ORANGE SAUCE.—Whites of 3 eggs, 1 c. fruit sugar, grate rind of 2 oranges, $\frac{1}{2}$ c. orange juice, 3 tblsp. lemon juice, beat whites stiff; add sugar gradually, beating all the time, then add rind and fruit juice, Miss Mason

LEMON SPONGE.—Soak in tblsp. gelatine in $\frac{1}{4}$ c. cold water, dissolve in 1c. boiling water, add 1 c. sugar, $\frac{1}{4}$ c. lemon juice, strain and as it cooks beat occasionally. When quite thick beat well and add the whites of 3 eggs beaten stiff; mould and serve with soft custard. In a double boiler scald 1 pt. milk with $\frac{1}{4}$ c. sugar, $\frac{1}{2}$ tsp. salt; add yolks of 3 eggs beaten slightly; stir constantly and cook until it coats the spoon; flavor with 1 tsp. vanilla. Mrs K. S. Hogg

