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**SPANISH FRITTERS.**—Cut some slices of bread into any shape you like; mix two eggs with two spoonfuls of flour and a little milk; cover the pieces of bread with this batter; let them rest for half an hour, then fry in lard or butter, and serve hot, with a little preserve on each fritter.

**CREAM CAKE.**—Into half a pint of good cream stir a pinch of salt and as much flour as will make a stiff batter; then add a tea-spoonful of the carbonate of soda. Bake at once in a shallow tin, in a very quick oven, and serve hot, with sifted sugar over. If liked sweet, two ounces of sugar may be added in with the other ingredients.

**SOLR milk** is an excellent bleacher. Place the garments in an earthen bowl or wooden pail, and cover entirely with the milk. Let it remain two or three days, taking pains now and then to shake it thoroughly. Then after washing and boiling, it will be found of pure white. For tablecloths and napkins that have become stained and yellow, this is a good cure.

**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.

A GOOD way to make starch is this: Dissolve the starch in a little cold water, have water boiling in the tea-kettle, and when the starch is entirely dissolved pour the boiling water over it, stirring it until it is thick; this is all the cooking the starch needs, blue it slightly, and add to it a bit of sperm or clean lard. There is no danger of lumps or of the starch burning, and so being filled with black specks, if prepared in this way; but unless the water is actually boiling when you pour it over the starch, your labour will have been in vain.

**Flors** have many uses. A handful of them steeped in a quart bowl (always steep in earthen) of water until the strength is extracted, strained and sweetened with loaf sugar, and bottled for use, is as good or better than any hop-bitters ever purchased. Dose, one glass full taken three times a day; is a good antibilious alterative and tonic for ordinary family purposes. For outward application, make some small bags of cotton six inch square, and fill with hops. When the face aches, or the head is in pain, or the throat and chest are sore, heat one or more of these bags very hot, up to scorching the cloth even, and apply to the suffering part. It is a great improvement on wet cloths, or wet applications of any kind.

**THE OPEN FIRE.**—Dr. Dio Lewis speaks of the open fire as "that good old-fashioned blessing," and says further, in the *Golden Rule*: "Let us go without silks, broadcloths, carpets, and finery of all kinds, if necessary, that we may have this excellent purifier and diffuser of joy in all our houses. In my own house I have ten open grates, and find the expense is frightful, and if it were in any other department of housekeeping I should feel that I could not afford it; but in this I do not flinch, so important do I deem the open fire. Next to an open wood fire, the open coal grate is the best means of warming and ventilating. And if, with a good draught, the coal used be bituminous, it is a very excellent fire. If you would have good throat, lungs and nerves, sit by an open fire, and keep as far as possible from stoves, and furnaces. If you cannot escape those evils, wear more clothing, especially upon the feet and legs, and keep the doors and windows open."

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