

Domestic and Miscellaneous.

"HOUSE AND HOME."

What's a House? You may buy it, or build it, or rent;
It may be a mansion, a cottage, a tent;
Its furniture costly, or humble and mean;
High walls may surround it, or meadows of green.

Tall servants in livery stand in the hall,
Or but one little maiden may wait on you all;
The tables may groan with rich viands and rare,
Or potatoes and bread be its costliest fare.

The inmates may glitter in purple and gold,
Or the raiment be homely and tattered and old;
'Tis a house, and no more, which vile money may buy;
It may ring with a laugh, or but echo a sigh.

But a Home must be warmed with the embers of love,
Which none from its hearthstone may ever remove;
And be lighted at eve with a heart kindled smile,
Which a breast, though in sorrow, of woe may beguile.

A home must be "Home," for no words can express it,—
Unless you have known it, you never can guess it;
'Tis in vain to describe what it means to a heart
Which can live out its life on the bubbles of art.

It may be a palace, it may be a cot,
It matters not which and it matters not what;
'Tis a dwelling perfumed with the incense of love,
From which to its owner 'tis death to remove.

WHAT TO EAT, DRINK, AND AVOID.—A GUIDE TO HEALTH AND LONG LIFE.—BY R. J. CULVERWELL, M. D.

I shall not particularize the "vegetable kingdom" by an analysis of its orders, but merely take a view of a kitchen supply, or such as is most common to the dinner and desert table. Bread comes under the denomination of a vegetable, and is best known as home-made, domestic, white and brown bread. We have varieties, in the form of biscuits, pies and puddings, made from the same material—flour. Of these I will first speak. *New bread is very unwholesome*; it should, by every body, be eaten after it is one day old. Invalids should have it toasted, and eat it only when cold, buttered or not, as may be. It must be recollected that bread is always imperfectly baked, the top and bottom being the only parts thoroughly done; hence toasting completes the process. White bread has a tendency to constipate the bowels; it is rendered more astringent by the alum the bakers mix with it. Brown bread, being made of coarser materials, that is, flour not so well pulverized and sifted, *works its way*, and helps to preserve the bowels in a healthy lax state. The best plan is to alternate their consumption, or take the brown bread for breakfast and tea, and the white for dinner; or reverse it if it be preferred.

Bread is usually fermented with *yeast* or *leaven*, but of late years unfermented bread has commanded great consumption; it is certainly more wholesome—more saving in the preparation, both as to time and money, and, what is well to know, less constipating and indigestible than fermented bread proves to be to many. The following is the best formula employed:

To make white unfermented bread.—Take of flour, dressed or household, 3 lb. avoirdupois; bicarbonate of soda in powder, 9 drachms apothecaries weight; hydrochloric (muriatic) acid, specific gravity 1.16. 11½ fluid drachms; water, about 25 fluid ounces.

To make brown unfermented bread.—Take of wheat meal, 3 lb. avoirdupois; bicarbonate of soda, in powder, 10 drachms apothecaries' weight; hydrochloric (muri-

atic) acid, specific gravity 1.16. 12½ fluid drachms; water, about 28 fluid ounces.

The following are the instructions to the cook or housewife for carrying out the preceding directions: first, mix the soda and flour well together—let the soda be well rubbed down in a mortar, and then scattered through a sieve over the flour, stirring them together in a large bowl. Mix the acid well with the water, which should be cold, or lukewarm, by the aid of a wooden spoon; then make dough, the thinner the better, in the usual manner, by mixing the flour and water as quickly as possible; divide it into loaves of convenient size, which had better be put into earthen pans, and put them immediately into a hot or quick oven. In about an hour and a half they will be sufficiently baked. The soda and acid used, form, when mixed, common salt, but the process of their conversion, the effervescence, it is that expands the dough and answers the purpose of the yeast. If there be too much soda or acid, the bread will be correspondingly flavoured, and where lumpy, slightly discoloured, but neither circumstance is of any moment.

This form of bread admits of many of the usual modifications, such as the use of milk, and its conversion into puddings, cakes and biscuit.

To make a good plain pudding, which may be rendered into plum, currant, suet, &c., thus: Take of best flour, 1½ lb.; bicarbonate of soda, ½ an ounce; hydrochloric acid, 5 fluid drachms; suet, ¼ lb.; ginger, ½ drachm; water (more or less) 1 pint. Mix quickly, as before advised, and boil in a basin or bag.

To make cakes.—Take of flour, 1½ lb.; bicarbonate of soda, ½ an ounce; hydrochloric acid, 5 fluid drachms; sugar, 1½ ounces; butter, 1½ ounces; milk (more or less), 1½ pints. Mix the flour and soda, then add the butter; then dissolve the sugar in the milk, and diffuse the acid, by stirring it, as before directed, with a wooden spoon; then mix the whole intimately, adding fruit at discretion, and divide the product into two or more portions for baking, which is best effected in flat earthen pans.

Bread, of course, is held to be the staff of life, and it is a great consideration how it can best be prepared. Few families have conveniences or time to make and bake their own, and it is no easy matter to persuade bakers that the plan as advised herein is the easiest, cheapest and best, but it is really the case; and what is of equally great importance, it is more nourishing and wholesome, and, to the dyspeptic invalid, it is a most valuable corrective. Independently of its being very valuable, it keeps much longer than common bread, and does not so readily turn sour. However, the instructions are so simple and easy that the experiment is worth the attempt; and were bakers generally to sell it, they would find the demand very quickly compensate them. The remarks I have offered of the superiority of brown bread over white, as a laxative, bear good, whether the bread be fermented or otherwise; but the unfermented is much superior, as not only helping to keep the bowels in ordinary action, but as being positively more digestible; and, instead of being productive of head-ache, acidity, irritability of stomach, flatulence, and other symptoms of dyspepsia, it is corrective and avertive of all these. In Liebig's views of the sustenance of life, it will be learned that the several portions of our food go to form the various structures of our body; such as meat and bread form especially the flesh, bones and blood of human beings; portions of their composition go directly to support and nourish the bones; vegetables, fat and sugar, have a destination of their own. Now, in the process of refining flour, of making it white and pure, as it is called, the millers rob it of a very valuable quality—its saline ingredients—which ingredients are indispensable to the growth of bones