

Scientific and Useful.

LET THE BEDS BE AIRY.—It is a bad plan to "make up" the beds immediately after breakfast. The sleeping apartments in the house should be aired every day. Beds should be opened every morning to the sun, and to the atmosphere. Do not be in too much haste to get the chambers in order. Let the sheets and blankets be spread over separate chairs, the mattresses lifted apart, and the pure morning air be allowed to get into every nook and cranny of the room, before the beds are made. Better endure a little delay in getting the house in order, than loss of health.

WHITE SOUP.—To a large knuckle of veal put five quarts of water, three large onions, four anchovies, a tablespoonful of black and white pepper; two or three cloves; let it boil till reduced to half the quantity; then strain it, and let it stand till cold; then take off the fat and settlements at the bottom; take a quarter of a pound of sweet almonds, blanched, pounded, and then rub them through a sieve, with some cream, and add still more till your soup is white; put five yolks of eggs beaten with part of the cream, and put to the soup when it boils, but it must not be boiled after the eggs are put in; when it goes to the table add a few very small French rolls stuck with almonds.

UTILIZING COCKS.—Cocks have been applied to various uses. The delicate cross-hairs in the telescopes of surveying-instruments are fine webs taken from spiders of a species that are specially selected for the production of an excellent quality of this material. The spider, when caught, is made to spin his thread by towing him from hand to hand, in case he is indisposed to furnish the article. The end is attached to a piece of wire, which is doubled into two parallel lengths, the distance apart exceeding a little the diameter of the instrument. As the spider hangs and descends from this, the web is wound upon it by turning the wire around. The coils are then gummed to the wire, and kept for use as required.

A FILLET OF MUTTON.—Cut some inches from either end of a large and well-kept leg of mutton, and leave the fillet shaped like one of veal. Remove the bone and fill the cavity with forcemeat, which may be flavoured with a little minced eschalot, when its flavour is liked; more forcemeat is added by detaching the skin sufficiently on the flap side to admit it. When thus prepared, the fillet may be floured, and roasted, served with current jelly and brown gravy, or with only melted butter poured over it; or it may be stewed gently four hours, in a pint of water, after having been floured and browned all over, in a couple of ounces of butter; it must then be turned every hour, that it may be equally done.

VENTILATION.—The London *Lancet* passes the following comment on this subject:—If a man were deliberately to shut himself for some six or eight hours in a musty room with closed doors and windows, (the doors not being opened even to change the air during the period of incarceration), and were then to complain of headache and debility, he would be justly told that his own want of intelligent foresight was the cause of his suffering. Nevertheless, this is what the great mass of people do every night of their lives, with no thought of their imprudence. There are few bedrooms in which it is perfectly safe to pass the night without something more than the ordinary precautions to secure an inflow of fresh air. Every sleeping apartment should, of course, have a fire-place with an open chimney, and in cold weather it is well if the grate contains a small fire, at least enough to create an up-cast current, and carry the vitiated air out of the room. In all such cases, however, when a fire is used, it is necessary to see that the air drawn into the room comes in from the outside of the house. By an easy mistake it is possible to place the occupant of a bedroom with a fire in a closed house in a direct current of foul air drawn from all parts of the establishment. Summer and winter, with or without the use of fires, it is well to have a free ingress for pure air. This should be the ventilator's first concern. Foul air will find an exit if pure air is admitted in sufficient quantity, but it is not certain pure air will be drawn in if the impure is drawn away. So far as sleeping rooms are concerned, it is wise to let in air from without. The aim must be to accomplish the object without causing a great fall of temperature or a draught. The windows may be drawn down an inch or two at the top with advantage, and a fold of muslin will form a ventilator to take off the feeling of the draft. This, with an open fire-place, will generally suffice, and produce no unpleasant consequences, even when the weather is cold. It is, however, essential that the air outside should be pure.

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