

placed in a kettle, with the Pork you intend to bake, covered with water, and kept scalding hot for an hour or more. A pound of pork is quite enough for a quart of beans, and this is a large dinner for a common family. The rind of pork should be slashed.

Legs of mutton are very good, cured in the same way as ham. Six pounds of salt, eight ounces of salt-petre, and five pints of molasses, will make pickle enough for one hundred weight. Small legs should be kept in pickle twelve or fifteen days; if large four or five weeks are not too much. They should be hung up a day or two to dry before they are smoked.

Suet keeps good all the year round, if chopped and packed down in a stone jar, covered with molasses. Suet and lard keeps better in tin than in earthen.

Woolens should be washed in very hot suds, and not rinsed. Lukewarm water shrinks them.

A pailful of ley, with a piece of copers half as big as a hen's egg boiled in it, will color a fine nankin color, which will never wash out. This is very useful for the linings of bed-quilts, comforters, &c.

GENERAL RULES OF HEALTH.

"Keep your head cool by temperance, your feet dry and warm by exercise, rise early, go soon to bed, and if you are inclined to get fat, keep your eyes open and your mouth shut."

Maxims for Parents.—1. If consumption has prevailed in either of your families, use the earliest precautions to prevent your children from falling victims to the same disease.

2. Though consumption may not have been common on the side of either, yet precaution is not the less important. Two or three neglected colds in winter, or a cutting blast in spring, with improper clothing, may, in an infirm constitution, securely seat the relentless destroyer;—at the best, wretched health will be a certain consequence.

3. When they who must be ignorant of the essential difference between a common cold and consumption, boast of their cures, hear, but heed them not: ask this question of your common sense,—*what experience or inspiration can instruct such pretenders?*

4. It is wise to check a cold the first week; but much wiser the first four and twenty hours.

5. Attempt not the treatment of your own, or your children's colds,—test what may in reality have been, in the first instance, a

trifling disease, she to a confirmed cough.

6. All remedies, in such cases, invariably do more harm than good.

7. A strictly solitary and contented life, those predisposed to preserve their lives.

8. The most common cause of death, when guilty of no lurking enemy, is a life, lung-restorers, certain cures in the

Longevity.—From daily observation, to geivity is, in a great number of parents would spring, were it not for which so evidently Whence it is, from large cities, particularly early infancy? To mortality? So is a circumstance in young of other animals.

In the earliest age, attracted to a very early times arrive at the have marked, as the

Man seems designed portion of his time exercise, and the in self upon plain simple appetite indicate.

intentions of the blandishments of and caprice.

To compare the life with those individuals from the longest life contrast, and presence of longevity are of a large city,