

# AS SEEN THROUGH WOMAN'S EYES.

## Toilet Secrets.

### HOW TO BEAUTIFY THE TEETH.

An excellent camphorated tooth-powder which will not destroy the enamel of the teeth and yet will render them white is made of seven drachms of precipitated chalk, half a drachm of powdered camphor, and one drachm of powdered orris root.

It is not sufficient to use only a toothpowder; a liquid dentifrice is pleasant and has a beneficial influence upon the gums. To make one, take two ounces of borax, a quart of hot water, and one teaspoonful each of tincture of myrrh and spirits of camphor. Dissolve the borax in the hot water, and when the water is cool add the other ingredients and bottle them for use. A few drops used in a little water form a delightful wash.

It is a mistake to suppose that the teeth of every person should be of the same whiteness. The variation of colour is largely a constitutional result. Certain medicines will change the colour of the teeth, a condition that may be altered by a little treatment to be recommended by a dentist. Yellow teeth, it is said, are usually indicative of bodily vigour, and very pearly white ones of a more fragile constitution. There is only one grand rule to offer respecting the care of the teeth, and that is that they be kept immaculately clean and in perfect health. Their colour then matters nothing, for their condition will prove that they are well attended to.

Should the gums be tender and spongy, the general health, upon which the condition of the teeth so much depends, should be made the subject of inquiry. A healing and soothing tooth-powder is made of precipitated chalk one ounce, of powdered borax half an ounce, of powdered myrrh a quarter of an ounce, and the same quantity of powdered orris root.

A visit every three months to a dentist should be one of the rules of life faithfully followed. In the end it will be found an inexpensive one too, for a little work done here and there at regular intervals saves many and costly operations. These visits should begin before a child sheds its first teeth, so that irregularities of the second teeth may be combated should they be present, and decay and other troubles arrested.

### Oysters and Mushrooms.

Scrape and cut in several pieces the caps of the coprinus comatus, or shaggy-maned mushroom, reserving the stems for another dish. For one pint of mushrooms, after cutting, allow one pint of oysters. Pick over, rinse, and parboil the oysters slightly, and draw on the liquor. Add enough cream to fill one cup.

Put into the blazer one rounded tablespoon of butter; when melted add one heaped tablespoon of flour, and when blended stir in the cup of liquid. When smooth and thick add the mushrooms, a sprinkling of salt, and one small green pepper freed from seeds and finely minced. Cover the pan and let it cook slowly, until the mushrooms are tender. Then add the drained oysters, and when hot serve at once as wafers.

This variety of mushrooms is one of the most delicately flavoured, and is found in abundance during this month in fields near stables or coal yards, under the old lumber, beside railroad tracks, and in places that have been filled with coal refuse. They are pink underneath when young, turning to lanky black as they mature. The stem is white and slender, and extends to the extreme top of the shaggy cap which folds down over it like an umbrella.

Mushrooms with Chicken.—Chop fine the stems left from the mush-

rooms as prepared in the above recipe. If tough, scrape them first. Allow about twice the amount of fine chopped cooked chicken. Put them in the blazer with butter enough to cover the bottom, toss about until they begin to cook, then add cream to cover, one small green pepper chopped fine, for one pint of the mixture, and salt to taste. Cover the pan, reduce the flame, or put it over the boiling water, and let the mixture simmer until the mushrooms are tender and the moisture reduced. Let it stand over the hot water while you fry some thick slices of ripe tomato in hot butter in another pan, and when done serve the tomatoes with a portion of the chicken mixture on each.

Stuffed Tomatoes.—Chop very fine one-half cup of cold raw steak or roast beef, and chop, also, one small onion. Put one tablespoon of butter in a saucepan, add the onion, and cook till yellow, add one teaspoon of curry powder and one-half teaspoon of ground allspice. Mix it well, then turn in the meat and toss it about until well seasoned, adding another tablespoon of butter if too dry. Wipe six large ripe tomatoes, remove a slice from the stem end, and scoop out the seeds in a strainer and put the juice with the meat. Add salt to taste, and fill the tomatoes with the meat. Arrange them in a buttered granite pan and bake them half an hour. Have ready some rounds of bread cut larger than the tomato, spread them with butter, and brown them in the oven. Lay the toast on a platter and cover each slice with the sifted yolk of hard-boiled egg. Take up the tomatoes, lay one on each slice, and sprinkle fine minced parsley over the top.

Lobster a la Tartare.—Have ready one pint of fresh lobster meat cut in small pieces. Put into the blazer two rounded tablespoons of butter, and when melted and hot add the lobster and toss about until well heated and the butter absorbed. Add more if it seems dry, as it should be quite rich with butter, but in no sense fried or browned. Shake over it a generous dusting of paprika, and when very hot stir in two tablespoons of lemon juice, and serve at once with crisp rolls. The butter usually salts it sufficiently.

### Don't Goad the Children.

The evil effects of worrying children are shown by Dr. N. S. Davis, an eminent physician of Chicago, in a series of papers entitled "The Art of Living a Hundred Years." He says: "The most active causes of worry during school days are the arranging of children of different temperaments and capacities in the same classes, assigning them studies, and then constantly stimulating their ambition to excel and intensifying their mortification at every failure. By such processes the younger and more fluid ones are kept in a constant state of apprehension and worry until they lose appetite, become restless at night, and not a few of them victims of St. Vitus' dance. The ambition of older pupils to stand high in too many classes leads them to study late at night and to omit daily exercise out of doors. In consequence the blood receives less oxygen from fresh air in the lungs, the functions of both brain and stomach become impaired, the mind depressed and worried, and when the period allotted to school education is completed they have become permanent invalids from dyspepsia, neurasthenia, or tuberculosis, thus shortening the duration of life." What is the remedy for this?

