

## Scientific and Useful.

**SWEET PICKLE.**—One peck green tomatoes sliced, six peppers sliced, one teacup salt sprinkled over them; let them stand over night, and in the morning drain the water from them, chop, put in a kettle, cover with cider vinegar, two cups sugar, one ounce allspice, one ounce cloves, one ounce cinnamon (spice to be whole), a piece of horse-radish, and boil until soft.

**EXPERIMENTS.**—An old turkey raiser gives the following experiment: Four turkeys were confined in a pen, and fed on meal, boiled potatoes and oats. Four others of the same brood were also at the same time confined in another pen, and fed daily on the same article, but with one pint of very fine pulverized charcoal mixed with their food—mixed meal and boiled potatoes. They had also a plentiful supply of broken charcoal in their pen. The eight were killed on the same day, and there was a difference of one and a half pounds each, in favour of the fowls which had been supplied with charcoal, they being much the fattest, and the meat being greatly superior in point of tenderness and flavour.

**HOT SPICED LOAF.**—Two and one-half pounds of round of beef, half pound of fat salt pork chopped fine, egg-sized piece of butter melted, dessert spoonful of salt and same quantity of black pepper, quarter of a teaspoonful of red pepper, quarter of a teaspoonful of allspice and a pinch of cloves, two eggs, three tablespoons of rich milk, juice of one lemon, half teacup of tomato catsup, one tablespoonful of chopped parsley, one teacupful of powdered soda cracker. Mix thoroughly; mix the spices all together first, and then add to the other ingredients; make into a loaf; strew part of powdered cracker over the top; pour water into the pan, about a teacupful. Bake two hours, basting frequently. The beef should be chopped raw.

**HOW TO SWIM.**—The editor of the London *Truth*, after observing that probably not one in twenty of the persons who indulge in boating on a holiday can swim, proceeds to tell his readers how to acquire this accomplishment. "Nothing," he says, "is more easy. When the air is out of a body its owner sinks; when the air is in the body its owner floats. Let any one slowly draw in his breath as he draws back his legs and pushes forward his arms, retain it while he is preparing for the stroke which is to propel him, and slowly allow it to go through his lips as his arms are passed back from before his head to his sides, and his legs are stretched out. The action of the stroke should not be quite horizontal, but should be made on a slight incline downward. The real reason why people take weeks to learn how to swim is because swimming professors either do not know, or do not choose to teach, the philosophy of breathing, so as to render the body buoyant. I would engage to make any one a tolerable swimmer in an hour unless he be a congenital idiot."

**NOURISHMENT.**—We can scarcely over-estimate the importance of thorough and full nourishment of this ever-wasting, ever-dying body, and to do it in the best possible manner, with the least exhaustion. To take the most nourishing food, even if taken under unfavourable circumstances, is one thing, and the real building up of the body may be quite another. Such food, if taken in excess, fails to nourish as much as its chemical constituents would indicate, especially if taken at bed-time, when, as a rule, not more than one-half of the nourishment can be appropriated. The exhaustion of the system by such unnatural efforts of a debilitated stomach is often greater than the strength secured from the food, resulting in dyspepsia. Indeed two pounds of food may afford more vigor, strength and health than four taken improperly. There is a right and a wrong in the matter of sustaining the body, as in caring for the mind and soul. It is a great mistake to suppose that so-called rich food is really nourishing, or even as much so as the plain kinds, since they are often so complicated, so composed of irritants and indigestible constituents, as to afford but a small per cent. of their chemical value to the system. As the wide range of vegetable and animal products are composed of but few elements, four constituting at least three-fourths of all these products, so the human body is nourished best by simplicity of food, by a few articles at any one meal, those few prepared in accordance with the principles observed in the laboratory of nature. In our country—a land of extravagance comparatively—it is not too much to say that in most cases in high life, not more than one-half of the food taken into the system is really thoroughly digested,—it is really wasted. Indeed, our standard authors generally agree in this matter of simplicity, with the utmost regularity in all respects.

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