

Buckwheat Cakes.—Take a cupful of any yeast that has been set the night before; add it to 1 quart best buckwheat flour, two tablespoons white or graham flour, and two of cornmeal, with enough warm water to make a stiff batter. When ready at dinner time stir in teaspoon of salt, $\frac{1}{2}$ teaspoon soda, and enough milk and warm water to make the batter thin enough. Cook quickly and serve right from the griddle.

Pancake or Batter Cakes—

6 tablespoons graham flour,	1 or 2 eggs,
1 pint milk,	Saltspoon salt.

Break egg into basin, beat well, then add salt and flour. Beat till perfectly smooth, adding milk gradually till it is about as thick as cream. Bake as small cakes on hot greased pan, or cover bottom of pan for large pancake. When done, sprinkle sugar, roll, and serve with lemon and sweetened vinegar.

All the above recipes except crumpet can be made with mixed flours, and all are much improved by adding cold cooked cereal, especially rice.

SUGGESTIONS.

By following these suggestions any one can save a great deal, and so have much more to spare for the many funds in such urgent need:

1. People make a big pot of the strongest tea and fill their cups half full of hot water, leaving half of the tea to be thrown away. See just how many of the measures you use are contained in a quarter of a pound of tea. Then see that it lasts just the time it should. After a careful trial you will be surprised to find you have been wasting about one-third.

2. Do the same with coffee. A very economical way to clear coffee is to break an egg, shell and all, into a jelly glass, adding five times its bulk in water. Damp the coffee (heaping spoon of coffee to 2 cups), then stir in a tablespoon of the egg.