

# THE CHURCH AND THE WORLD

BY THE VEN. ARCHPRIEST LE MENANT DES CHESNAIS, S.M.

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# Domestic

By MAUREEN

## Ironmould from the Boiler.

It is often found at the close of washing that many articles are spotted with ironmould. The boiler is generally the cause of this, and in order to prevent it, when the washing is done each week, empty all the water out of the boiler, and while the latter is still warm rub it all over with soft soap, and let this remain on till the boiler is required again; it is easily washed off. Mutton fat can also be used. If this is done every week the boiler will never ironmould the clothes.

## To Save the Hands.

It takes less than a minute to put on an old pair of gloves when one has a dirty piece of work to do, but what a saving to the hands. Housewives who make a point of thus protecting themselves never have unsightly ingrained blacks on their hands, nor those distressing cracks that get so dreadfully chapped and painful. An old pair of gloves can be kept always ready to hand in the kitchen, so that time will not be lost in searching.

## Lace Insertion.

To apply lace insertion quickly and neatly it should be laid flat on the uncut material and stitched on both sides, the stuff being then slit up the middle and turned back close to the stitching. If necessary it may be basted back, but, as a rule, pressing with a hot iron will be sufficient. Stitch again, right over the first stitching and then cut away the material close to the edge. If the insertion is applied in this way it will have the flat and finished appearance so much desired by home dressmakers.

## A Bread Poultice.

A bread poultice should be made of crumbs well soaked in hot water. When thoroughly saturated, strain off the water and put the bread in a flannel bag. Apply to the injured spot as hot as the patient can bear it. When the poultice has become too cold to be of any use the heat may be renewed by redipping the bag in hot water and squeezing it well before applying it again to the affected part.

## Worth Knowing.

When polishing a stove, by using a velvet pad instead of the ordinary brush, one will find a great saving of manual labor and a much better effect on the appearance of the stove, as it will polish splendidly if done in this manner.

Saucepans should always be cleaned as soon after use as possible, when the operation will be found much easier than if they are allowed to get dry. As soon as a saucepan is emptied, fill it immediately with cold water and stand on one side until it can be properly cleaned. A brush should be kept for saucepan use, and sand should be always at hand, as it makes a splendid cleanser, especially when mixed with lemon juice pulp. If advantage were taken of these little labor-saving devices housewives would find a great saving of time and temper as a result.

## Value of Lentils.

The extraordinary value of lentils as a substitute for meat is what but few housewives realise. For a few pence a mother can give her family a good nourishing meal, and for herself she can find much cheaper and more nutritious repasts than those of bread and butter and tea. Lentils, haricot beans, and such satisfying foods are greatly liked, and provide a good substantial meal at little cost.

**Lentils and Milk.**—Soak lentils for twenty minutes, rinse in two or three waters, and put them in a saucepan with a little salt—lemon peel or mace make a nice flavoring—and some chopped onions. Boil in just enough water and milk to cover them until tender, stir as they thicken. Scraps of bacon may be added if desired. Potatoes or rice around make nice variety.

**Lentil Soup.**—Lentils make a nourishing soup without any vegetables. Boiled with a few onions, carrots, and turnips, this soup cannot be beaten. Haricot beans need soaking all night and plenty of boiling, but they will improve any simple dinner, make it go three times as far, and be much more satisfying.

*Maureen*

The train arrangements for the Easter holidays are published elsewhere in this issue....

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