

sion that remaining inactive was to strand upon Scyllia, while the effort to buy his liberty could do no worse than wreck him upon Charybdis. He had enlarged the hole sufficiently to get his head out, in which condition I found and despatched him on the third morning of his incarceration.

### THE PRESERVATION OF EGGS.

The *Journal de Pharmacie et de Chimie* contains an account of some experiments by M. H. Violette, on the best method of preserving eggs—a subject of much importance in France. Many methods had been tried; continued immersions in lime-water or salt water; exclusion of air by water, saw-dust, etc. and even varnishing has been tried, but respectively condemned. The simplicity of the method adopted on many farms, namely, that of closing the pores of the shell with grease or oil, had, however, attracted the attention of the author, who draws the following conclusions from a series of experiments on this method. Vegetable oil more especially linseed, simply rubbed on the egg, hinders any alteration for a sufficiently extensive period, and presents a very simple and efficacious method of preservation, eclipsing any methods hitherto recommended or practiced.

## Heath and Home.

### SOMETHING ABOUT BREAD-MAKING.

A subject that interest everybody is that of bread-making and as a general thing, there is too much popular ignorance respecting it. In the process of grinding wheat for superfine flour, the outer shell, composed chiefly of gluten, been tenacious and adhesive, comes from the mill in flakes with the bran, and is sifted out, while the starch, which is the chief element in fine flour, is saved, which contains no food for brain and muscle; and the gluten, containing phosphates and nitrates they furnish support for brain, bone, and muscle, is cast away with the bran, and is feed to horses, cattle, and pigs. And this is the kind of flour that makes nine tenths of the bread in American cities, besides all that is used in cakes, puddings, and pastry.

A method of making bread from whole wheat, without previously grinding it into flour, has been devised by a Frenchman named Sezille. The grain is first soaked in water for half an hour; then put into a revolving cylinder with a rough inside surface, and shaken up, so as to remove the coarser part of the skin; and then soaked twenty or twenty-four hours more in water of the temperature of 75 degrees Fahrenheit, with which a little yeast and glucose has been mingled. By these means the grain acquires a pasty, doughy consistence, and can be mixed up by machinery and made into bread in the usual way. The invention is an important one, both from its saving the expense of grinding, and from the greater economy of keeping and transporting the whole grain instead of flour.

#### A HEALTHY BREAD.

The most economical and best bread, especially in cold weather, when a hot fire is constantly kept, is what is sometimes called gems, or unleavened

biscuit. For this purpose a group of cast-iron pans or cups  $2\frac{1}{2}$  by  $3\frac{1}{2}$  inches each, all made in one casting, is used. Those pans are set on the top of a hot stove and allowed to become almost smoking hot when buttered for use. Then with cold water and milk, half-and-half, or with cold water alone, and the colder the better, mix and stir quickly with a stiff spoon as much Graham or unbolted wheat-meal as will make a stiff batter or thinnish mush; and when the pans are hot, fill them quickly with the thin dough and let them stand a minute on the stove before putting into a very hot oven, where they should remain twenty or twenty-five minutes, until done. If the mixture be neither too thin nor too stiff, and the pans and the oven be hot, you will have twelve as light and wholesome biscuits as any epicure could wish to eat. They may be eaten smoking warm from the oven, as they contain no poisonous chemical elements like yeast bread, which requires cooling to be rid of. They are good cold, or may be warmed in a steam-kettle. Anybody, however unskilled in cooking, can learn to make these light and nice every time. Nice, fresh wheat-meal, very cold wetting, quickly done, with a very hot place to bake them, will insure the best of "luck" always. These, like all other Graham bread, should be fresh every day.

For growing children, and those people who work or think, and especially students and sedentary persons, there is no other bread, and scarcely any other single article of food, that equals it. Let the poor who cannot afford to lose 14 per cent of the grain in the cast-off bran; let those whose bones and muscles are small, tending to rickets and spinal curvature; let invalids and dyspeptics try it, and they never will go back to superfine bread simply because it looks white and nice, and, when, dry, is more pleasant to the mouth than the brown.—*Scientific American.*

### A PLEA FOR LITTLE TOES.

We fully believe that there is not a shoemaker in the universe who by any means plasanter than the pillory could be brought to allow space in a boot to hold the helpless little toe. We speak with the unctious of experience. We have planted a toe on a piece of paper as wide as it would spread, and while the shoemaker followed the outline, have conjured him to leave room for *that toe*. He never did it. Numerous untarnished boots, hanging against a wall bear expressive witness to the inhumanity and utter lack of anatomical knowledge in shoemaking men. No wonder a young girl out west had her little toes chopped off. And no wonder the young lady in Hartford had such sore toes on her wedding-day that she could not stand up to be married. The only wonder is that our women stand up at all, much more that they walk, which, by the way, they do more badly than any women under the sun, except the Chinese. We used to pity the poor Chinese women, but have transferred our compassion to our country-women. Look at them as they pass by your window some bright day! The wretched fiction of a "Grecian bend," the more wretched fact of laced-up lungs, cannot account wholly for that feeble, tectering, gasping walk, a walk utterly devoid of vitality, elasticity or grace; but looking down at the wretched little boot with its French heel, bringing the whole weight of the body on the toes, explains it all.