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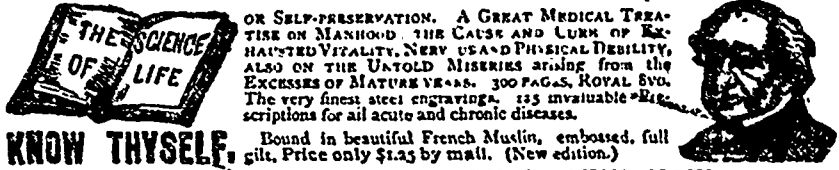
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WHEAT MUFFINS.—One teaspoonful of melted butter, one egg, one and a half cups of flour, one teaspoonful of cream of tartar, half a teaspoonful of soda, half cup of sweet milk. Bake quickly in muffin pans.

LEMON BUTTER FOR TARTS.—Lemon butter is excellent for tarts. It is made as follows: One pound of pulverized white sugar, whites of six eggs, and yolks of two, three lemons, including grated rind and juice. Cook twenty minutes over a slow fire, stirring all the while.

FOR COCONUT CANDY.—Take four cups of water, two and a half cups of fine white sugar, four spoonfuls of vinegar, a piece of butter as large as an egg; boil till thick, about three-quarters of an hour. Just before removing stir in one cup of desiccated coconut, and lay in small flat cakes on buttered plates to cool and harden.

NERVOUS HEADACHE.—Dr. Ehschlager, of Dantzig, says that he has found salicylate of sodium to be a remedy of great value in the treatment of nervous headache, especially if given in a dose of one gramme (gr. xv.) in the beginning of an attack. It usually produces drowsiness, and after a few hours the patient wakes up refreshed and free from pain. It, however, often fails to produce this effect in cases dependent on anæmia.

ICING WITHOUT EGGS.—Soak a teaspoonful of Cox's gelatine in a tablespoonful of cold water for an hour, then add a tablespoonful of boiling water and set over the tea kettle until it melts, after which stir in a cupful of sugar and let come to a boil. Take it immediately from the fire and stir until white, when it must be spread on the cake as soon as possible. It is best that the cake should be freshly baked and not completely cold.

TO MAKE CHILDREN'S PUDDING.—Grease the pan a very little, then put a layer of apples in the bottom, then a layer of crumbs, then a little sugar, and so on until the dish is filled. Pour a little water in and cover over with a plate or tin and set on the top of the stove, and let it remain until the apples are nearly cooked; then put in the oven and let it brown over nicely. The apples should be the last layer. Eat with milk or cream and sugar. This pudding will bake very quickly.

BAKED APPLE CUSTARD.—Peel and core a dozen large apples, put them into a lined saucepan, with a small teaspoonful of cold water. As they heat, bruise them to a pulp, sweeten and add the grated rind of one lemon. When cold, put the fruit at the bottom of the pie dish and pour over it a custard made with one pint of milk, four eggs and two ounces of loaf sugar. Grate a little nutmeg over the top, place the dish in a moderate oven and bake half an hour. This will make a quantity sufficient for six or seven persons.

CATCHING COLD.—Colds are generally considered to be the exciting cause of a very large proportion of the diseases to which the race is prone, and therefore any light upon the subject is well worth considering. I have known a whole family to have severe colds in their heads the day after dining on roast goose, a dish of which they were especially fond. Since then I have studied the subject largely from a dietetic point of view, and with great advantage. I had always enjoyed good health, except that symptoms of dyspepsia were increasing in number and severity; for, being a "good feeder," like all the world about me, I ate as much as I wanted of all the good things found on Thanksgiving, Christmas, and other festive occasions, together with a daily fare quite up to the standard. I soon found myself entirely exempt from "colds" so long as I practised intelligent moderation in my diet, and kept clear of pastry and all indigestible substances; but so sure as I "let myself out" for a few days, so sure was I of having some sort of a cold. I found, however, that by skipping a meal or two the severe symptoms speedily abated, and then moderation would effect a complete cure. Whether these so-called colds are simply evidence of a clogged system from over-indulgence, or from eating indigestible substances, or whether unhygienic living is only a predisposing cause, and damp feet, carelessness, atmospheric changes, etc., are the exciting causes, are debatable questions.—*Journal of Chemistry.*

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