

make occasionally a very agreeable kind of supper eaten with molasses,\* some of which should always be taken out as an admirable relish to rice and other puddings, being far better than any other kind of sweetening. A few good keeping apples, and some oranges also, managed in the same manner as directed for the lemons, may be provided; and of vegetables, besides the potatoes supplied with the stores, onions, carrots, and turnips—which will keep nearly the whole of the time—are highly serviceable for soups, &c. Two or three pounds of portable soup, and about the same quantity of preserved meats, should be taken, if the voyager's means will permit.

"In place of hard bread or biscuits, for which, in most cases, there is soon a disrelish, loaf-bread should be substituted, prepared in the following manner: For immediate use, a few *state loaves* may be re-baked—that is, put a second time in the oven, in order to take out all the moisture from them, and in this state they will keep good for at least a fortnight; but to last well for a longer period, the loaf must be cut up into thin slices, and toasted slowly on both sides, until they become perfectly dry—and then let them stand separately on end until perfectly cold. If these be kept in a dry place they will continue in a good state for months; and all that is necessary previous to use is to moisten them with a little water, and hold them a short time before the fire, or else immerse them in any hot liquid, as tea, soup, &c. If bread thus prepared be put up in a tin box with a tight-fitting lid or cover, and when used treated as directed, it will be almost impossible to distinguish any difference between a loaf of this description and one from a loaf only a day or two old.

"The voyager, therefore, will not be backward in perceiving the advantage of furnishing himself with an ample stock of this important necessary, which, if prepared agreeably to the directions given, will, together with some other of the requisites named, but more particularly the portable meats and soups, so materially lessen his wants and conduce to his comforts, that he will hardly feel the inconveniences and privations with regard to diet otherwise so invariably attendant on a lengthened voyage; and this, too, be it remembered, with the slightest possible addition to his expense or his trouble.

"Some articles for use are required, but not many: tin ware is to be preferred, and for the most obvious of reasons—it is less liable to accident and damage, and will, generally speaking, be serviceable after the voyage, or fetch again nearly the same money it cost. A host of things of this description are generally recommended, and much money uselessly spent; but if the voyager follow the directions hereafter given in respect to his management with the cook of the vessel, about half-a-dozen articles will be quite as many as he will require. The following is a list of them:—A water-can to hold about a gallon, being the quantity per diem to which each individual is limited; a wash basin, baking dish, a panikin to hold about a pint, a pot to hang on the stove for heating water, and a tin-plate for meals, to which may be added a tin-cannister or two for groceries, as being the best adapted for the purpose; these, with a knife and fork, table and tea-spoon, will be the sum total of all that is required. All tin ware, as well, in fact, as most other things frequently laid out of hand, should be marked so as to be identified. Somehow or other, on ship-board, as elsewhere, things will stray away, and this is often the only means by which they can be recovered. Boxes should all have locks, they should be kept locked, too, after use, and keys never left in them; it is little better than a waste of words to talk of things when once gone by, the better way, by far, is to take a little extra care of them.

"On no occasion whatever should the voyager be improvident of his stock, he knows not how long he may be dependent on it, the very same cause, indeed, which renders him deficient, viz. protraction of the voyage, has the same effect upon all his fellow-passengers, though perhaps, from their having been more careful, not exactly in the same degree. Whatever, therefore, he may stand in need of, even if it can be procured, will have to be paid for in proportion to its scarcity, and this, too, associated with the unpleasant reflections,

\* American term for treacle.