

tions bread will be produced. If cooled in an open basket, and afterward stored away in tins, these biscuits keep sweet and short for a considerable period.

HOW DIPHTHERIA WAS SPREAD.—A few weeks ago a little girl in St. Albans, who had just recovered from diphtheria, was taken by her parents to visit a family in the neighboring town. She slept with the children in that family, and shortly afterward three or four of them were taken with the malady, and some have since died. The family permitted relatives and neighbors to visit them, and the result is several cases in the neighborhood. They had public funerals, even keeping the remains of one child an unusual time, waiting for another to die, so as to bury them together; and this also spread the contagion. The physician was not powerfully impressed—as some physicians are not—with the contagious character of the disease; therefore, he did not take the necessary precautions for the protection of the neighborhood or of his own family, and the result is that one of his own children has died and another is dangerously ill. A lady who went to one of these houses to robe the victims for the grave has called at houses in the vicinity where there are children, without any change of her garments or any attempt at disinfection, and has fondled the children in those families, apparently in utter ignorance of the danger to which she was exposing them.

The last and saddest instance was that of H. R. Highness the Princess Alice, who took the kiss of death from her own child.

POULTICES.—The common practice in making poultices of mixing the linseed-meal with hot water, and applying them directly to the skin, is quite wrong, because, if we do not wish to burn the patient, we must wait until a great portion of the heat has been lost. The proper method is to take a flannel bag (the size of the poultice required), to fill this with the linseed poultice as hot as it can possibly be made, and to put between this and the skin a second piece of flannel, so that there shall be at least two thicknesses of flannel between the skin and the poultice itself. Above the poultice should be placed more flannel, or a piece of cotton wool, to prevent it from getting cold. By this method we are able to apply the linseed-meal boiling hot, without burning the patient, and the heat, gradually diffusing through the flannel, affords a grateful sense of relief which cannot be obtained by any other means. There are few ways in which such marked relief is given to abdominal pain as by the application of a poultice in this manner.

VENTILATION OF CUPBOARDS.—The ventilation of cupboards is one of those minor matters that are frequently overlooked in the erection of houses, while the want of a thorough draft is apt to make itself unpleasantly apparent to the smell. The remedy of the defect is, however, very simple; if possible, have perforations made through the back wall of the closet, and a few in the door; when the wall of the closet cannot be perforated, bore holes freely on the top and bottom. To prevent dampness, with the accompanying unpleasantness and injurious effects of mildew in cupboards, a tray of quicklime should be kept, and changed from time to time as the lime becomes slacked. This remedy will also be found useful in safes or muniment rooms, the damp air of which is often destructive to valuable deeds and other contents.

TREATMENT FOR A SPRAINED ANKLE.—Dr. Erasmus Wilson says: "We all know that there is nothing more painful than a sprain of an ankle; it will lay a man up longer than the fracture of a bone, and he may recover with a very weakened joint. Accompanying a medical man in his rounds, he told me he had made a great discovery in the treatment of sprains. 'The way I cure a sprain,' he said, 'is this: I take some lard; I warm it, and rub it into the sprain half or three quarters of an hour. I then take some cotton wool and wrap around the joint and put on a light bandage. The sprain, which would have taken many months to get well, gets well in a few days—certainly in a few weeks—without any ill effects or after-consequences.'" Wilson adds: "I tried this treatment and found that it succeeded admirably."

FALLING HAIR.—A correspondent of the *Medical and Surgical Reporter* asks: "What will prevent the falling of hair? I have used for the past ten years, in my own case, and prescribed frequently for others, the following with complete satisfaction; Glycerin and tincture capsicum, each 2 ozs oil of bergamot, 1 drachm; mix and perfume to suit. This is to be the only dressing for the hair. Wash the head occasionally with soft water and fine soap."

THE ORANGE.—The orange is very easily digested, admissible in health and disease, and one before breakfast will often prepare the delicate stomach for a good meal better than anything else.

COOKERY.

POTTED HAM.—In warm weather it is difficult to keep ham that has been cut. The following plan is safe and good: Cut all that will make good slices, and fry as for the table. Lay the pieces close and even in a stone jar, packing them snugly and pressing them down. Pour all the hot fat over them, to fill the spaces and exclude air. Lay a plate over the top with a stone upon it. Keep in a cool, dry place, and you will find it nice and convenient all through warm weather. When wanted for the table, lay slices in the frying-pan, and only heat them through without more cooking. Be careful to keep the top of the jar covered carefully, so that flies may never gain an entrance.

HOW TO BAKE A HAM.—A good way to cook a ham is to bake it. Soak about twelve hours. Wash very clean, trimming away any rusty parts. Wipe dry, and cover the part not protected with skin, with a paste or dough made of flour and hot water. Lay in a dripping-pan, with the paste-covered side upwards, with enough water to keep it from burning. Bake until a fork pierces it easily, allowing about twenty-five minutes to each pound of the ham. Baste occasionally with the drippings, to prevent the crust of paste from cracking off. When done, peel off this crust and remove the skin of the ham. It may be served as it is, or it may be glazed.

TO GLAZE A HAM.—Brush the ham over with beaten egg. To a cup of finely powdered cracker, allow enough rich milk or cream to make into a thick paste, add a little salt, and work in a teaspoonful of softened butter. Spread this evenly over the ham, a quarter of an inch thick, and set it in a moderate oven to brown.

We have unavoidably been obliged to postpone the continuation of the illustrated article on "How to paint in oil on unglazed pottery," which appeared in our January issue. The remainder will appear in March number.

We shall be happy to afford information to any of our readers desiring to obtain the vases and materials for the purpose of practising the art of decorating these elegant designs from the Antique.

The Scientific Canadian.

AND

Mechanics' Magazine.

A MONTHLY JOURNAL

DEVOTED TO THE

Advancement and Diffusion of Practical Science,
and the Education of Mechanics.

PUBLISHED BY

THE BURLAND-DESBARATS LITH. CO.

OFFICE OF PUBLICATION:

5 & 7 Bleury Street, Montreal.

G. B. BURLAND, *General Manager.*

F. N. BOXER, ARCHITECT AND CIVIL ENGINEER, *Editor.*

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One copy, one year, including postage.....\$2.00
One copy, six months, including postage..... 1.10
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