

CUNNABELL'S NOVA (5) SCOTIA ALMANAC.

time of High Water at the following places may be found by adding to, or subtracting from the Halifax tides:—

Pictou, subtr't. 0h 30' Windsor, add 4h 30' Cape Canso, add 4h 30'
Annapolis add 2h 30' Sambro, add 30' Shelburne, add 1h 0'

Agricultural, Domestic Economy, &c.

NOURISHMENT.—The following table of the amount of nutritious matter in different grains, is well worth preservation for reference:—

100 lbs. Wheat contain	85 lbs. nutritious matter
do. Corn - -	97 do. do.
do. Rice - -	90 do. do.
do. Rye - -	80 do. do.
do. Barley - -	83 do. do.
do. Beans - -	89 to 92 do. do.
do. Peas - -	93 do. do.
do. Meat, average	35 do. do.
do. Potatoes - -	55 do. do.
do. Beets - -	14 do. do.
do. Carrots - -	14 do. do.
do. Greens & Turnips	8 do. do.
do. Bread - -	80 do. do.

SAVING OF SEED.—In an article in the *Weekly Journal* it is stated that a grain being divided in two, both portions are reproductive; and experiments on a small scale are recommended to test the fact.—The idea occurred some years ago to an ingenious Italian named Parniboni, who, having observed that the cultivators of Tuscany were in the habit of dividing the seeds of leguminous plants into two and three portions, and thus obtaining luxuriant crops, determined on trying the experiment in grain. Having taken a quantity of good seed (barley, the Editor believes), he coarsely pounded them and placed them in water, then, selecting those fragments which sank, he planted them, and found them produce a healthy crop, many of them starting more freely than whole seeds put into the ground at the same time.

CHARCOAL.—Pounded charcoal, on the refuse of the heap, should be thickly strewed over every place where filth is allowed to accumulate. It absorbs the bad smell, and makes an excellent manure of what otherwise would not only be useless but offensive. It also prevents the larvæ of insects from becoming flies or moth. Pigs like to eat charcoal, and are thought to fatten on it; and in course of the summer months I frequently have a bushel or so at a time thrown over the pen. It makes the manure so much more valuable that I find it worth while to buy it for the purpose; and in so doing the pens are never offensive.

A RECEIPT TO MAKE EXCELLENT WHITE BREAD.—Take 1½ lb. of rice and boil it gently over a slow fire, in three quarts of water, for about five hours, stirring it, and afterwards beating it into a smooth paste; mix while warm into two gallons (or 14 lb.) of flour, adding the usual quantity of yeast; allow the dough to work a certain time (half-

[This department of the Almanac is continued under the Calendar pages.]