

Scientific and Useful.

PEPPER NUTS.—One pound sugar, five eggs, half pound butter, halfcup milk, two teaspoons baking powder, flour enough to roll.

EGG BALLS.—To make egg balls, beat up the yolks of three hard boiled eggs in a mortar with the yolk of one raw egg; make into balls and drop them into boiling water for two minutes.

LAY THE BEDS OR AIRERS.—It is a bad plan to "make up" the beds immediately after breakfast. The sleeping apartments in the house should be aired every day. Beds should be opened every morning to the sun, and to the atmosphere. Do not be in too much haste to get the chambers in order. Let the sheets and blankets be spread over separate chairs, the mattresses lifted apart, and the pure morning air be allowed to get into every nook and cranny of the room, before the beds are made. Betters endure a little delay in getting the house in order, than loss of health.

WHITE SOUP.—To a large knuckle of veal put five quarts of water, three large onions, four anchovies, a tablespoonful of black and white pepper; two or three cloves; let it boil till reduced to half the quantity; then strain it, and let it stand till cold; then take off the fat and settlements at the bottom; take a quarter of a pound of sweet almonds, blanched, pounded, and then rub them through a sieve, with some cream, and add still more till your soup is white; put five yolks of eggs beaten with part of the cream, and put to the soup when it boils, but it must not be boiled after the eggs are put in; when it goes to the table add a few very small French rolls stuck with almonds.

BEFSTEAK FOR WINTER USE.—Cut the steaks large, and the usual thickness; have ready a mixture made of salt, sugar and finely powdered saltpetre, mixed in the same proportion as for corning beef; sprinkle the bottom of a large jar with salt, lay in a piece of steak, and sprinkle over it some of the mixture, as much or little more than you would use to season in cooking, then put in another slice, sprinkle, and so on till the jar is filled, with a sprinkle of the mixture on top; over all, put a plate with a weight on it, and set in a cool airy place, where it will not freeze. This needs no brine, as it makes a brine of its own. Twenty-five or thirty pounds may be kept perfectly sweet in this way. Take out to use as wanted, and broil or fry as usual.

WHEN TO EAT FRUIT.—The Spanish proverb has it: "Fruit is golden in the morning, silver at noon, but lead at night." Canadians do not seem to have heard of this proverb, nor to have one of their own experience. Mostly they eat fruit at night, and hence have not the sovereign idea of it that they would have if they had eaten it at more proper times. They eat it as desert at dinner. This may be the most proper time to eat dried fruits, but it is not the right time to eat juicy ones. The Spanish people learned their proverb from eating the very juicy fruits, like oranges. These should be eaten in the morning, a little before dinner—not later than noon. Early in the day they will, if eaten, prove to be the best possible medicine for the bilious.

UTILIZING COBWEBS.—Cobwebs have been applied to various uses. The delicate cross-hairs in the telescopes of surveying-instruments are fine webs taken from spiders of a species that are specially selected for the production of an excellent quality of this material. The spider, when caught, is made to spin his thread by tossing him from hand to hand, in case he is indisposed to furnish the article. The end is attached to a piece of wire, which is doubled into two parallel lengths, the distance apart exceeding a little the diameter of the instrument. As the spider hangs and descends from this, the web is wound upon it by turning the wire around. The coils are then gummed to the wire, and kept for use as required.

A FILLET OF MUTTON.—Cut some inches from either end of a large and well-kept leg of mutton, and leave the fillet shaped like one of veal. Remove the bone and fill the cavity with forcemeat, which may be flavored with a little minced eschalot, when its flavour is liked; more forcemeat is added by detaching the skin sufficiently on the flap side to admit it. When thus prepared, the fillet may be floured, and roasted, served with current jelly and brown gravy, or with only melted butter poured over it; or it may

be stewed gently four hours, in a pint of water, after having been floured and browned all over, in a couple of ounces of butter; it must then be turned every hour, that it may be equally done.

