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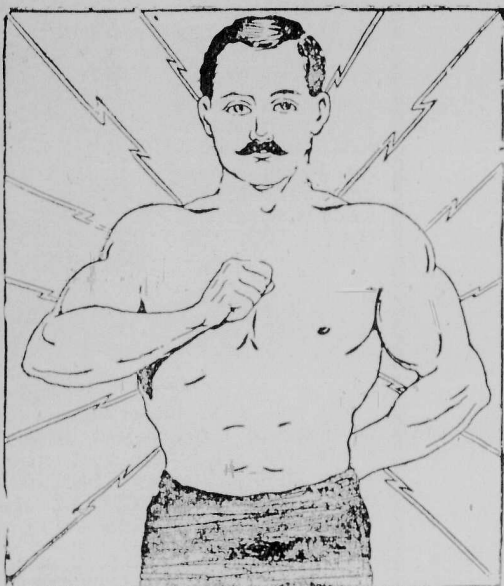
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and I will take your case on these terms. You take no chances. I do that. All I ask of you is security for the Belt while you are using it. Don't delay. Try it at once.

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Dr. McLaughlin:—

Dear Sir:—I have pleasure in telling you that the Belt I bought from you has perfectly cured me of Rheumatism. Thanking you for the good it did me, I remain, Yours very truly,

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## Selected Recipes

**Cider Vinegar.**—Cider vinegar that is flat and lacks the sharp taste so desirable for pickles and salad may be rendered fresh and acid by dropping into it a level tablespoonful of cream of tartar to each gallon of vinegar. Let it stand three or four weeks before using.

**Eggs and Tomatoes.**—Skin and break up two large, ripe tomatoes. Make them hot in a saucepan with a little butter; pour off half the juice, then break in two eggs. Keep stirring with a fork till the mixture thickens. Dish up on hot toast, and sprinkle with salt and pepper.

Oranges and lemons should invariably be washed and the rinds brushed with a soft brush. Apart from the certainty that the fruit has passed through many doubtfully clean hands and receptacles, the specks often seen on the fruit are stated to be of a parasitic nature.

**Railway Pudding.**—Have a tea-cupful of self-raising flour, and work into it one ounce and a half of good beef dripping or butter, add a good pinch of powdered ginger, and a heaped tablespoonful of castor sugar. Beat up an egg with a little milk, and with it mix the dry ingredients into a nice, light batter. Bake in a greased pudding dish for three-quarters of an hour. Turn out to serve, and pour round a nice sweet sauce flavored with grated lemon rind.

If rice is to be a useful article of food, it should be cooked with milk, butter, or stock, which will supply the want of natural fat. In making puddings of rice, always allow three hours' slow cooking. It is a good plan to steam rice for curry, for if it is boiled, valuable parts are thrown away in the water.

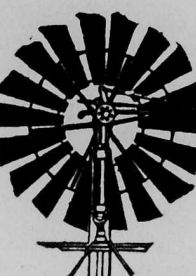
—Sent by DEVONIAN.

## WEIGHTS AND MEASURES FOR THE COOK

- 2 cups lard equals 1 pound.
- 2 cups butter equals 1 pound.
- 4 cups white flour equals 1 pound.
- 3½ cups whole wheat flour equals 1 pound.
- 4½ cups graham flour equals 1 pound.
- 2 cups corn or oatmeal equals 1 pound.
- 4 cups coffee equals 1 pound.
- 2 cups granulated sugar equals 1 pound.
- 2½ cups powdered sugar equals 1 pound.
- 3½ cups confectioner's sugar equals 1 pound.
- 2½ cups brown sugar equals 1 pound.
- 2 cups chopped meat equals 1 pound.
- 2 cups rice equals 1 pound.
- 2 cups raisins (packed) equals 1 pound.
- 2½ cups currants equals 1 pound.
- 2 cups stale breadcrumbs equals 1 pound.
- 9 large eggs equals 1 pound.
- 2 tablespoons butter equals 1 ounce.
- 4 tablespoons flour equals 1 ounce.
- 6 tablespoons baking powder equals 1 ounce.
- 3 teaspoons equals 1 tablespoon.
- 16 tablespoons (dry) equals 1 cup.
- 4 teaspoons (liquid) equals 1 tablespoon.
- 4 tablespoons equals 1 wineglass.
- 2 wine glasses equals 1 gill or half a cup.
- 2 coffee cups equals 1 pint.
- 2 tablespoons equals 1 ounce (liquid).
- 1 tablespoon salt equals 1 ounce.
- 16 ounces equals 1 pound or 1 pint.
- 1 quart unsifted flour equals 1 pound.
- An ordinary tumbler equals a coffee cup or ½ pint.
- About 25 drops of any thin liquid will fill an ordinary teaspoon.

—Sent by "LIVELY CANADIAN."

**Home-made Cement for China.**—Take a heaping tablespoonful of quick-lime, and pour over it the white of an egg. Mix equal parts of vinegar and sweet milk together. Add this to the quick-lime and egg while beating thoroughly. The whey should be poured in a few drops at a time only, and the whole should form a rather thin cement. When ready for use, warm the cement slightly and apply to the heated edges of the crockery or china. Then press firmly altogether.



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