



The Household.

COOKING MEATS.—Every wife and mother owes it to herself, her husband, and her children, as well as to society at large, to prevent waste in every department of the household, whether provisions are cheap or dear, whether the husband is rich or poor; for waste is a crime against humanity, an insult to the bounteous Hand which "giveth us all things, richly to enjoy." On the other hand, a true economy is one of the wisest, the best, and ennobling of domestic virtues. A hundred careful experimenters were made in England in reference to roasting and boiling meat in order to ascertain the respective losses. Roasted chickens lost 15 per cent.; beef ribs and sirloins 19 per cent.; geese, 19 per cent.; boiled mutton legs, 10 per cent.; boiled beef, 15 per cent.; boiled shoulder of mutton, 28 per cent.; turkeys lost 20 per cent.; mutton legs and shoulders, 24 per cent.; ducks, 27 per cent. Boiling beef saves more than 4 per cent. over roasting. If a leg of mutton is boiled it loses 10 per cent.; if roasted, 25 per cent. "The fatter meat is, the greater the loss; it should be moderately fat, to make it tender; but there is an unprofitable fatness. Eleven pounds of roast beef rib lose 2 lbs., and the bones 1 lb., so that of 11 lbs. bought only 7 lbs. come to the table. Hence if roast rib pieces cost in New York, in April, 1861, 20 cents a pound at the butcher's stall, it is more than 31 cents a pound on the dinner-table. It is philosophically true that 1 lb. of clear roast beef is more concentrated than 1 lb. of boiled beef, has less water in it, and hence may contain more nourishment; but the more concentrated food is, the more unwholesome it is, not only because it requires a greater digestive power to convert it into pure blood, but the sense of sufficiency at meals is induced to a considerable extent by the bulk of what is taken, and if we eat concentrated food until there is bulk enough to remove the feeling of hunger, there is so much nutriment in it that nature can't extract it all in a perfect manner; hence there is not only too much nutriment for the wants of the system, but all of it is imperfectly prepared, and we really get less of the strength and less pure blood out of it, than if much less had been eaten, or it had been taken in a more bulky, or, if you please, in a more watery condition. This is the reason why dyspepsias and others eat a great deal, but they do not get strong. But if there is too much bulk, there is not enough nutriment, although a great deal is taken into the stomach. Porter and beer, for example, fill up the stomach, and seem to make persons fleshy, but there is little nutriment and great bulk; great beer-drinkers are never strong, but are puny. *Hall's Journal of Health.*

THE BEST SOUP.—Liebig, in his *Researches on Food*, says:—"When one pound of lean beef, free from fat, in the finely chopped state in which it is used for beef sausages or mince-meat, is uniformly mixed with its own weight of cold water, slowly heated to boiling, and the liquid, after boiling briskly for a minute or two, is strained through a towel from the coagulated albumen and the fibrine, now become hard and horny, we obtain an equal weight of the most aromatic soup, of such strength as cannot be obtained, even by boiling for hours, from a piece of flesh. When mixed with salt and the other usual additions by which soup is usually seasoned, and tinged somewhat darker by means of roasted onions or burnt sugar, it forms the very best soup which can in any way be prepared from one pound of flesh."

FAMILY STEAK PIE.—Cut two pounds of beef into slices; take two pounds of potatoes, quarter of a pound of onions; season with three teaspoonsful of salt, and one of pepper; mix well together; put the meat and potatoes into the pie-dish in alternate layers, add half a pint of water, cover over with paste, and bake one hour and a half.

LEMON DROPLINGS.—Chop the rind of one lemon fine, and add it to the juice; chop up half a pound of suet; mix with half a pound of bread crumbs one egg, enough milk or water to make a stiff paste; add the lemon, sweeten to taste, divide it into five equal parts, and boil in separate cloths for three-quarters of an hour; serve with butter and sugar, or a little honey.

Poultry Yard.

Poultry and Poultry House.

My plan for a poultry house is a plan which will be the most fitted for the easy management of fowls, as well as being the least expensive. For a hen-house, it may be built on one side of the barn, or if you have no building suitable, get four posts and hew two sides; let them be, for the high side, say 9 feet; for the low side, say 6 or 7 feet, which will be enough pitch of roof, provided the house is not more than nine feet wide. Twelve feet by nine will be large enough for 20 hens. Plant your posts firmly in the earth, so as to keep your house firm and steady; get second quality pine or hemlock boards; nail them on lengthwise. If you do not choose to get plates, so as to have the boards run up and down, a shingle roof will be the best, though a good board or slab roof will do well enough, the slabs to cover the cracks between the boards. The house must have a window, with lath nailed across, to let in air and sunshine. The roosts or perches should be placed in the highest side, so as to leave space enough for the convenient placing of the nests, which ought to be in the warmest part. Fit a tight door on with good hinges and a good lock, and you will have as nice a hen-house as you could wish for. The cost will not be more than eight dollars, with lumber at two cents per foot. A good feed or water trough is made out of a chestnut log, something of the shape of a hog-trough. The best breed of fowls in my estimation is the Poland or top-knot; they are excellent layers, and are of profit until five or six years old. There are no better hens than the Poland to raise with. As a good, hardy breed, the English pheasants have no equal; they are good layers and are excellent for the table. Description: They are of middle size, with blue legs and double combs; the males are in colour red, intermixed with black. A good feed for fowl is a mixture of corn, wheat screenings, oats or any grain you can get, mixed together. Fresh meat is very good, but I would not feed on it altogether. To have hens lay through the winter they must not be affected by sudden changes of the weather. Hens that lay steadily through the summer do not lay in winter. Pure water is indispensable in poultry breeding.

