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GINGER COOKIES.—One cup of butter, one cup of sugar, one cup of malasses, one teaspoonful of saleratus dissolved in three tablespoonfuls of water, one teaspoonful of ginger. Roll as soft as possible, and bake quickly.

APPLE CHARLOTTE-Cut pieces of bresi brown in batter. Stew good cooking appears season highly and let cool. Pour one spoonful on every piece of bread, and send to table while the bread is hot.

DISH FOR LUNCHEON.-Take pictes of DISH FOR LUNCHEON.—Take paces of cold meals of any kind, chip fine, season with pepper and sait, just a little onion break over the meat two or three eggs, and a small piece of butter, sir all together: pour it upon nicely buttered toast, serve her, garnish with parsley.

BAKED BRETS.—These excellent vege-tables are quite as good baked as boiled, and the sugar is better developed by the bak on process. The oven should not be too ho, and the beers must be frequently turned. Do not peel them until they are cooked; then serve with butter, pepper and sait.

GREEN CORN FRITTERS .- Grate the corn GREEN CORN FRITTERS.—Grate the corn and allow an egg for every cupful, with a tablespoonful of milk or cream. Beat the eggs well, add the corn by degrees, bearing hard; salt to taste; put a tablespoonful of melted butter to every pint of corn; stir in the milk with justlehough flour to hold them together. Fry in hot lard, as you would fritters. (Test a little first to see that it is of the right consistency. Some have named them oyster fritters as they have the flavour of oysters. of orsters.

THE "Confectioner and Baker" gives the following method for making peppermini frops: Take a convenient quantity of any granulated sugar; put it in a pan having a lip, from which the contents may be pouted or dropped; add just water enough to make the sugar into a stiff paste; two ounces of water to a pound of sugar is about the right proportion; set it over the fire and allow it to nearly boil, keeping it continually stirred. It must not actually come to a full boil. When the bubbles denoting that the boiling point is reached begin to rise, remove it from the fire and allow it to cool a little, stirring all the time; add strong essence of pepper-THE "Confectioner and Baker" gives the all the time; and strong essence of pepper-mint and drop on tins or sheets of white paper. The dipping may be performed or ill ing the vessel alightly, so that the con can will slowly run out. The drops may be stroked off with a stiff wire on to the tins of paper.

EFFECT OF GUNSHINE.—From an acore, weighing a lew grains, a tree will grow for a hundred years or more, not only throwing off many pounds of haves every year, our itself weighing several tons. If an orarge wife is put in a large box of earth, and that ear h is weighed when the twig becomes a tree, bearing loscous fruit, there will be very nearly the same amount of earth. For careful experiments made by different serior that a tree will be a many of the same and the same are under that a supering that it is an ascertained fact that a very nearly the same amount of earth Y on careful experiments made by different scientific men, it is an ascertained fact that a very large part of the growth of a tree is desired from the sun, from the air, and f om the water, and a very little from the earth and no ably all vegetation becomes ackly unless freely exposed to sunshine. Wood and coal are but condensed sunshine, which contains three important elements equally essential to both vegetation and animal life—magnesia, lime, and iron. It is the iron in the blood which gives it its sparkling red colour and its strength. It is the lime in the bones which gives them the durability necessary to bodily vigour, while the magnesia is important to all of the tissues. Thus it is, that the more persons are out of doors the more healthy and vigorous they are, and the longer will they live. Every haran being ought to have an hour or two of sun shine at noon in winter and in the early forenoon in summer. noon in summer.

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its caring qualities is still growing strong.

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