HOW TO EAT MILK.—There are many who say, "I like milk but milk don't like me,"—that is, it does not agree with them. The reason for this, in many cases, is, that the milk coagulates in the stomach in too firm a curd to be easily digested. But many who cannot drink milk or eat bread and milk, find no difficulty in digesting a bowl of baked apples and milk. Upon this hint the experiment has been successfully tried, by a physician of large experience, of telling his patients who could not digest milk to use apple-sauce as a concomitant, taking a spoonful of apple alternately with a spoonful of bread, crackers, or pudding and milk. The apple prevents the formation of a solid mass in the stomach, and its juice also aids digestion, so that no distress or sense of heaviness follows after a meal thus taken.

VENTILATION.—The London *Lancet* passes the following comment on this subject:—If a man were deliberately shut himself for some six or eight hours in a musty room with closed doors and windows, (the doors not being opened even to change the air during the period of incarceration), and were then to complain of headache and debility, he would be justly told that his own want of intelligent foresight was the cause of his suffering. Nevertheless, this is what the great mass of people do every night of their lives, with no thought of their imprudence. There are few bedrooms in which it is perfectly safe to pass the night without something more than the ordinary precautions to secure an inflow of fresh air. Every sleeping apartment should, of course, have a fire-place with an open chimney, and in cold weather it is well if the grate contains a small fire, at least enough to create an up-cast current, and carry the vitiated air out of the room. In all such cases, however, when a fire is used, it is necessary to see that the air drawn into the room comes in from the outside of the house. By an easy mistake it is possible to place the occupant of a bedroom with a fire in a closed house in a direct current of foul air drawn from all parts of the establishment. Summer and winter, with or without the use of fires, it is well to have a free ingress for pure air. This should be the ventilator's first concern. Foul air will find an exit if pure air is admitted in sufficient quantity, but it is not certain pure air will be drawn in if the impure is drawn away. So far as sleeping rooms are concerned, it is wise to let in air from without. The aim must be to accomplish the object without causing a great fall of temperature or a draught. The windows may be drawn down an inch or two at the top with advantage, and a fold of muslin will form a ventilator to take off the feeling of the draft. This, with an open fire-place, will generally suffice, and produce no unpleasant consequences, even when the weather is cold. It is, however, essential that the air outside should be pure.

Market Reports.

TORONTO, Feb. 4.

STREET PRICES.—Wheat, fall, per bush. \$0 80 @ \$0 90.—Wheat, spring, per bush. \$0 70 @ \$0 80.—Barley, per bush. 55¢ @ \$0 60.—Oats, per bush. 30¢ @ 35¢.—Beans, per bush. 55¢ @ 60¢.—Rye, per bush. 30¢ @ 35¢.—Dressed Hogs, per 100 lbs. \$1 50 @ \$1 60.—Beef, hind quarters, \$4 00 @ \$5 00.—Beef, fore quarters, \$4 00 @ \$5 00.—Mutton, per 100 lbs. \$2 00 per brace, 30¢ @ 35¢.—Geese, each, 40¢ @ 50¢.—Turkey, 60¢ @ \$1 00.—Butter, 24 rolls, 14¢ @ 16¢.—Butter, large rolls, 10¢ @ 12¢.—Butter, tub dairy, 12¢ @ 13¢.—Eggs, fresh, per dozen, 20¢ @ 25¢.—Eggs, packed, 15¢ @ 16¢.—Apples, per bl. \$1 00 @ \$1 25.—Potatoes, per bag, 85¢ @ \$0 95.—Onions, per bag, \$0 90 to \$1 00.—Hay, \$3 25 to \$3 50.—Straw, \$1 00 to \$1 50.

