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COCOANUT CAKE.—One and a half cups of sugar, half a cup each of butter and milk, one cup of cocoanut grated fine, two cups of flour, three teaspoonfuls of baking powder. Bake in pans, with dry cocoanut sprinkled over the top.

SCALLOPED POTATOES.—Scalloped potatoes make a nice dish for tea. Prepare in this proportion: Two cups of mashed potatoes, two tablespoonfuls of cream or milk, and one of melted butter; salt and pepper to taste. Stir the potatoes, butter, and cream together, adding one raw egg. If the potatoes seem too moist, beat in a few fine bread crumbs. Bake in a hot oven for ten minutes, taking care to have the top rich brown.

STEWED TONGUE.—Cut up a slice of bacon as for larding; sprinkle the pieces with salt, pepper, chopped parsley and a little allspice. Lard an ox-tongue with these, and lay it in a saucepan with two slices of bacon, four small bunches of parsley, two sprigs of thyme, two carrots cut into small pieces, two small onions, a few cloves, salt and pepper. Cover with stock to which has been added a glass of sherry. Simmer five hours, keeping the saucepan well covered while serving. Strain the sauce over the tongue.

SOFT SOAP.—To one pound of potash add three gallons of water. Boil the potash until it is all dissolved, then add three pounds of any kind of soap-grease—the cleaner the better—to the lye, and set it to boiling; it usually becomes soap after boiling from one to five hours. Let it boil slowly, so that it will not boil over. If it boils down before it becomes soap, add sufficient water to keep the same quantity in the kettle until it is soap, then add nine gallons of water, and stir well together. When cool, this will be beautiful white soap if the grease was clean.

BLACK BEAN SOUP.—Black bean soup is made of one quart of black beans and three quarts of water. Wash the beans, then boil them until they are tender; take from the stove, turn off the water, and throw it away; rub the beans through a colander, put them back in the soup kettle, add one quart of fresh water and some stock made the day before; add pepper and salt, and any herbs you choose for seasoning. Put the herbs in a little clean cloth bag. Hard-boiled eggs cut in thick slices, and dropped in the soup just before serving, are thought to be a welcome addition; little balls of chopped beef, put together with flour, and fried brown in butter, can be dropped in, in place of the eggs.

MUTTON CUTLETS STEWED.—Cut a quantity of carrots, turnips, and potatoes, all to the size of olives. Trim some cutlets, and toss them in butter, with a sprinkling of pepper and salt till they begin to colour; put them in a stewpan with the carrots, about a pint of stock (free from fat), a spoonful of French tomato sauce, and a faggot of sweet herbs, and let them stew gently for fifteen minutes, then add the potatoes, and lastly the turnips; let the whole stew gently till the meat and vegetables are quite done; add a piece of butter rolled in flour, a small piece of glaze, and more pepper and salt. Remove the sweet herbs, and serve the cutlets round the vegetables, with as much of the gravy as is required.

HOW IT WORKED AT THE MURRAY HOUSE.

Among the cosiest hotels in Ontario is the Murray House of St. Catharines, kept by Mr. Thomas Scully, where the writer always stops when in that city. Upon a recent trip, the writer was speaking with Mr. Scully concerning his old ailment, weak back, when Mr. S. observed: "I take sincere pleasure in recommending St. Jacobs Oil to all sufferers. I have found it a most excellent remedy myself, and I know of others who have used it with great success. I would not be without St. Jacobs Oil, nor do I believe any sensible man ought. I caught a cold about three years ago, which settled in my back and sorely afflicted me between my shoulders. The pain was almost unendurable at times, especially at impending changes of the weather; and at such times I used to be incapacitated for attending to my business. I tried electric baths, salt baths, various strengthening plasters and other such means without success. Finally I tried St. Jacobs Oil, the Great German Remedy, and was cured at once, and permanently. St. Jacobs Oil is a most excellent remedy, and I would not be without it at any price."