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## Scientific and Aselut.

PLAIN PUDDING SAUCE .- Take one table spoonful of butter and two and a half of flour, and mix them thoroughly together until quite smooth. Place on the fire and add enough boiling water to thin sufficiently, adding half a nutmen, and sugar to taste.

adding half a nutmeg, and sugar to taste.

Browned Potato.—Mash your potatos with milk, butter, and salt; heap as irregularly as possible in a dish, and hold a reduct hot shovel close to them. They will brown more quickly if you glaze them with butter so soon as a crust is formed by the hot shovel; then heat it again and repeat the browning.

then heat it again and repeat the Drowning.

MUSTARD DRESSING FOR LETTUCE,—We find in an exchange the following: Take two tablespoonfuls of mustard: one take spoonful of flour; mix them well while dry, and take half a cup of strong vinegar: all the cup with water; stir the mustard and flour into it; cook it as you would boiled custard. When thick enough, take it from the fire and add one tablest, conful of such the fire and add one tablesp conful of sugar

POTTED HAM.—To make potted ham, take lean and very tender boiled ham, the it fine and beat to a paste in a mortar—as old-fashioned wooden one is recommende for the purpose—adding butter if needed to make the particles stick together, and a little mixed mustard, if desired. This is excellent for travellers' lunches, and also "handy to have in the house."

A COMMON and good way to obtain a regular aupply of cider vinegar, says the "Country Gentleman," is to fill the band nearly full of good, sharp cider vinegar, and then draw away every few days a few quant at a time, supplying its place with an equi amount of cider which has not yet changed. The larger quantity of sharp vinegar in the barrel will change the smaller quantity added, before the next draft is made.

BLACK COPPER.—To make coffee code.

BLACK COFFEE.—To make coffee goods should never be boiled, but boiling wans should never be boiled, but boiling wans should be poured on it just the same as ke tea. A great deal of the aroma of coffee u lost unless it has been freshly roasted, and one reason why Germans and French excet in their coffee is simply because they rose each day sufficient for the day's needs. It should never be ground until it is wanted to use. To make excellent strong black except allow one and a half ounces coffee for each allow one and a half ounces coffee for each person, and to every ounce of coffee allow one-third of a pint of boiling water.

APPLES AS FOOD.—A raw, mellow apple is digested in an hour and a half, while bulled cabbage requires five hours. The men healthy dessert that can be placed on a take is a baked apple. If eaten frequently a breakfast with coarse bread and butter, without meat or flesh of any kind. breakfast with coarse bread and builer, wishout meat or flesh of any kind, it has an admirable effect upon the general system, offer removing constipation, correcting acidins, and cooling off febrile conditions more effectually than the most approved medicines. If families could be induced to substitute the for pies, cakes and sweetmeats, with what their children are frequently stuffed, then would be a diminution in the total same doctors' bills in a single year sufficient to ap in a stock of this delicious fruit for the what season's use. scason's use.

DESSERT .- What shall we have for do-DESSERT.—What shall we have for desert? is the question which is agitating the country housewife just now, before strategies come. An orange shortcake will answer the question once or twice at ital Make a crust as for strawberry shortcake, only roll it out a little thinner. While its baking, cut up a liberal allowance of orange and scatter sugar over them. When he hottenly is done out in learner at the baking, cut up a fiberal allowance of oraginand scatter sugar over them. When he shortcake is done, cut in layers and put he oranges between. Canned pine-apple, chopped fine, may be used for the filing and even dried apples thoroughly solved and cooked. Mash the apples, and to exquart of apples allow one full cup of bias saspberness. They colour and flavour the apple, and if you have never eaten it you apple, and if you have never eaten it you tastes.

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