

Scientific and Useful.

OYSTERS STEWED WITH MILK.—Take a pint of fine oysters, put them with their own liquor and a gill of milk into a stewpan, and, if liked, a blade of mace; set it over the fire, take off any scum which may rise; when they are plump and white, turn them into a deep plate; add a bit of butter, and pepper to taste.

TOMATO CATSUP.—One bushel of tomatoes make three gallons of catsup. Wash and put into a porcelain kettle, mash, and when the juice begins to cook out commence to strain. When all is cooked pour out and put the thin juice to boiling and strain the pulp; stir often and boil down half; then add to a gallon two tablespoonfuls of salt, one of black pepper, one of allspice, one of cloves and cinnamon, one of ginger, one nutmeg, half a teaspoonful of cayenne pepper and a quart of vinegar; bottle, cork tight, and it will keep any length of time.

FOOD FOR SINGING BIRDS.—Knead together three pounds of split peas ground or beaten to flour, one and a half pounds of fine crumbs of bread, the same quantity of coarse sugar, the raw yolks of six eggs, and six ounces of fresh butter. Put about a third of the mixture at a time in a frying-pan over a gentle fire, stir it until a little browned, but not burned. When the other two parts are done, and all cold, add six ounces of maw seed and six pounds of bruised hemp seed, separated from the husks. Mix together, and it will be found excellent food for thrushes, robins, linnets, canaries, finches, and most other singing birds, preserving them admirably in song and feather.

WHAT A FAMILY EATS.—I took the nine months just passed, and found the whole cost of uncooked provisions for each member of my family, was one dollar and sixty-nine cents per week, or twenty-four cents per day. And as to what we do have to eat, I can give you a bill of fare for the year round, varied in minor particulars by the season: For breakfast always a dish of hominy or cracked wheat, two kinds of bread and butter, usually cold, and always the fruit or berries of the season. Part of the family have tea or coffee and part drink water, from choice; but water-drinking is no economy, for more food is required than if tea or coffee is taken. For dinner there is always some appetizing soup, of which the variety is nearly endless; then a course of substantial roast beef or mutton, or lamb, or poultry, with one or two vegetables of the season; and lastly a dessert of fruit or berries, either fresh or cooked. For supper we have the many varieties of bread; indeed, except hot bread, which is both unhealthful and fearfully extravagant; fruit again, usually stewed, and some kind of plain cake for those who have not yet entirely outgrown their New England bringing up.

HEAT AND LIGHT IN A SICK ROOM.—A recent writer gives the following sensible suggestions on this subject: Each person in a room should be supplied with three thousand cubic feet of air per hour; and this should be done, where possible, without creating a perceptible draught, for the nervous irritation induced by draughts is liable to produce internal inflammations. The temperature of a sick-room should be kept at a uniform height, the best average being from sixty-five to seventy degrees (Fahrenheit); except for infants or very old people, who require a temperature of from seventy-five to eighty degrees (Fahrenheit); and for these it is especially important to guard against changes and to keep it as uniform as possible. All cases of fever require a temperature lower than the average, as from fifty to sixty degrees (Fahrenheit), to assist in reducing the high temperature of the body; but when the fever subsides, and there is much debility remaining, the temperature should be raised somewhat above the average. As a patient can bear a greater degree of cold when in bed than out of it, convalescents from severe disease, fevers especially, should have the temperature of their rooms higher than that maintained during the height of the attack. Diseases of the air passages, as croup and diphtheria, require a high temperature (eighty to eighty-five degrees (Fahrenheit)) and a moist atmosphere. The best mode for heating the sick-room is by the open grate fire. The sick-room should be darkened by blinds, except where there is a disease of the eyes, with photophobia, or when the patient is very restless and cannot sleep; then strong light must be excluded. Otherwise the sunlight should be allowed to enter and act chemically by decomposing the noxious gases, and thus purify the air. Of course, it is not advisable to place the patient under a strong, uncomfortable glare of sunlight, nor in summer to allow the sun's rays to shine into the room and raise the temperature too high. Artificial light has no useful effect, but does harm by burning up oxygen.

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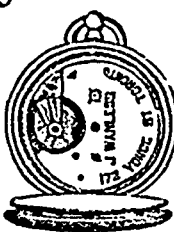
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