

MACARON CAKES.

Blanch a pound of sweet or bitter almonds, or cocoanut, and beat them fine in a mortar, with a little rose water to keep them from oiling; put to them a pound of double refined sugar beat and sifted, then beat the whites of eight eggs to a high froth, and put them in, and beat them well together and drop them on white paper, sift fine sugar over them and bake them in a slack oven.

SPONGE CAKE.

Weigh ten eggs and their weight in very fine sugar, and that of six in flour, beat the yolks with the flour, and the whites alone, to a very stiff froth; then by degrees mix the whites and the flour with the other ingredients, and beat them well half an hour. Bake in a quick oven an hour.

ANOTHER.

Said to be the Best.

Take half a pound of flour, nine ounces of loaf sugar, six eggs, one teaspoonful of cream of tartar, half a teaspoonful of super carbonate of soda, flavor with fresh lemon. Rub the flour and cream of tartar well together while dry, beat the yolks and whites of the eggs separately, mix the whole well together, and the last thing before going into the oven, add the soda and mix well. Bake as above.

AN EXCELLENT DRINK FOR THE SICK.

Toast ripe Indian corn quite brown, or even a little black, and put it into hot water to steep. Drink when cold. This makes one of the best drinks for the sick, and will often stop sickness at stomach when all other remedies fail.

DYSPEPSIA BREAD.

Three quarts unbolted wheat meal one quart soft water, warm, but not hot, one gill of fresh yeast, one gill molasses or not, as may suit the taste. If you put this in the oven at the exact time when it is risen enough, saleratus is not necessary.

BRONCHITIS.

Avoid exposure to cold or damp air; refrain from reading aloud, public speaking, singing, or blowing on instruments; keep clear of stimulants, and use a diet of milk and vegetables; take some soothing syrup to allay the irritation, wear no cravat or other bandage about the neck, a light ribbon is sufficient; let the neck have plenty of fresh air, and apply cold water to it every morning when you wash.

MUFFINS

Lay a gill of brewers' yeast of as light a color as can be got, into cold water, and let it stand all night. The next morning pour the water off clear from it. Warm a quart of water -milkwarm, and stir the yeast and a quarter of an ounce of salt well into it, for five or six minutes, strain it into half a peck of fine white flour, mix it into a dough as lightly as possible, and let it lie in the trough for an hour to rise, covered with flannel. Pull the dough into small pieces with the hands, rolling them as done in a good deal of flour, and roll them thin with a rolling pin, lay them directly under a flannel, and they will rise to proper thickness. Bake them in tin rings on an iron griddle. When done on one side, turn them on the other, but they must not be browned.