

Scientific and Useful.

COFFEE COOKIES.—One egg, one cup butter, one cup sugar, one cup molasses, one-half cup strong coffee, one teaspoon soda, little ginger, flour enough to roll out.

CURRENT CAKE.—Three eggs, one and one-half cups sugar, one-half cup of butter, one cup of milk, three cups of flour, one teaspoon of cream-tartar, one-half teaspoon of soda, one cup of currants, flavour.

COUGH SYRUP.—One-half ounce horehound, one-half ounce vervain, two table-spoons flax-seed. Pour over this three pints of boiling water, and boil it down to a quart. Pour it over two pounds of loaf sugar, stir it until cool, then add two table-spoons of tincture of balsam tolu. Take one-half wine-glass three times a day.

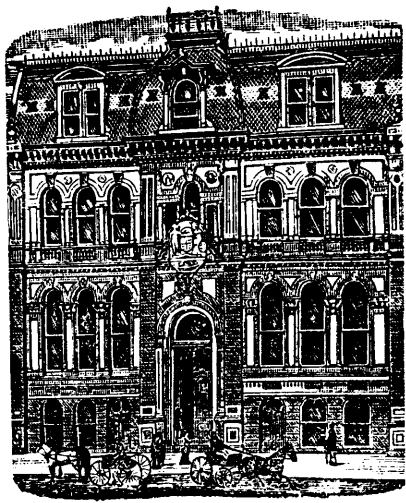
SOAK wheat in water over night, season with salt, and boil until soft enough to be eaten with cream and sugar. This is the most wholesome and strengthening food mankind can possibly eat, and with wheat at \$1 per bushel is cheap enough. If anybody thinks this a weak diet, and fit only for babies and invalids, he is greatly mistaken; the best roast beef is not more nourishing, strengthening or palatable to the unperverted appetite. This, if left over from breakfast, can be afterwards fried the same as corn mush.

SPEAKING of toast, comparatively few know what really good toast is. A hasty slice of one or both sides does not make toast; nor do thin slices of bread dried through. Cut slices of uniform thickness, a plumb half inch or five-eighths inch; move around over a brisk fire, to have all parts toasted alike; keep only so near the coals that the pieces will be heated through when both sides are well browned. If the slightest point is blackened or charred, scrape it off, or it will spoil the flavour of the whole. If covered with an earthen bowl, it will keep both warm and moist. A clean towel or napkin will answer if it is to go at once to the table. But, nobody can make good toast out of poor bread. Stale bread may be used for milk toast; sour bread may be improved by toasting it through; heavy bread makes poor toast. Sweet, light bread, only a day old, or less, makes the best toast.—*American Agriculturist.*

MINIATURE HOT-BED.—A flower-pot, eight inches in diameter, was filled one-third full of coarse gravel or pebbles, finishing with finer gravel or coarse sand. Then it was filled to the brim with a mixture of leaf mould (decayed leaves), old manure and sand, in about equal proportions, and all passed through a fine sieve. This was made moderately firm, and the seeds were pressed down an eighth of an inch and covered. The pot was then plunged in a pan of hot, (not quite boiling) water, and there left until the surface soil was wet, and then placed upon a stone mantel over the kitchen range. The pot was then nearly covered with a pane of glass, a half-inch space being left for ventilation. Simple as is this contrivance, it furnishes every advantage of a hot-bed of the carefullest construction, the stone slab, which is always hot, supplying the bottom heat, which in a hot-bed is supplied by the fermenting manure. We advise our friends to try this "epitome" hot-bed. Grass or common seeds of any kind may be used at first to experiment with.—*Rural New Yorker.*

SICK HEADACHE.—This complaint is the result of eating too much, and exerting too little. Nine times out of ten the cause is in the fact that the stomach is not able to digest the food last introduced into it, either from its having been unsuitable or excessive in quantity. A diet of bread and butter, with ripe fruits or berries, with moderate, continuous exercise in the open air, sufficient to keep up a gentle perspiration, would cure almost every case in a short time. Two teaspoonfuls of powdered charcoal in half a glass of water, and drank, generally gives instant relief. We are inclined to think that the above remedies may do in some, but not in all cases. A sovereign remedy for this disease is not easily found. A correspondent contributes the following on the subject: Sick headache is periodical, and is the signal of distress which the stomach puts up to inform us that there is an over-alkaline condition of its fluids; that it needs a natural acid to restore the battery to its normal working condition. When the first symptoms of a headache appear, take a teaspoonful of lemon just clear fifteen minutes before each meal, and the same dose at bedtime; follow this up until all symptoms are past, taking no other remedies, and you will soon be able to go free from your unwelcome nuisance. Many will object to this because the remedy is too simple, but I have made many cures in this way.—*Dr. Haire.*

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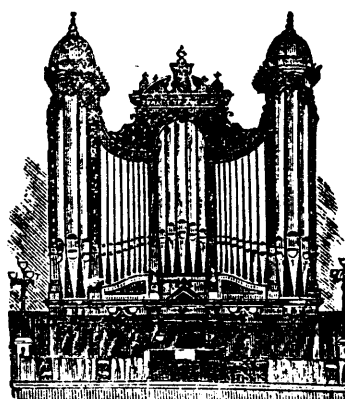
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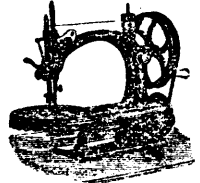


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