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BAKED SPONGE PUDDING.—Three eggs, their weight each in butter, sugar, and flour, beat the eggs very light, and the butter beaten to a cream, and sugar and flour; this will make four large cups; fill them half full, and bake in a moderate oven ten minutes. Wine sauce.

RICK MUFFINS.—Boil soft and dry one half cup rice, stir in three spoonfuls suet, piece of butter size of an egg, and a little salt, one pint of sweet milk, one cup yeast two quarts flour. Let it rise all night sour in the morning, add a little soda dissolved in milk, and bake in muffin rings.

LEMON SAUCE. One cupful of boiling water, one tablespoonful of flour and a lemon. Mix the flour smoothly with a little cold water, and stir into the boiling water. Add the sugar and the juice and thin rind of the lemon. Boil gently for twenty minutes. This sauce is nice for any kind of pudding. From Miss M. Parlow's Recipes.

WASHING-FLUID.—A correspondent of the Toledo Blade says: "I have an excellent recipe for washing fluid which some one may like to try. I have tried several, and like this much the best. It does not rot the clothes, but loosens the dirt and bleaches the clothes. Take 2 oz. of aqua ammonia, 2 oz. salts of tartar, and 1 box of concentrated lye. Dissolve the lye in 1 gallon of rain water, and the salts of tartar in another, and pour both in a two-gallon jug; add the ammonia and cork well; use 1 teaspoonful in the first suds, and the same amount in the boiling suds; rinse and blue well, and the result will be satisfactory, I think."

PANCAKE.—Five moderate-sized apples, two tablespoonfuls of finely-chopped suet, three eggs, three tablespoonfuls of flour, one pint of milk, a little grated nutmeg. Mix the flour to a smooth batter with the milk, add the eggs, which should be well whisked, and put the batter into a well-buttered pan. Wipe the apples, but do not pare them; cut them in halves, and take out the cores; lay them in the batter, and uppermost; shake the suet on the top, over which also grate a little nutmeg; bake in a moderate oven for one hour, and cover, when served, with sifted loaf sugar. This pudding is also very good with the apples pared, sliced and mixed with the batter.

THE EYESIGHT OF READERS.—A writer in the "Library Journal," calls attention to the danger which readers run of injuring their eyesight by the use of a bad light. He remarks that engravers, watchmakers, and all others who use the eyes constantly in their work, take extra care to preserve them by getting the best possible light by day, and using the best artificial light at night. The great army of readers are careless, and have, sooner or later, to pay the penalty of their carelessness by giving up night work entirely, and sometimes reading except at short intervals and under the best conditions. All departures from common type, making the matter more difficult for the eyes to take in, increase the danger. The magnitude of the physical labour of reading is not appreciated. A book of five hundred pages, forty lines to the page and tiny letters to the line, contains a million letters, all of which the eye has to take in, identify, and combine each with its neighbour. Yet many readers will go through such a book in a day. The task is one he would shrink from, if he should stop to measure it beforehand. The best positions and best lights, clear type, plain inks, with the best paper of yellowish tints, and abundant space between the lines, afford the best safeguards against harm.

ROUGH SIEGE LAID TO HIM. Mr. James O. Neville, the well-known General Import and Export Agent of the "Aston Line," and General Dominion Shipping Agent, of 538 Dorchester street, Montreal, is an active member of the Shamrock Lacrosse Club. "While on a late exhibition trip to the States," said Mr. Neville to the writer, "my old foe, the rheumatism, attacked me, and gave me a rough siege. I suffered with the ailment all through my trip and long after my return home. I tried several remedies and found them entirely useless. Having read the endorsements of well-known people who had used St. Jacobs Oil, and been cured thereby, I determined to give it a trial. Upon the first application I saw at once it was what I required. In two weeks' time I was as well as ever, and fully able to attend to my business. I have not had the least suggestion of rheumatism since. It certainly is a remarkable remedy, and one that seems to me to be infallible."