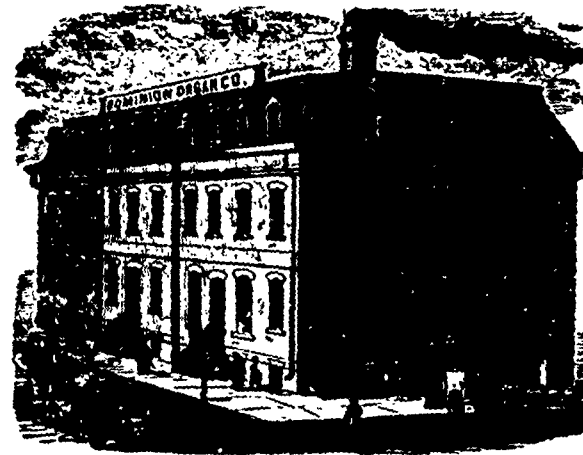
WHOLESALE PRICES.—Flour, G.A., Superior Extra, \$4 00 to \$4 10 Extra, \$3 00 to \$3 90; Fancy \$3 05 to \$3 85. Spring Wheat, extra, \$3 10 to \$3 60. No 1 Superfine, \$0 00 to \$0 05.—Oatmeal, \$3 40 to \$3 50.—Cornmeal, small lots, \$2 25 to \$2 50. Cheese, in 10, 8c to 9c; Cheese, in small lots, 10c to 10c.—Lard, mess, per bl. \$11 00 to \$12 00. Extra prime, per bl. \$00 00 to \$00 00.—Bacon, long clear, 6c to 7c. Bacon, Cumberland cut, 6c to 7c. Bacon, smoked, 7c to 8c; Bacon, spiced roll, 9c to 10c.—Hams, smoked, 10 to 11; Hams, sugar cured and canvassed, 12c to 13c; Hams, in picnic 10c to 10c.—Lard, in tins, 8c to 9c; Lard, in tierces, 8c to 9c.—Eggs, fresh, 18c to 20c.—Dressed Hogs, \$4 00 to \$4 50; Live Hogs, \$0 00.—Fried Apples, 6c to 6c.—Salt, Liverpool, coarse, 70¢ to \$0 00. Liverpool, fine, \$1 80 to \$0 00; Goderich, per bl. \$1 00 to \$0 00; Goderich, per car lot, 95¢ to \$0 00; Goderich, coarse, per bag, \$0 00 to \$0 00; Cagliari Salt, per ton, \$15 00 to \$00 00.

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COPY
Of Official Report of Award to DOMINION ORGAN COMPANY, Bowmanville, for Organs exhibited at the Centennial Exhibition, Philadelphia, 1876.

INTERNATIONAL EXHIBITION. (No. 235.)
PHILADELPHIA, 1876

The United States Centennial Commission has examined the report of the Judges, and accepted the following reasons, and decreed an award in conformity therewith.
PHILADELPHIA, December 5th, 1876.

REPORT ON AWARDS.
Product, REED ORGANS. Name and address of Exhibitor, DOMINION ORGAN CO., Bowmanville, Canada.

The undersigned, having examined the product herein described, respectfully recommends the same to the United States Centennial Commission for Award, for the following reasons, viz:—
"Because they have produced in their instruments a pure and satisfying tone, by their method of voicing, and have a simple and efficient stop-action, with satisfying musical combinations, an elastic touch, and good general workmanship."

H. K. OLIVER, *Signature of the Judge.*
APPROVAL OF GROUP JUDGES.
J. SCHIRMAYER, WILLIAM THOMPSON, E. LEVASSIUR, JAMES C. WATSON, ED. FAVER PERRET, JOSEPH HENRY, GEO. F. BRISTOW, J. E. HILLARD, P. F. KYKA, F. A. F. BARNARD. A true copy of the Record. FRANCIS A. WALKER, Chief of the Bureau of Awards. Given by authority of the United States Centennial Commission. A. T. GOSHORN, Director-General. J. L. CAMPBELL, Secretary. J. R. HAWLEY, President.

The Company were awarded a Medal and Diploma, at the Sydney Exhibition, Australia, 1877; Gold Medal at the Provincial Exhibition, Toronto, 1878; the highest award ever given for Reed Organs. Large reduction made to Ministers and Churches. Sent for a price list to Henry O'Hara, Special Agent DOMINION ORGAN CO., Bowmanville. Also, General Agent for the Bradbury Piano, of New York. Noted for finish, sweet tones, and singing qualities. Selected for the Executive Mansion, Washington, by both Mrs. Grant and Mrs. Hayes, who with others bear the highest testimony, to their superiority. Sent for illustrated price list to HENRY O'HARA, General Agent, Bowmanville.

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