and when ball'd together in the hand remains in a lump, should be avoided.

TO REMOVE BLACK INK STAINS.

Several subscribers ask how ink stains can be removed. If the stained article be washed immediately in several waters and then in milk, letting it soak in the milk for several hours, the stain will disappear.

Washing the article immediately in vinegar and water and then in soap and water will remove all ordinary ink-stains.

Washing at once in water and then in liquid citric acid or oxalic acid is another mode. Oxalic acid is very corrosive, and should be removed from the article by a thorough washing in water. If, after the washing, the article be wet with household ammonia, any acid remaining will be neutralized.

No matter what substance be used to remove ink, the stain must be rubbed well. If the article stained be a carpet on the floor, use a brush. As the acids often affect the colours in a fabric, it is wise to try the water and milk, or the water and vinegar methods before resorting to the acids. Chemicals should always be the last resort, unless one be rather familiar with their action.

My own experience is that it is a most difficult matter to remove the stains of some kinds of black ink if they have stood for a few hours; whereas other kinds, notably stylographic ink spots, can be removed easily with soap and water.

HEALTH HINTS.

Salt will relieve slight nausea.

A remedy for soft corns: Bind on a piece of cotton wool soaked in castor oil.

Hands can be softened fit for society with equal parts of rose water and glycerine.

Horsradish applied to the temples is said to be an excellent neuralgia remedy.

Yellow and 'mastic' (whitely-brown) are recommended as the best colours to use to favour the eyes.

Dr. Norstrom's treatment of headache by massage is regarded as meriting a description in the *London Lancet*.

THE FEET.

The feet are the support of the whole body, and are admirably adapted to this function by their strong ligaments, their many small bones and joints, their central arch, and their variously formed toes. How skillfully they are made will be evident if we contrast any possible movement on two stumps with the easy, springing, graceful walk of a woman with normal, well cared for feet.

Unhappily, the proportion of feet that are well cared for, in a physiological sense, is much smaller than it ought to be. Here, as in so many other places, the tyranny of fashion plays havoc with reason and common sense. A small foot is held to be a mark of beauty, and therefore nature must be improved upon, no matter at what expense of comfort and health.

Meantime sensible people, and especially sensible parents, will do well to remember that no corn or bunion is likely to appear upon any foot that is properly shod. A narrow-toed shoe presses all the toes against and over each other, more or less distorting them; but its most serious effects are commonly seen in the enlargement of the big toe joint.

This enlargement and the consequent suffering are sometimes so great as to make it expedient to lay bare the bone, and saw off a large portion of it.

Tight shoes not only produce deformity and suffering, but by impeding the circulation they induce cold feet, and may lead to grave general disorders. It should be remembered, also, that a diminished flow of blood affects the nerves, lessening their sensibility, so that a woman may be finally quite unaware that her feet are cold, and so utterly neglect them.

Another common source of trouble is found in the ridiculous but fashionable high heel, carried forward into the arch of the foot. This is nothing less than a physiological outrage, and has properly been denounced in the strongest terms by the entire medical press.

The weight of the body is removed from its natural point of support, and much of it is thrown upon the pinched, distorted toes, while the muscles of the lower limbs are at the same time wrenched, with no small risk of serious consequences.

Mothers should do their best to give their daughters reasonable ideas upon a subject so important, and at the same time so little understood.

SOME OF PAPA'S WAS MISSING.

'WHY, the baby is getting his father's hair,' exclaimed Aunt Sue, enthusiastically.

'Yes,' replied Uncle George, 'I notice that its papa's bald spot is getting bigger.'

DYSPEPSIA.

HOW TO CURE IT WITHOUT MEDICINE.

A PHYSICIAN PRESCRIBES TREATMENT TO BE TAKEN IN YOUR OWN ROOM.

IN my hospital and dispensary practice I have found that nine patients out of every ten have as the cause of their poor health some form of stomach trouble.

Also in examining apparently healthy people for gymnastic work, I find very few who are totally unconscious of their digestive apparatus.

Even children have tales of woe to tell. One or another has had gastric fever, back and shoulder ache, rough and pimply skin, or show some other evidence of failure on the part of the stomach to do its duty.

