

## Scientific and Useful.

**HICKORY-NUT CAKE.**—Two cups sugar, one of milk, two-thirds cup butter, three of flour, three eggs, two teaspoons baking-powder, a cup nut-kernels cut fine.

**SUET PUDDING.**—Four cups flour, one cup chopped raisins, one cup milk, one cup chopped beef suet, one cup molasses, one teaspoonful soda; steam three hours. Eat with sauce.

**MARBLE CAKE.**—White cake—Half cup of butter, one and a half cups of white sugar, two and a half cups flour, quarter of a cup of sweet milk, quarter of a teaspoonful of soda and whites of four eggs. Flavour with lemon.

**A DELICIOUS SOUP.**—Make a stock of chicken soup. When strained, and just before it is served, add a beaten egg and a half pint of cream to a quart of the soup. Let it boil one minute, and pour into the tureen. This will be found most delicate in flavour.

**THE POPULATION OF THE EARTH.**—The fifth publication of Behm and Wagner's well known "Population of the Earth," makes the number of the earth's human inhabitants for the current year 1,439,145,300, an increase of fifteen million over the estimate of last year. The increase is attributed partly to natural growth, partly to exacter knowledge due to recent censuses. The distribution of the population among the grand geographical divisions is as follows: Europe, 312,398,480; Asia, 831,000,000; Africa, 205,219,500; Australia and Polynesia 4,411,300; America, 86,116,000.

**BREAD PANCAKES.**—Soak the bread—about a quart—in as little sweet milk as will thoroughly moisten it; then mash the bread until it is a smooth paste; then add a teaspoonful of sour milk, half a teaspoonful of soda perfectly dissolved in tepid water, and stir in carefully sufficient flour to make a batter just stiff enough to make the cakes light without being thick and hard. (In other words, make them just as thin as they can be baked without sticking or tearing). Try a cake or two on the hot buttered griddle, if you have any doubt about it. Eggs are not necessary to make light, wholesome pancakes of this kind, but if plenty, or not too expensive they add greatly to their delicacy. Two, three, or four eggs, as you can spare them.

**THE FOOD TO MAKE FLESH.**—Sugar, syrup, fresh cheese, wheaten grits, hominy, and juicy meats. Almost any woman will get plump on brown bread and wheaten grits or oatmeal twice a day, with meat and vegetables in plenty at breakfast and dinner, and a supper of brown biscuit, with sweetmeats, cheese and cream, or coffee drank with plenty of sugar and milk. It is not necessary to eat largely if the appetite does not call for it, but the food must be tempting, and if hunger is keen, one who would be plump and spirited must not be afraid to indulge it. Unrelishing, distasteful food, though it may be considered healthy, will not nourish and stimulate like what is piquant and savory, and changed in variety day by day.—*Cor. Toledo Blade.*

**USE OF LIME.**—Prof. Caldwell reasons in this way in the New York "Tribune": "Hence, the first and one of the most important rules to be observed in the use of lime is that it should be applied in these large doses only to soils comparatively rich in humus, or strong clay soils rich in finely divided silicates. It has been proved by experiment that lime will convert plant-food from insoluble to soluble forms in either case. We find the proverb current in France and Germany, as well as in our own language, that 'lime without manure makes the father rich, but the children poor;' which means, plainly enough, that not only should we start with good soil in using lime, but should maintain its good condition by the liberal use of manure. And we find that whenever, in this country or elsewhere, lime is used intelligently manure is used freely."

**POISONING BY PEACH STONES.**—A fatal case of poisoning by peach stones, which is noted in the French papers as having recently occurred in Paris, should serve as a warning to families in which children are allowed to look after themselves for hours at a time. Probably very few adults themselves know how poisonous peach stones are. The victim of the recent accident in Paris secreted the stones of a number of peaches, and, obtaining a hammer, when left alone broke them open industriously and ate them; the result being that he was fatally poisoned by hydrocyanic (prussic) acid. Writers on toxicology state that one ounce of kernels contains about one grain of pure prussic acid, and this quantity, it is well known, is sufficient to kill any adult person. Even two-thirds of a grain has very often proved fatal, and indeed may well be regarded as a fatal dose for any child.—*Selected.*

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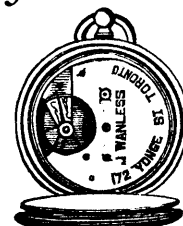
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