

Scientific and Useful.

CHEAP REFRIGERATORS.—A flower-pot wrapped in a wet cloth and placed over a butter plate will keep the contents of the plate as hard and firm as if they were set on ice; and milk will not sour if the can containing it be wrapped in a wet cloth.

OUR FOOD.—Rice and potatoes consist chiefly of starch, and of themselves alone are poor food, unless combined with fatty and albuminoid matter. For this reason we use with rice in puddings milk, eggs and butter, which supply all that is wanting, and it thus becomes a valuable as well as a palatable article of food.

RED ANTS.—Wet a sponge with water in which some sugar has been dissolved; squeeze the sponge as dry as possible, saving the sugar water, and set the sponge where the ants infest. It will soon be full of them. Dip it in scalding water, which will kill the ants. Dip it again in the sugar water and set it. You will soon catch all the ants and destroy them.

COFFEE A LA TURK.—This is prepared by using a copper coffee pot. Bring water to its first full boil. After having ground the coffee in an ordinary mill, screw the mill to its finest possible capacity and grind the coffee, which becomes almost dust. To every cup of water add a heaping teaspoonful of this coffee dust, thrown dry into the boiling water. Take it a second from the fire, then let it come again to a boil, and then repeat the ceremony three times. If the coffee be true Mocha, it is a nectar fit for the nicest husband in the world. It should be sweetened to the taste while on the fire.

BRAISED BEEF.—Lay in the bottom of a stew-kettle a bed of vegetables, consisting of one ounce each of carrot, turnip and onion, one sprig of parsley, root and all, two sprigs of thyme, two bay leaves, ten cloves. Take a thick cut of round beef, tie it closely and compactly, and fasten with wooden pins; put into the kettle and cover with water. If the beef is tough, add half a spoonful of vinegar; this will soften the meat, and make it tender. No salt should be used until the meat is done, as the action of the salt toughens and hardens the fibre. In cooking, twenty minutes should be allowed for each pound.—*Juliet Corson.*

A CURE FOR CONSTIPATION.—Professor Storer, of Harvard University gives the following: Dissolve fifteen grammes of Epsom salts and eight grammes of common salt in a quart bottle of water. A small wine-glassful of this solution may be taken on going to bed and on arising in the morning. If needed, a couple more doses can be taken through the day. These salts can be obtained almost everywhere, and may be readily carried when traveling in dry powders and dissolved when needed. Fifteen grammes is about four even teaspoonfuls and eight grammes about two.—*Scientific American.*

WATERING PLANTS.—A well-known horticultural editor says the objection against watering when the sun shines on the plants is a purely theoretical one, and appears only in the writings of those who have had but little actual experience. Nevertheless, the evening is the proper time for watering, when the best results in the conservation of moisture are expected. Actual experience has taught that plants wilting from the effect of heat should be shaded, as well as watered. Experience has also taught that superficial waterings do but little good. The water given should reach the roots of the plants. The great objection to watering under a hot sun is that the exhalation is so strong that much of the water given is quickly evaporated.

HOME-MADE CRACKED WHEAT.—Cracked wheat, which has in the last few years become a staple article of food, may be made at home at a much less cost than when ready prepared from the grocer. Use the best wheat, which, at \$1.50 per bushel, would cost two and a half cents per pound. Spread the wheat upon a white cloth, and pick out of it all the oats, straw and the like. Set it in some open dish in the stove to dry, but not to scorch; when very dry run it through a coffee mill, set so as to crack every kernel. This will be a kind of wheat-hominy, mixed with some fine meal. To cook it, let the water be boiling, then stir in the wheat, and keep it stirred till it has done settling; then a very gentle fire will keep it boiling with an occasional stirring. A big fire will burn it. It is better to boil an hour or more. This may be eaten warm, with any kind of dressing, or when cold, like corn mush, be sliced and warmed for use. If stirred when in a cooling state it becomes sticky, like paste. It may be taken up into dishes, and cut into slices or otherwise when cold.

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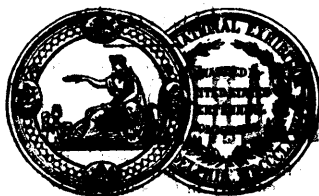
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