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PASTE.-Rye flour boiled in water, with a little alum added while bolling, makes an adhesive paste almost as strong as glue.

JOHNNYCAKE.—One cup sweet milk, one cup wheat flour, one and one-half cups commeal, one tablespoonful sugar, one egg, butter half the size of an egg, one tesspoonful cream tartar, one-half teaspoonful soda, a little sait. Bake in a tin about four inches by eight inches.

FRENCH VEGETABLE SOUP .- To a leg of FRENCII VEGETABLE SOUP.—To a leg of lamb of modérate size take four quarts of water. Of carrots, potate 2, onlons, tomatoes, cabbage and turnips, take a tea-cup each, chopped fine; salt and pepper to taste Let the lamb be boiled in this water. Let a cool; skim off all fat that rises to the top. The next day boil again, adding the chopped vegetables. Let it boil three hours the second day. second day.

FROSTING.—Handsome and delicious frosting can be made by using the yolk of eggs instead of the white. Isn't this good news? It is such a convenience sometimes to be able to do it. Proceed exactly as for ordinary frosting. It will harden just as nicely as that does. This is particularly good for orange cake, harmonizing with the colour of the cake in a way to delight the soul of the resthetic.

PLUM TART .- Stone some plums, and sten PLUM TART.—Stone some plums, and stew them for an hour with plenty of sugar and half a tumblerful of water. Make a short paste with the white of one and the yolks of three eggs, an ounce of buti 17, an ounce of sugar, a pinch of salt, a little water, and sufficient flour. Roll it out to the thickness of a penny piece, line a tourte mould with it, uniting the joints with white of egg, fill it with rice, and bake it. When done, remore the rice, put in the stewed fruit, and serve. Bran on Carperts.—Take a pint of any

the rice, put in the stewed fruit, and serve.

Bran on Carpers.—Take a pint of any coarse bran—a pint is sufficient for an aver age room—dampen with as much water as it will hold without dripping, being wet enough to make "splashes" on the earpet, sprinkle it over one-half the carpet, then commence next to the wall, and swe-p the bran over the other half. Keep your shoes off the bran. When the sweeping is finished, the bran, it rightly operated, will have absorbed the dust, and the furniture will be easily rubbed over. This applies to ingrain, rag, or other than Brussels, and will not soil the finest fabric, wall or paper. bric, wall or paper.

bric, wall or paper.

White or Brown Bread,—The Spartans and Romans of old time lived their vigorous lives on bread made of wheaten meal. In northern as well as southern elimates we find the same thing. In Russia, Sweden, Scotland and elsewhere, the poor live chiefy on bread, always made from some whole meal,—wheat, oats or tye. White bread alone will not support animal life. Bread made of the whole grain will. The expendent, says a writer in the "Nineteenth Century," has been tried in France by Magende. Dogs were the subjects of the trial, and every care was taken to equalize all the other conditions—to proportion the quantity of food given in each case to the weight of the animal experimented upon, and so forth. The result was sufficiently marked. At the end of forty days the dogs fed solely on white bread died. The dogs fed on bread made of the whole grain remained vigorous, healthy, and well-nourished. Whether an originally healthy human being, if fed solely on white bread for forty days, would likewise die si the end of that time, remains of course a question. The tenacity of life exhibited by Magendie's dogs will not evidently bear comparison with that of the sewreely yet forgotten forty days' wonder, Dr. Tanner. Nor is it by my means asserted that any given man or any given child would certainly remain in vigorous health for an indefinite length of time if fed solely on wheat meal bread. Not a single piece of strong evidence has been produced. WHITE OR BROWN BREAD .- The Spirvigorous health for an indefinite length of time if fed solely on wheat meal bread. Not a single piece of strong evidence has been produced, however, to show that he would not; and in the only case in which whole meal bread has been tried with any persistency of on any considerable scale among use to make a scale among use to make an excellent and wholesome substitute for more costly forms of nutritious food.

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