Scientific and Aseful,

PEAR MARMALADE. - Boil the pears until sieve, and boil to a jelly, allowing one pound of sugar to two pounds of pears. Many kinds of marmalade are made in the same way.

TO PREVENT MILDEW ON PRESERVES. Take the white of an egg and wet slightly both sides of a piece of letter-paper sufficiently large to cover the top of the preserves snugly. I have kept them free from mould and spoiling two years.

HAVE WISTAE'S BALSAM OF WILD CHERRY always at hand. It cures Coughs, Colds, Bronchitis, Whooping Cough, Croup, Influenza, Consumption, and all Throat and Lung Complaints. Fifty cents and \$1 a bottle. Sold by dealers generally.

CANNED PRACHES.—Perl the peaches, cut them in halves, and remove the stones. To four pounds of peaches take one pound of sugar; make a syrup of the sugar and a little water, and add the peaches. Cook slowly twenty minutes, and put in cans while hot.

Sponge CAKE.—One pound of sugar, one pound flour, ten eggs. Break the eggs in a vessel. Add the sugar. Keep over a fire until slightly warm. Beat till very light. Add the flour, and flavour with lemon to suit the taste. Bake immediately in a quick oven.

PEACH PRESERVES .- Peel and halve the peaches. To four pounds of fruit take three pounds of sugar; make a syrup of the sugar, add the peaches, and cook twenty minutes. Put them into a jar. The next day pour off the juice, boil it down, and pour it hot over the peaches.

PERUVIAN STRUP has cured thousands who were suffering from Dyspepsia, Debility, Liver Complaint, Boils, Humours, Female Complaints, etc. Pamphlets free to any address. Seth W. Fowle & Son, Boston. Sold by dealers generally.

A PLEASANT DRINK for the sick: Take a dessert teaspoonful of arrowroot and add a teaspoonful of milk; wet and rub in smooth. To this add a teaspoonful of powdered sugar. Heat a half-pint of good rich milk and bring it just up to the boil. Then, when it boils, stir in carefully the arrowroot and sugar. Allow it to boil three minutes, and give either warm or cold.

give either warm or cold.

GINGER SNAPS.—Never put ginger snaps in a jar while they are hot; take them from the tins and lay them on plates to cool, otherwise they will steam and become moist, and will not be crisp and brittle; other cookies will not need so long a cooling process, and cake which you wish to keep a week or ten days is improved by being wrapped in a towel while it is still in the tin: let it stand in this way for two or three hours.

CHERANT FRITTERS—Currant frillers

in this way for two or three hours.

CURRANT FRITTERS.—Currant fritters are made of one cup and a half of very fine bread crumbs, one tablespoonful and a half of flour, one cup and a half of sweet milk, one quarter of a pound of well-washed English currants (drain the currants thoroughly), two eggs, two tablespoonfuls of sugar, a small lump of butter. Flavour with cinnamon or nutureg to suit your taste; drop in spoonfuls fin hot lard, and fry until done. Eat with sugar.

HOW TO SMOKE HAMS.—A smoke-house

HOW TO SMOKE HAMS. - A smoke-house HOW TO SMOKE HAMS.—A smoke-house should be well ventilated, and the hams be hung at least eight or ten feet above the fire, and the smoke given out in moderate quantities, and come from corn-cobs or hickory wood. It is important that the hams be kept cool and dry through the whole operation. Proper ventilation of the smokehouse secures this. If they become moist by improper ventilation, or are placed so near the fire as to be heated, their flavour is greatly injured.—Ploughman.

greatly injured .- Ploughman.

greatly injured.—Ploughman.

THE MAYONNAISE SAUCE FOR CHICKEN.—If you have six shells of chicken allow four eggs; separate the yolks carefully from the whites, put them into a basin with a salt-spoonful of dry mustard, and with a wooden spoon incorporate all well together; then add slowly, almost drop by drop, five table-spoonfuls of salad oil alternately with about one dessert-spoonful of vinegar, most carefully added (the whole quantity of vinegar in the sauce should be but one dessert-spoonful); keep stirring one way all the time, in a very cool place, with a wooden spoon.

TO PURIFY WATER.—A large spoonful of pulverized alum, sprinkled in a hogshead of water and stirred, will, after the lapse of a few hours, precipitate all the impurities to the bottom, and make it as clear and sweet as fresh spring water; a pailful may be sweetened by, say, a teaspoonful to every feur gallons. Another method of clearing and purifying water is to shell almonds, and having mashed them to a paste, stir them in

water: they will take with them all the impurity of the water to the bottom. This is more expensive than the alum, and also more effectual. A handful will cleanse a cask of water of forty gallons.

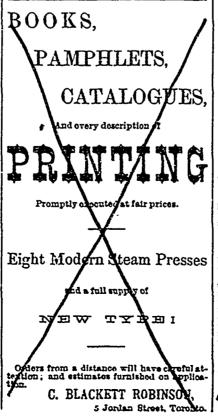
water of forty gallons.

GOOD BREF TEA.—Cut a pound of rump steak in quarier-inch cubes on a board with a very sharp knife. Sprinkle salt on the bits of beef—about as much as would season it if it were broiled. Put it in a glass preserve jar, and let it stand fifteen minutes. Add four great spoonfuls of cold water, cover the jar air-tight, and let it stand one hour. Then set the jar into a kettle of cold water on the stove. Let it come very slowly to a boil. Then set it on the back part of the stove where it will keep at a boiling heat, but without boiling, until wanted. After straining it for use, add more salt if necessary, and a sprinkle of red pepper if the case allows it. This concentrates the nourishment, and makes it more palatable.

Amber Soup or Clear Broth.—This

AMBER SOUP OR CLEAR BROTH.—This soup is served at almost all company dinners. Take a large soup bone (ay two pounds), a chicken, a small slice of ham, in a zallon of cold water, and boil slowly for five hours: then add an onion, two springs of parsley, half a small carrot, half a small parnsnip, half a stick of celery, three cloves, pepper and salt. Strain the soup into an earthen bowl, and let it remain over night. Next day remove the cake of fat on the top; take day remove the cake of fat on the top; take out the jelly, avoiding the settlings, and mix into it the beaten whites of two eggs with the shells. Boil quickly for half a minute; then, placing the kettle on the hearth, skim off carefully all the scum and whites of the eggs from the top, not stirring the soup itself. Pass this through the jelly-bag, when it should be quite clear. This soup may then be put aside and reheated just before serving. Add then large a spoonful of caramel, as it gives it a richer colour, and also a slight flavour.

NIGHT AIR.—An extraordinary fallacy is the dread of night air. What air can we breathe at night but night air? The choice is between pure night air from without and foul air from within. Most people prefer the latter—an unaccountable choice. What the latter—an unaccountable choice. What will they say if it is proved to be true that fully one-half of all the diseases we suffer from are occasioned by people sleeping with their windows shut? An opened window, most nights in the year, can never huit any one. In great cities, night air is often the best and purest air to be had in the twenty-four hours. I could better understand shutting the windows in town during the day than during the night, for the sake of the sick. The absence of smoke, the quiet, all tend to make night the best time for airing the patient. One of our highest medical authorities on consumption and climate has said that the air in London is never so good as after 10 o'clock at night. Always air as after 10 O'clock at night. Always air your room, then, from the outside air, if possible. Windows are made to open, doors are made to shut—a truth which is extremely difficult of apprehension. Every room must be aired from without—every passage from within: But the fewer passages there are in an hornical the better. an hospital the better.



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