

RECEIPTS.

ELECTION CAKE.—Two cups of raised dough, one cup of sugar, yolks of two eggs and white of one egg, one half cup of butter. Beat the butter and sugar to a cream; add dough and egg and beat thoroughly together; add one half teaspoonful of soda, dissolved in a little water; beat; add one cup stoned raisins, one teaspoonful of cinnamon, one half teaspoonful of cloves, about the same of allspice and nutmeg; beat well and bake at once.

A PRETTY BASKET.—Take a small sized grape basket, let up the handle a little, soak it in hot water; stretch it sideways to make it better shape. Then cover it all over with scarlet satteen or any color you choose. Then crochet some seine cord, white or pink, and white alternate rows in such a way that you can insert a ribbon around the centre of the basket, making a bow on one side. Cover the handle in the same way, and you will have a nice work-basket.

EXCELLENT SPONGE CAKE.—Three eggs, beat till very light; add one and one half cups of sugar; beat; one cup of flour, with one teaspoonful of cream of tartar stirred into it; beat; one half cup of cold water with one half teaspoonful of soda; beat; one cup of flour; beat; bake, the quicker the better and not burn; frost it and it will keep moist.

SOFT COOKIES.—Take two cupfuls of thin cream, two cupfuls of sugar, three eggs, caraway or not, as you like, flour sufficient to make it as thick as pancakes, two even teaspoonfuls of soda. Drop with a spoon on buttered tins, and bake fifteen or twenty minutes.

INDIAN MEAL MUSH.—Take fine meal of Northern corn, and a little salt, and stir it slowly in boiling water until it is as thick as can be stirred easily. Stand it on the back of the stove, and let it cook slowly one hour. It is better to cook it in a milk boiler.

Starched shirts will iron easier if you will let them dry after starching, so you will have to sprinkle them before ironing.

—*Morning Star.*

FOOT COMFORTS.

Never go to bed with cold feet. Never try to sleep without being perfectly certain that you will be able to keep them warm. To lie one night with cold feet, gives such a strain to the system as will be felt seriously, perhaps ending in a fit of sickness.

Cold feet show an unbalanced circulation. The very best thing to do is to warm them by exercise, if that be practicable. If not try dipping them in hot and cold water, alternately, two or three times, and then using vigorous friction. If that does not warm them, keep them before the fire, drying them thoroughly and then correct your habits and improve your health, for be sure that one or the other is wrong, perhaps both.

With all the rest, if you sleep on a hard bed with cotton sheets in a cold room, put on an extra covering over the feet. It is very convenient to have a "foot comfort," just wide enough to cover the top of the bed and about a yard deep. This may be made of some light material (perhaps the remains of a pretty dress

filled with cotton like a "comfortable," and tacked with some harmonious color. During the day this may be thrown over the foot-board, and spread on the bed at night. The advantage of this is to secure sufficient light covering for the feet without overburdening the remainder of the body.

If you use a hot brick or an iron, put it in the bed a little beforehand, and then when retiring remove it.

To sleep with the feet in contact with it, has a tendency to make the feet tender.

But better than both these, and to be used with or without them, is the foot blanket. This may be a square yard of domestic flannel, or two yards, folded, of Swiss flannel, or anything else you like that is warm enough, only have it nice and clean. Fold this around feet and ankles before you put them down in the bed. If not very cold, this will very often warm them, especially if you have used friction; and if warm, it will prevent them from becoming cold by contact with the cold sheets. It keeps the warm air around them. It does not make the feet tender, and it is far more convenient than the hot brick or soap-stone. Try it and if you are troubled with cold feet you will be likely to keep it by you hereafter. What ever you use, always lie at full length. To "curl up" hinders free circulation.—*Science of Health.*

Poetry.

SECRETS.

Give no harbor, little raiden
To a secret, great or small;
Not to have a darkened chamber
In your heart, is best of all.
Like the blossoms you are growing
Sweetly on the parent tree,
Like the blossoms cook the sunshine,
And the dews of heaven so free.

Have no secrets, oh, my daughter,
From the mother whom you love,
Her fond care is just as tender
As an angel's from above!
Go to her with all your troubles,
Ay! and do so from the start,
Even though you loved another,
Let her know and read your heart.

Have no secrets when you're wedded;
Full of happiness and grace,
With a wife's sublime devotion,
Look your husband in the face:
Dress for him above all others;
Think for him in time of care,
Let him know a loving welcome
Waits him in his home so fair.

Have no secrets from the children;
Let them know that open truth
Is a guest beloved and honored
In the dwelling of their youth;
Let it be impressed upon them,
Every day of all the seven,
That in all the world there never
Was a secret kept from Heaven.