ROUP AND LICE ON FOWLS.—We have had enquiries as to the best means of driving lice away from fowls: the following prescription has been found successful in many instances:—

To prevent or cure roup and drive lice from fowls, feed them on flour of sulphur, best kind.

To a gallon of boiling water add two large spoonfuls of flour of sulphur, and then thicken with cornmeal, or corn and oats ground together. May be fed warm or cold, but not hot. Feed once a week. Keep the hen-house clean, sweet, and well ventilated, especially in summer and autumn. Have plenty of dry lime always in the house, and daily throw over the droppings a few shovelfuls—it absorbs the ammonia at once, and keeps the house sweet. Never use coal or wood ashes; their use separates the uric acid, and fills the house with an offensive odour.

In the fall and early winter they are the most liable to roup, then give sulphur more frequently.

If any are sick, separate them, clean their mouths, feed them with soft food and sulphur. When their mouths are sore they can't eat, and die of starvation, unless some food is forced down their throats.

Sick fowls should be kept warm, and have plenty of water.—*Country Gentleman.*

SUCCESSFUL POULTRY KEEPING.—I see many of your correspondents are complaining of want of success in chicken-rearing this season. I give the following as my experience:—

COCHIN.			
January 15th.—11 Hatched.....	7	Reared.	
April 16th.—9 ".....	9	"	
" 15th.—9 ".....	8	"	
" 24th.—11 ".....	8	"	
May 4th.—6 ".....	5	"	
" 13th.—9 ".....	9	"	
64 "	46	"	
SPANISH.			
June 7th.—9 Hatched.....	9	Reared.	
" 14th.—6 ".....	6	"	
16 "	15	"	

The first have been laying for just a month. The second and third average 4 lbs. 8 oz. each. Perhaps you will tell me if that is not an excellent weight? [Certainly.]

I feed my adult fowls early in the morning (at this season, 6 A. M.) on wheat, and twice afterwards on a mixture of 1 cwt. coarse oatmeal, 2 bushels of bran, and 1 sack of fine barley-meal, and find them thrive and lay gloriously. They have also lettuce *ad libitum*.—A COUNTRY POULTRY-KEEPER, in *Cottage Gardener*.

Poetry.

The Ripening Corn.

How sweet to walk through the wheatlands brown,
When the teaming fatness of Heaven drops down!
The waving crop with its bursting ears
A sea of gold on the earth appears;
No longer robed in a dress of green,
With tawny faces the fields are seen,
A sight more welcome and joyous far
Than a hundred blood-won victories are.

Beautiful custom was that of old,
When the Hebrew brought, with a joy untold,
The earliest ears of the ripening corn
And laid them down by the altar's horn;
When the priesthood waved them before the Lord,
While the Giver of harvest all hearts adored:
What gifts more suited could man impart
To express the flow of his grateful heart?

A crowd awaits neath the cottage eaves,
To cut the corn and to bind the sheaves;
At length is heard the expected sound—
Put in the sickle, the corn is browned;
And the reapers go forth with as blithe a soul
As those who joined the Olympia goal:
And sorrowless hearts and voices come
To swell the shouts of the harvest home.

And there is a reaper on earth well known
Whose deeds are traced on the burial stone
He carries a sickle more deadly and keen
Than e'er on the harvest-field was seen;
He cuts down the earliest ears in spring,
As well as the ripest that time can bring;
The tares he gathers to flame are driven,
The wheat is laid in the garner of Heaven.

—*London Farmer & Agriculturist.*

Thoughts when Smoking.

Tobacco's but an Indian weed—
Grows green at morn—soon runs to red
Shows our decay!

We are but clay!
Think of this when you smoke tobacco.

The pipe that is so lily white,
Wherein so many take delight,
Is broke with a touch—
Man's life is such;

Think of this when you smoke tobacco.

The pipe that is so foul within,
Shows how our life is stained with sin,
And then the fire
It doth require;

Think of this when you smoke tobacco.

The ashes that are left behind,
Do serve to put us all in mind
That unto dust
Return we must;

Think of this when you smoke tobacco.

The smoke that does so high ascend,
Shows us man's life must have an end;
The vapour's gone—
Man's life is done;

Think of this when you smoke tobacco.

Markets.

Toronto Markets.

"CANADA FARMER" Office, Sept. 14, 1864.

Flour weak; superfine and fancy \$4 25 per barrel; extra \$4 40 to \$4 75.

Fall Wheat dull at 85c to 85c per bushel, the latter for few samples.

Spring Wheat held at 75c to 75c per bushel.

Barley active at 62c to 86c per bushel.

Oats unsteady at 40c to 42c for Canadian.

Pease 55c to 60c per bushel.

Rye 66c per bushel.

Hay in good supply and demand at \$14 per ton for best.

Straw active at \$7 to \$8 per ton.

Provisions—Butter—Fresh, wholesale, per lb., 15c to 15c; retail, per lb., 15c to 22c.

Eggs—Wholesale, per dozen, 19c to 12½c; retail, per dozen, 12½c to 15c.

Trams—Wholesale, per lb., 11½c to 11½c; retail, per lb., 12½c.

Fitch Bacon—Wholesale, per lb., 8½c to 9c; retail, per lb., 10c.

Cheese—Wholesale, per lb., 10c to 16½c; retail, per lb., 12½c to 14c.

Lard—Wholesale 11c per lb.; retail 12½c.

Beef—Market well supplied; inferior—good offering; second quality, \$4 to \$4 50; extra, \$4 50 to \$5.

Sheep scarce, \$4 to \$4 50 for the best.

Lamb each \$2 to \$2 25 for good.

Catfish—Each \$2 to \$4.