

DOMESTIC.

MODES OF COOKING COLD BUTCHER'S MEAT.

MINCED BEEF.—Cut into small dice remains of cold beef; and gravy reserved from it on the first day of its being served should be put in the stewpan with the addition of warm water, some mace, sliced eschalot, salt, and black pepper. Let the whole simmer gently for an hour. A few minutes before it is served, take out the meat and dish it; add to the gravy some walnut catsup, and a little lemon juice or walnut pickle. Boil up the gravy once more, and, when hot, pour it over the meat. Serve it with bread sippets.

COLD ROAST BEEF (WITH MASHED POTATOES.)—Mash some potatoes with hot milk, the yolk of an egg, some butter and salt. Slice the cold beef and lay it at the bottom of a pie dish, adding to it some sliced eschalot, pepper, salt, and a little beef gravy; cover the whole with a thick paste of potatoes, making the crust to rise in the centre above the edges of the dish. Score the potatoe crust with the point of a knife in squares of equal sizes. Put the dish before a fire in a Dutch oven, and brown it on all sides; by the time it is coloured, the meat and potatoes will be sufficiently done.

BUBBLE AND SQUEAK.—Cut into pieces, convenient for frying, cold roast or boiled beef; pepper, salt, and fry them; when done, lay them on a hot drainer, and while the meat is draining from the fat use in frying them, have in readiness a cabbage already boiled in two waters; chop it small, and put it in the frying-pan with some butter, add a little pepper and salt, and keep stirring it, that all of it may be equally done. When taken from the fire, sprinkle over the cabbage a very little vinegar, only enough to give it a slight acid taste. Place the cabbage in the centre of the dish, and arrange the slices of meat neatly around it.

LOBSCOUS.—Mince, not too finely, some cold roast beef or mutton. Chop the bones, and put them in a saucepan with six potatoes peeled and sliced, one onion, also sliced, some pepper and salt; of these make a gravy. When the potatoes are completely incorporated with the gravy, take out the bones, and put in the meat; stew the whole together for an hour before it is to be saved.

COLD FEET.—A great deal of the ill health of women is now attributed to the kind of shoes generally worn. Dr. Smith, in his Treatise on Health, says:

There is neither health nor comfort in cold feet, as too many women know only too well. They are the fertile parents of no end of discomfort and ill health. The avoidance, then, of cold feet is one of the most direct steps to the improvement of the health. For such end to be attained, the shoes must be fairly substantial and not of too soft and porous leather. Women's boots and shoes are largely made of leather tanned with terra Japonica, which is far inferior to leather tanned with bark, especially as regards the absorption of moisture. Such leather forms the soles of all cheap boots, to which class women's boots so exclusively belong. When, then, such boots are placed on a wet flagstone, or on damp roads, the leather becomes moist and then the feet become cold at once. Leather when dry is a very bad conductor of heat, and so a stocking and a leather shoe are sufficient protection for the feet in climates so cold that furs are requisite for the clothing; when wet, however, heat is quickly conducted off, and so the damp leads directly to cold feet. Any one who has lived much in the saddle knows the difference felt by the wet foot and the dry foot in reference to the iron stirrup in cold weather; when the boot is dry the stirrup is not felt, that is, as regards the sensation of heat and cold, but let the foot be put where the foot becomes moist, and then the stirrup is felt quickly and distinctly enough. For delicate women who are very susceptible to cold feet, the boots should be stout and large enough to admit of a cork sole. More particularly is such precaution necessary where there is a clay soil; this remains damp for days after rain has ceased, and strikes cold to the feet when looking temptingly dry, consequently stout boots are absolutely necessary on such soils.

A GOOD SOUP.—When soup is used as the principal dish at dinner, instead of a first course it should be rich in vegetables and made thick. Put the bone on to cook in cold water, adding salt. Let it simmer an hour or two, then boil gently two hours. One hour before serving put into the kettle cabbage and onions sliced thin. In about half an hour add sliced potatoes, pearl barley or rice, and a handful of vermicelli. Many like the taste of parsley. Add pepper if you like. Do not throw away the bones after dinner. They will make an equally good soup the second and even a third time if cracked.

WHY are dry paper and calico (which are opaque) made transparent by being oiled?—Because the pores are filled by the oil which has nearly the same density as the substance itself—by which means a uniform density is effected, and the substance becomes transparent.

USEFUL RECEIPTS.

TO IMPROVE GILDING.—Alum and common salt of each 1 oz., purified nitre 2 oz., water $\frac{1}{2}$ pint. This much improves the colour of gilt articles, it being laid over them with a brush.

ECONOMICAL HAIR WASH.—Take one ounce of borax, half an ounce of camphor, powder these ingredients fine, and dissolve them in one quart of boiling water; when cool the solution will be ready for use; damp the hair frequently. This wash not only effectually cleanses and beautifies, but strengthens the hair, preserves the colour, and prevents early baldness. The camphor will form into lumps, but the water will be sufficiently impregnated.

A CURE FOR BLISTERED FEET.—Rub the feet, at going to bed, with spirits mixed with tallow, dropped from a lighted candle into the palm of the hand. On the following morning no blisters will exist.

TO REMOVE STAINS AND MARKS FROM BOOKS.—A solution of oxalic acid, citric acid, or tartaric acid, is attended with the least risk, and may be applied upon the paper and prints without fear of damage. These acids taking out writing-ink, and not touching the printing, can be used for restoring books where the margins have been written upon, without attacking the text.

TREASURES.

THAT is the best part of beauty which a picture cannot express.

BEAUTY is as summer fruits, which are easy to corrupt and cannot last.—*Lord Bacon.*

The vapour of discontent is always most dangerous when it is confined.

The evils of the world will continue until philosophers become kings, or kings become philosophers.

THERE is none so innocent as not to be evil spoken of; none so wicked as to merit all condemnation.—*Warwicke.*

The mind has more room in it than most people think, if you would but furnish the apartments.—*Grey's Letters.*

GOODNESS OF HEART is man's best treasure, his brightest honour, and noblest acquisition. It is that ray of the Divinity which dignifies humanity.

The harsh hard world neither sees, nor tries to see, men's hearts; but wherever there is the opportunity of evil, supposes that evil exists.

THERE is this difference between happiness and wisdom: he that thinks himself the happiest man, *really is so*; but he that thinks himself the wisest, is generally *just the reverse.*

LOVE one human being purely, and you will love all. The heart in this heaven, like the wandering sun, sees nothing, from the dew-drop to the ocean, but a mirror which it warms and fills.

MAN doubles all the evils of his fate by pondering over them; a scratch becomes a wound, a slight injury, a jest an insult, a small peril a great danger, and a light sickness often ends in death by brooding apprehensions.

PEOPLE who endeavour to attract that attention by dress which they cannot obtain by their intrinsic worth, resemble the soap balloons blown by children; the thinnest bubbles are invested with the brightest colours.

The aperture of the ear is very narrow; when, therefore, two people talk at the same time, it is like a pair of vehicles pushing on to get through a narrow lane, but constantly jarring against each other.

WHEN I see leaves drop from their trees in the beginning of autumn, just such, think I, is the friendship of the world. Whilst the sap of maintenance lasts, my friends swarm in abundance; but in the winter of my need they leave me naked.

The weakest living creature, by concentrating his powers on a single object, can accomplish something; the strongest, by dispersing his over many, may fail to accomplish any thing. The drop by continued falling bores its passage through the hardest rock—the hasty torrent rushes over it with hideous uproar, and leaves no trace behind.