

nis, *tragedes signata pumilla* (a species of marigold), *tagedes patula* (French marigold), *petunias*, single and double, a variety of *phlox Drummondii*, one or more of each of the annual and perennial poppies, and *sweet-williams*. These will form a fine collection of showy flowers for a small garden. If the garden is large, others very desirable may be added.

To this list we should add one or more *lobelias*, only we have had no success in making the seed germinate. The *lobelia cardinalis* is a magnificent flower.

For large showy-leaved plants, there are none better than the different varieties of *canna* and *ricinus*.

Now we want smaller flowers to fill vacant spaces, to edge our borders and circular beds. The indispensables are *sweet alyssum*, the different kinds and colors of *Candy-tuft*, *dianthus Chinensis* (Chinese pink), the *eschholtzia*, *sweet mignonette*, *nigella* (love in a mist), *pansies*, single and double, and variously colored *portulaccas* and *verbenas*. And if there is any spot in the garden so shaded that the sun seldom or never penetrates, and if the soil is cool, moist, and clayey,—by all means sow *nemophilas*; but they will not do well under other conditions than those specified.

For vines, the *convolvulus major* (morning glory) the *ipomea* (cypress vine), *thunbergia*, *tropæolum*, *nasturtium*, and varieties of the *phaseolus* (running bean), are all excellent.

Among flowers suited for hanging-baskets we may mention the *abronia*, *convolvulus minor*, *lobelia erinus*, *mimulus*, and *maurandia*.

This is not, by any means, a complete list of all the desirable flowers for garden culture, but, as we have already said, will suffice for a garden of moderate size. If the garden is small, the list must be reduced by omitting some of the larger plants.

GOOD AND DISEASED MEAT.

Good meat is neither of a pale pinkish color, nor of a deep purple tint. The former is indicative of disease, and the latter is a sign that the animal has died from natural causes. Good meat has also a marbled appearance, and the fat, especially of the internal organs, is hard and suety, and is never wet; whereas that of diseased meat is soft and watery, often like jelly or soddened parchment. Again, the touch or feel of healthy meat is firm and elastic, and it hardly moistens the fingers; whereas that of diseased meat is soft and wet—in fact, it is often so wet that *serum* (the watery part of the blood) runs from it, and then it is technically called *wet*. Good meat has but little odor, and this is

not disagreeable; whereas diseased meat smells faint and corpse-like, and it often has the odor of medicine. This is best observed by cutting it and smelling the knife, or by pouring a little warm water upon it. Good meat will bear cooking without shrinking, and without losing very much in weight; but bad meat shrivels up, and it often boils to pieces. All these effects are due to the presence of a large proportion of serum in the meat, and to the relatively large amount of intercellular or gelatinous tissue; for the fat and true muscular substance are to a greater or less extent deficient. The use of diseased meat not only affects the human constitution, but it is also certain that tapeworm, trichina, and other parasitical diseases are produced by it. Experience also points to the fact that carbuncles and common boils are in some degree referable to the use of the flesh of animals affected with pleuro-pneumonia; and occasionally we witness the most serious diarrhoea and prostration of the vital powers after eating diseased meat. It is, therefore, safest to forbid its use.

SELECTED RECIPES.

TO BROIL FISH.—When fish is broiled, the bars of the gridiron should be rubbed over with a little butter. Then place your fish, skin side down, and do not turn it till nearly done through. Save all your butter till the fish is dished. In this way you save the juices of the fish too. Fish should be broiled slowly. When served, fish should not be laid over each other, if it can be avoided. The top ones will be made tender and moist by the steam, and will break to pieces.

BEEF STEAKS BROILED.—Steaks cut from the sirloin are the best; from the rump the next best; those from the round are not so good, but usually can be bought for a less price. Cut three-quarters of an inch thick, place on a hot gridiron over a good bed of coals, sprinkle with pepper and salt, and turn the moment the fat begins to drop. Turn constantly until done. Place on a hot dish, spread with butter, and serve. They may be sprinkled with shallot or onion cut very small, and sent to table with oyster sauce, a dish of greens, and boiled potatoes. May be garnished with scraped horse-radish.

PORK-STEAK BROILED.—The tenderloin is the best for steak, but any lean, white meat is good. Broil slowly, after splitting it, so as to allow it to cook through without drying or burning. When ready to turn over, dip the cooked side in a nice gravy of butter, pepper and salt, which should be prepared on a plate, and kept hot without boiling. It must be well done. It requires slow broiling. It will take at least twenty minutes to broil a pork-steak.

SPICED BEEF.—Procure a piece of thin flank of beef, about ten pounds in weight, which salt for