There are cases of 'nervous stomach.' Anæmia may cause it or hysteria or over stimulation, when the resulting hyperacidity is so great as to attack the stomach walls for want of anything else to act upon. Fright or any sudden emotion will stop digestion as effectually as overwork. The mind is the controlling agent of every movement, and as it grows weary or excited it registers its condition upon whatever organ or tissue is most susceptible. A tired stomach may receive from an overwrought mind incalculable harm.

But whatever the cause, or whatever the form, no dyspeptic is fitted for good work of any kind. And if the patient be a tired woman, overburdened with steady tasks, she worries in addition and draws often and heavily on her reserve energy.

In dyspepsia drugs are a makeshift, untrustworthy, by no means specific. They are helpful at times to supplement nature.

Nature, assisted by exercise and self-denial, makes surer cures; she does not work by accident, nor is there anything accidental about indigestion. Any dyspeptic not in the last stage of real starvation can be benefited by active exercise. Remember that the natural instincts of every well man, woman and child are for free movement. Why check these impulses and rely upon doctors and druggists to keep you alive for three-score years?

ROUSING LIFELESS MUSCLE.

What movements shall you take if those natural instincts have become lifeless?

The activity of the abdominal muscles must be increased.

This can be brought about by active bendings of the body, rotation of the trunk on the hips, leg movements both sitting and standing, and passive kneadings of the muscles of the abdomen. Long carriage drives over rough roads, horseback riding or bicycling for those who have money and time will work wonders for a sour dyspeptic.

For those who must think of self last, who 'slave for the family' for the church or for society, and who feel able to give themselves only the time which no one else wants, there can be arranged a set of exercises to be taken at home.

HOME MASSAGE.

If you cannot get a masseuse to knead your stomach for you, you must knead it yourself, and very much as you would knead bread. You must work your stomach deeply with your fist, from left toward right, slowly and firmly. Give it vibrations, that is, hold your stomach between both hands and make it tremble rapidly.

Take these exercises nightly, after resting a little while from the day's work.

1. Stand in walking position, one foot in advance of the other, your hands on your hips, and twist the trunk to the side of the rear foot as far as possible; then change feet and twist to the opposite side. Repeat fifteen times to each side. Do the same twisting with your hands clasped behind your neck, your shoulders well held back.

2. Stride standing. Rise on your toes and bend your knees outward and downward. Repeat ten times slowly.

3. Stand on one foot, your hips firm, and slowly raise your other leg, extended in front; keep a steady balance. Change feet and repeat.

4. Stand with your heels together, your hands on your hips. Bend your body forward, to the side, backward, and to the opposite side; then forward, to complete the circle. Repeat, and rotate your body in opposite directions.

5. Lie on your face, with your hips firm and your feet held under a bureau, try to raise your head and shoulders as far as possible with deep inspirations. Repeat, turning your body.

6. Bend your body over a bar in the doorway, or your stair-railing, backward, forward, and sideways, with your hands clasped behind your neck.

7. Place your bar low; hang under it with your body extended stiffly and resting on your heels. Slowly draw your chest up to touch the bar by bending your elbows outward. Repeat.

Combine these movements with deep respiration, opening a window for good pure air; make each exercise as useful to the muscles as possible; they are corrective exercises—not merely amusing.

Rub your stomach with cool water after the exercises. This treatment persevered in, with self-restraint at the table, is the best I have found for dyspepsia.

KATE CAMPBELL HURD, M.D.

A SENSIBLE BABY BASKET.

I BELIEVE a great many mothers will agree with me that the ordinary small flat baby baskets are never half large enough for all that is required to get up our treasures to perfection. Here is a suggestion from a lady friend: 'You never saw a daintier or more perfectly equipped baby basket than that bestowed upon my small acion by his fond auntie. It is a regular round clothes basket, hamper-shaped, but not so large as a common hamper, and with this difference—it has handles. The cover is lined with a thick wadding of heavily-scented cotton, over which is drawn a covering of soft light blue silk, gathered neatly at the centre. Around the edge of the cover is run imitation Valenciennes lace of a very pretty pattern. The lower part of the basket is lined throughout with blue silesia, and near the top is a circular tray which can be lifted out. This tray is made of sections of pasteboard covered neatly with scented wadding and blue silesia, and is filled with all the paraphernalia needed at the modern baby's toilet. Below are the changes of clothing, etc. Azure ribbons adorn the handles, and all is a marvel of beauty and utility.'