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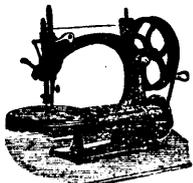
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**PARSNIP FRITTERS.**—Boil very tender; mash smooth and fine, picking out the woody bits. For three large parsnips allow two eggs, one cup of rich milk, one table-spoonful of butter, one teaspoonful of salt and three table-spoonfuls of flour. Beat the eggs light; stir in the mashed parsnips, beating hard, then the butter and salt, next the milk, lastly the flour. Fry as fritters or as griddle cakes.

**LAMP WICKS.**—The wicks of kerosene lamps should be changed frequently, or if not too short, washed in strong, hot soap-suds, with some ammonia in the rinsing water. We think the trouble with poor light from kerosene lamps probably arises from the wicks being full of the sediment or refuse matter which comes from the oil, and that impedes the free passage of the kerosene through the wicks.

**SCOTCH BROTH.**—Remove the fat from a gallon of meat broth; that in which any meat, either salt or fresh, has been cooked will answer. Mix half a teacupful of oatmeal into a smooth paste with a little of the liquor and add to it a small onion chopped fine. When the broth is boiling, stir in the paste; season to taste with pepper and salt and boil for twenty minutes, stirring occasionally to prevent lumping and burning.

**TO KEEP WELLS PURE.**—A correspondent of the "Inter-Ocean," writing from Battle Creek, Mich., says that he purified his well of water which was so subject to many worms, bugs, and other insects as to render it almost unfit for drinking, by placing in the well a couple of good-sized trout. They have kept perfectly healthy, and have eaten up every live thing in the water. In the winter season crumbs of bread and cracker are thrown in. The water is perfectly pure and sweet.

**GRAFTING WAX.**—There is none better than this. To four pounds resin and one of beeswax, add one pint of linseed oil; put in an iron pot, heat slowly and mix well. Pour out into cold water and pull by hand until it assumes a light colour. Work into sticks and put into a cool place till wanted. In using, oil the hands, work the wax until soft and press it tightly around the graft and over the cracks.

**OATMEAL AS FOOD.**—Says an Irish paper: Oatmeal is a food of real strength and nutrition, having claims to be better known and more widely used than it is at present. Of much service as a brain food, it contains phosphorus enough to keep a man doing an ordinary amount of brain work in good health and vigour. All medical authorities unite in the opinion that eaten with milk, it is a perfect food, and having all the requisites for the development of the system, it is a pre-eminently useful food for growing children and the young generally. Oatmeal requires much cooking to effectually burst its starch cells, but when it is well cooked it will thicken liquid much more than equal its weight in wheaten flour. The oats of this country are superior to those grown on the Continent and in the southern part of England, but certainly inferior to the Scotch, where considerable pains are taken to cultivate them, and it is needless to point out that the Scotch are an example of a strong and thoroughly robust nation, which result is justly set down as being derived from the plentiful use of oatmeal. Dr. Guthrie has asserted that his countrymen have the largest heads of any nation in the world—not even the English having such large heads—which he attributes to the universal use of oatmeal, as universal it is, being found alike on the tables of the rich and the tables of the poor—in the morning the porridge and in the evening the traditional cake. The two principal ways of cooking oatmeal are porridge and cake (bannock), which I will describe, and also some other modes of cooking to afford an agreeable variety of dishes. First, then, we will commence with a receipt for porridge: To three pints of boiling water add a level tea-spoonful of salt, and a pint of coarse meal, stirring—until the meal is diffused through the water—about eight or ten minutes. Cover it closely then, and place it where it will simmer for an hour; avoid stirring during the whole of that time. Serve hot and with as little messing as possible, accompanied with milk, maple syrup or sugar, and cream. To make oatmeal cakes, place in a bowl a quart of meal, add to it as much cold water as will form it into a soft dough, cover it with a cloth fifteen minutes to allow it to swell, then dust the pasteboard with meal, turn out the dough and give it a vigorous kneading. Cover it with the cloth a few minutes, and proceed at once to roll it out to an eighth of an inch in thickness; cut it into five pieces, partly cook them on a griddle, then finish them by toasting in front of the fire.—*Cultivator.*