

griddle. Add one spoonful of wheat flour, and lard (pure butter is better) the size of a walnut. The griddle must be made not very hot as it would then burn the cakes, and it must be well cleaned and greased while warm, that it may be perfectly smooth so that the cakes may be easily turned, that they may be done brown (not burnt) on both sides; to promote their turning easily is the object of adding the wheaten flour. The dough, or rather the batter, must be well beaten up, and prepared directly before being cooked, though it might set an hour, but it would not bear to be mixed over night. The cakes are usually poured on until they spread on the griddle to the size of the bottom of a breakfast plate.

EGG PONE.—Three eggs to a quart of meal, no wheat flour to be made with milk as water would make it heavy, a spoonful of butter, all well beaten together and made up for a consistence thicker than the cakes, too thick to pour out, but just thick enough to require to be taken up with a spoon; may be baked like cakes immediately after being mixed. Must be baked in a tin pan, which must be placed in the oven, not too hot at first but the fire under it to be increased. The object is to have it begin to bake at the bottom, when it will rise in the process of baking, become brown on the top, and when put on the table and cut resemble what we call pound cake. Salt of course add as usual to your taste in both cases.

FIRE.—It would be not amiss to remark that disastrous fires are often occasioned by carelessness, therefore persons cannot be too careful with lamps and candles. Also that when a fire does happen doors and windows should be close fastened directly. Buckets should be always kept in a certain place, so that they could be found direct in the dark. At the first signs of fire the tops of chimnies should be plugged with rags to prevent draft.

### THE LUNGS, LIVER, &c.

THE LUNGS are made of a substance very soft and spongy, supple to draw and enforce from, like a pair of bellows. They are an instrument of respiration whereby the heart is refreshed, drawing unto it the blood, the spirits, and the air, and disbur-