

USEFUL INFORMATION.

DOMESTIC YEAST.—Ladies who are in the habit (and a most laudable and comfortable habit it is) of making domestic bread, cake, &c., are informed that they can easily manufacture their own yeast by attending to the following directions:—Boil one pound of good flour, a quarter of a pound of brown sugar, and a little salt, in two gallons of water, for one hour. When milk-warm, bottle it, and cork it close. It will be fit for use in twenty-four hours. One pint of this yeast will make 18 lbs. of bread.

CHEAP FUEL.—One bushel of small coal or sawdust, or both mixed together, two bushels of sand, one bushel and a half of clay. Let these be mixed together with common water, like ordinary mortar; the more they are stirred and mixed together the better; then make them into balls, or with a small mould make them in the form of bricks, pile them in a dry place, and when they are hard and sufficiently dry they may be used. A fire cannot be lighted with them but when the fire is quite lighted, put them on behind, with a coal or two in front, and they will be found to keep up a stronger fire than any fuel of the common kind.

UTILITY OF SINGING.—It is asserted, and we believe with some truth, that singing is a corrective of the too common tendency to pulmonic complaints. Dr. Rush, an eminent physician, observes on this subject:—"The Germans are seldom afflicted with consumption; and this, I believe, is in part occasioned by the strength which their lungs acquire by exercising them in vocal music, for this constitutes an essential branch of their education. The music master of an academy has furnished me with a remark still more in favour of this opinion. He informed me that he had known several instances of persons who were strongly disposed to consumption, who were restored to health by the exercise of their lungs in singing."

SORE THROAT.—I have been subject to sore throat, and have invariably found the following preparation (simple and cheap) highly efficacious when used in the early stage: Pour a pint of boiling water upon twenty-five or thirty leaves of common sage; let the infusion stand for half an hour. Add vinegar sufficient to make it moderately acid, and honey according to the taste. This combination of the astringent and the emollient principle seldom fails to produce the desired effect. The infusion must be used as a gargle several times a day. It has this advantage over many gargles—it is pleasant to the taste, and may be swallowed occasionally, not only without danger, but with advantage.