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HEALTH AND HOUSEHOLD HINTS.

Sure Death to Roaches.—All other means of exterminating roaches having failed, our correspondent is recommended to try this: Equal portions of corn meal and red lead, mixed with molasses and spread on plates easily accessible. They love it, and will eat it, and die.

Baked Indian Meal Pudding.—Boil one quart of milk, add one-half cup of cornmeal, and stir well; add one half cup of chopped beef suet, one half cup of molasses, half cup of raisins, one half teaspoonful of cinnamon and one egg; put in a pudding dish, and bake in a hot oven until brown.

Soft Custard Pudding.—Line a pudding dish with lady fingers or slices of sponge cake; make a soft custard of one quart of milk; yolks of five eggs, and pour over all; beat the white to a froth (stiff), with one cup of fine sugar; spread over the top; set in an oven, and brown slightly; the custard should be flavored with vanilla.

Welsh Rarebit.—Cut thin slices of bread, remove the crust and toast quickly; butter it and cover with thin slices of new, rich cheese. Spread over it a little made mustard, and place on a plate in a hot oven till the cheese is melted. Cut it into square pieces and serve at once on a hot platter, as it quickly spoils when it becomes cold.

Ham Toast.—Chop very fine, small bits of boiled ham with not much fat; to one pint chopped ham add two well-beaten eggs, one half teacup of sweet cream or milk, a little pepper, one-eighth spoon of dry custard; heat this mixture thoroughly, when hot spread over slices of toasted bread, which have been dipped in hot water.

Snow Custard.—Half a package of Cox's gelatine, three eggs, two cups of sugar and juice of one lemon. Soak the gelatine one hour in a teacup of cold water, add one pint boiling water, stir until thoroughly dissolved, add two-thirds of the sugar and the lemon juice; beat the whites of the eggs to a stiff cold, whip into the whites a teaspoonful at a time from half an hour to an hour. Whip steadily and evenly, and when all is stiff pour into moulds, or in a dozen egg glasses, previously wet with cold water, and set in a cold place. In about four hours' time it may be turned out into a glass-dish. Make a custard of one and a half pints of milk, yolks of three eggs and the remainder of sugar, flavored with vanilla and pour this over the moulds.

Lamb Sweetbreads.—Not every one knows that lamb sweetbreads are almost as delicious as those of veal. They are considerably smaller, however. They may be cooked in almost any way that a veal sweetbread may. The New York Tribune tells us how. They must be blanched before they are cooked in any way. To blanch them, let them soak in cold, salted water for three hours, changing the water at the end of each hour. Then throw them into cold water and bring them to the boiling point, letting them simmer for five or ten minutes, according to size. They are very nice fried and served around a mound of green peas; or simmered in a little well-seasoned white stock in the oven for about 15 minutes, and, when well browned, served with the gravy around them; or, more delicious still, with espagnole sauce.

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