

would be at the disposal of the faculty for teaching purposes, afforded excellent facilities for instruction. The Ichthyological collection had been rendered almost complete by recent additions from the United States by the Scientific Commission who had spent the summer in this city,—and thus, together with the very extensive Geological and Mineralogical collections, afforded peculiar advantages in teaching Natural Science.

Various opinions were expressed as to the nature of the contemplated course. It seemed to be the opinion of the majority that two objects must be subserved by any school of Science in this province. (1.) the imparting of an extended scientific course of instruction, such as would qualify for a science degree, and form in itself a liberal education. (2.) the supplying of special instruction in certain professional subjects. The College must have a practical as well as a theoretical side. Technical education should be provided in order to meet the wants of an industrial and commercial people, and the provision of such instruction did not seem incompatible with the higher aims of a scientific course. The attendance of individuals upon partial courses of study might at once be hoped for. Affiliation with the University of Halifax would secure for the College students preparing for the degrees in Science of that University. The gentlemen present intimated their willingness to assist in the instruction to be provided. Some Professors from other parts of the Province had intimated their sympathy, and also willingness to aid in the work, if requisite.

A committee consisting of Dr. Lawson, Mr. Keating, Dr. Mackenzie, Dr. Honeyman, and Dr. Bayne, was named to consider in detail the subjects of a course of study, and to report at a future meeting.

YARMOUTH CO. AGRICULTURAL EXHIBITION.—The Exhibition evinced continued progress in agricultural matters in this County. The improvement in fruit was especially noteworthy. Who would have imagined, only a few years ago, that to-day Yarmouth would rank fourth in the Province as an apple-growing County? Yet such is the fact. The samples of peaches raised by Capt. Hugh Cann were as fine as any we ever saw in the States, and indeed all the fruit exhibited was very creditable. In vegetables we believe Yarmouth will favorably compare with any other part of the Province. For example, Mr. Zachariah Patten exhibited 3 squashes weighing respectively, 124, 136 and 142 pounds. Mr. Jos. Burrell took the first prize for cabbage, but Mr. James Jeffery had some which weighed from 21½ to 27 lbs. each.—*T. Herald.*

SOME NEGLECTED ARTICLES OF FOOD.

(From a Lady Correspondent.)

The following is an extract from a paper in "Cassell's Family Magazine," which, I hope, will be read by the farmers in Nova Scotia, for it applies to parts of Nova Scotia as well as to England:

To any person accustomed to American life and habits, there is nothing more extraordinary than the absolute disfavour and neglect with which two prime transatlantic favourites are treated in England. Bereft of Indian meal and the pumpkin, the American housekeeper would be indeed a lost woman, and breakfast, dinner and "high" tea be shorn of more than their attractions. The prejudice against the former is to me a source of continual wonder, and when we discover that the principal sufferers from it are little children, we shall be rather sorrowful too, the nursery dietary being, at best of times, a very limited one. Perpetual bread-and-butter or bread-and-milk, with occasional diversions into oatmeal porridge, and boiled eggs, are the daily food of most children throughout the United Kingdom; and if this talk on paper should persuade one mother to add Indian meal in its infinite varieties and possibilities of preparation, to the list, it will be a rich reward for the trouble of writing it. Servants' prejudices are the general cause, I fancy, of the rejection of this delicious food. Children, as a rule, if carefully guarded and brought up, have really no likes or dislikes, I think, although they are too ready to pick up ideas of what is "nice" or "nasty" from their elders. In proof of this we see likes and dislikes continually expressed by little children, evidently copying papa and mamma, who have, in our hearing, frequently said the same. As I have mentioned oatmeal porridge I will begin with what our American cousins call "mush," a very pleasant substitute for it, and much more nourishing.

"Mush" is made in the same way as ordinary porridge, the meal being carefully stirred into the water, while boiling, until the mixture is of the proper consistency; a little salt should be added, and the whole boiled about ten minutes. It can then be turned into a dish, and eaten with milk or "golden syrup."

"Mush" is known amongst the lower orders in Italy under the name of "polenta," and forms a great part of their daily food, and is sometimes mixed with the flour made from the chestnuts which flourish so wonderfully there.

A careful analysis, made by the late Professor Johnson, proves the corn meal to be richer in gluten and fatty matter than wheaten flour, with much less starch

and water, to which circumstance it owes its extremely nutritive character. The attempt made by Mr. Cobett to introduce the cultivation of it in England failed, owing to the variableness of the climate. It can be grown in the Channel Islands, however, as I have eaten it there as a green vegetable, boiled, and brought to the table on the stem or in "cobs," as they are called; and a most delicious addition to the table it is, though mostly used at breakfast. English people, upon first arriving in America, are usually much shocked at the primitive way in which it is "gnawed" off the cob by the natives, and fancy they never could fall into such a really disgusting-looking habit. A few days' futile and discouraging attempts at cutting and shaving it off with a knife are usually sufficient, and they quietly drop into the manners and customs of those about them, to their own evident enjoyment. When cold, "mush" is very nice fried—cut into thin slices and fried a nice brown. It can then be eaten with preserve of some kind, or with sugar and a squeeze of lemon juice.

Hominy, which is a different method of preparing the corn, can now, I hear, be obtained in London. The corn is ground nearly into meal, the broken grains being larger than a pin's head. The flour is then sifted from it, and the husks and bran carefully taken away. The way of preparing it for breakfast, to be used as porridge, is by boiling one pint with two pints of water for about twenty minutes, by which time it will have soaked up all the water; skimming carefully and standing it on the hob for twenty minutes more to soak again. It is eaten either warm or cold, with milk, sugar, butter or treacle. Boil half a pound in milk, add three-quarters of a pound of butter, three or four eggs, nutmeg, and a little grated lemon-peel, with sugar to your taste. Mix the ingredients carefully, and bake in the oven in a pie-dish.

The other neglected esculent is the pumpkin, called in France—where its virtues are much esteemed—"Le Roi Potiron," (King Pumpkin), a grand fête being held in his honour at the Halles Centrales in Paris, at about the middle of September, when the beautiful, bright yellow-green gourd is in perfection. It can be grown equally well in England, I am told, and certainly would prove a very valuable addition to the food of the people, could they be induced, by the example and precept of their superiors to adopt it. In America the pumpkin is an old and well-established favorite, and pumpkin pies, jams and preserves are made in every farm-house. As a groundwork to the latter, the pulp of the pumpkin is excellent, as any flavour can be given.