The learned and famous physician goes on to say: "Cease goading the children into the utmost haste in their education. Repress in our youth the inordinate desire for wealth and vain show. Remind them that he who hasteth to be rich more frequently cometh to poverty, and that 'pride goeth before a fall.' Teach them that

they are most happy who contribute most to the happiness of others and thereby diminish the dominance of human selfishness. Seek to impart confidence and hope to those who worry. Hope is not only an anchor to the soul, but when united with confident expectation it is a most efficient tonic for invigorating the functions of the body." The authority quoted cannot be gainsaid, and the truths given should serve as seed-thoughts to check undue ambition for the precious children given to our keeping and guidance. Knowing the effects of worry, shall our pride continue to cultivate it or shall we become a law unto ourselves to "cease goading the children" to the destruction of health and the shortening of life. Conscience must answer the question for parents. None are exempt from responsibility in the all-important decision.

### Hints on House Cleaning.

The fall housecleaning is almost a much trouble as that in the spring. Sundry hints that will be helpful at this time are thus summed up by the home editor of an exchange:

Windows and soiled or fly-specked mirrors should be first washed with a cloth wrung nearly dry from a pail of warm water containing a little ammonia or washing soda. Dry with a soft cloth or crumpled newspaper, and if an extra polish is wanted, use a rag moistened with kerosene. Be sure that the sash frame itself is thoroughly cleaned before touching the glass or window.

One way to clean window blinds—not the most thorough way, but a simple and fairly effective one—is to open them and let them stand at right angles to the house during a quiet, steady shower. It will be all the better if they are first brushed off with a wing.

Germs of mildew in a cellar or basement can be destroyed by fumigating with sulphur. The doors and windows should remain tightly closed for at least twelve hours.

All but the finest furniture may be treated to an application of crude petroleum, rubbed in with a woollen rag. This is almost equal in effect to a coat of varnish.

A soft sponge wrung out of soapy water is the best and easiest thing with which to "dust" the iron open-work of a sewing-machine, flower-stand, and the like.

A cloth moistened in kerosene is the best thing for wiping up oilcloth—it cleans and brightens it without removing the varnish. To bind oilcloth, stitch a strip of silesia to the right side, and then turn it over and paste smoothly to the under side, using flour paste. Rye flour, by the way, makes better paste than wheat, and only amateur paper hangers apply it while warm.

A safe for meat and cooked food will be a joy to the housekeeper, and soon pay for itself in conveniences and security from the depredations of ants and flies. It can be made at trifling cost by any one handy with tools, the materials being a packing box, a board for shelves, a yard or two of wire cloth, a pair of hinges, a few nails, and a latch for the door. A strip of board should be removed from the bottom of the box (the back of the safe) and replaced by wire-cloth. This permits a current of air, the door also being of wire. Have the safe suspended from the rafters near the foot of the cellar stairs.

The best sweeping cap I know of—and I have experimented with several—is in the shape of an apron about twenty-four inches long and twelve inches wide, put into the binding or band without gathers. It protects the head thoroughly, does not disarrange the hair, and can be washed and ironed as easily as a napkin. The band, which ends in short strings, is passed around the forehead, and is tied at the back of the neck.

### Big Fees for a Royal Nurse.

It evidently pays to be a nurse in a Royal family. The wet-nurse engaged by Queen Elena of Italy to attend her baby in the Quirinal Palace, Rome, comes from San Vito, on the Larian Hills. Her name is Maddalena Cinti, and she receives £6 a month during her stay in the Royal palace, and £4 a month during her lifetime after her discharge. When the Royal baby has its first tooth she gets £400; when it is able to speak, another £400; and a similar sum when the Royal baby can toddle unsupported. When the nurse's services will no longer be required at the Quirinal, she is to have £800.

### Some Old-fashioned Recipes.

During my summer vacation I heard of several old-time dishes which are great favourites in certain localities, and which may be new to many of our readers. One of them, called a Connecticut apple pie, is a sort of combination of apple and pastry which is very delicious, and solves the difficult problem of how to keep in the juice in an apple pie. Make a crust after any favourite method that will insure a tender mixture, and if you have no special recipe, try this one. It is not necessary that it be flaky, and therefore you need not spend any time in frequent rolling of the paste: For one pie take one heaped cup of pastry flour and one-fourth teaspoon of salt, cut or scoop into it one rounded tablespoon of lard and the same of butter. Mix with cold water into a stiff dough, toss out on to a well-floured board, and divide into two parts. Make each into a ball and pat it down till quite thin, then roll to fit the place. Lay one crust over a floured plate, fill quite full with thinly sliced apple, then cover with the other crust, but do not press it to the under crust on the edge. Let it bake in a hot oven.

### Fortunes in Feathers.

Everyone knows how expensive a good eider-down quilt is. Even the down in the rough is worth a sovereign a pound. So an eider-duck farm, of which there are several in Iceland, is by no means a bad speculation. They are generally on little islands off the coast because of foxes, which are very destructive to the sitting birds. The ducks are very tame during the breeding season, sitting very close on their nests amongst the rough hammocks of grass. £300 a year is easily made by the proprietor.

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