

bank below Racepoint: many trees were seen which would yield planks 10 feet long by 2 feet broad. Apricots, peaches, and plums abound in this beautiful glen. The Himalayan alder (*alnus nipalensis*) is a large and straight tree, fringing the river banks above the junction of the Touse. In addition to these, *berberis lycium*, *prim-epia utilis* (*bekul*), and *elegans conferta* (*gelai*), are economic plants, useful in various ways.

Broad river terraces from four hundred yards to a quarter of a mile in width are devoted to rice cultivation, for which this valley is celebrated, and through these the traveller's path lies. In spring, the opium poppy is largely cultivated, but in small patches; at the date of Dr. C's visit (April), the plants were several inches above the ground. The capsules are small, the lanceol for making the incision resembles that used in the plains. Tobacco, sesamum, and vetches, including *erum hirsutum* "masur," are grown in small quantity. In warm situations, barley is sown in March; wheat and several millets are likewise extensively cultivated. There was great abundance of wild mustard (*sinapis*), used for the purpose of obtaining oil. The poppy and tobacco ground is frequently weeded, and is kept clean. Previous to its being ploughed by the men, cattle manure is carried out in kiltas (long deep baskets) by the women, upon whom all the drudgery devolves. The articles of export from the valley are wheat, barley, rice, tobacco, opium, tar, kela oil, apricot oil, ginger, hides, iron, wool, potatoes, honey, and wax. Above Shergaon, towards the Burenda Pass, the food of the people consists chiefly of buckwheat (*phapar*) *fagopyrum esculentum*; the red amaranth (*bhata*), and the smaller millets (*chimi* and *kokia*), *panicum miliaceum* and *paspalum scrobiculatum*, with mandua, *elusine corovana*. In September and October this amaranth gives rich tints of carmine, orange, and yellow to the landscape, while the buckwheat assumes a delicate pink.

A HINT FOR THE GAME AND FISHERIES' PROTECTION SOCIETY.—Two boys were fined the other day in the Court of Special Sessions, held in Montreal, for setting a snare over the nest of a yellow bird. This was on the mountain; and they had with them a basket specially adapted, by means of a net-work over it, for the carrying away of small birds. The boys were eluded for nearly two miles before they were taken, and the action was at the instance of the Montreal Fish and Game Protection Society who are resolved hereafter to seek for the heaviest penalty in these cases.—*Montreal Witness*.

A SIXTY QUART COW.—There is an extraordinary cow in Newburyport which yields sixty quarts of milk a day.

STORM SIGNALS.—The English system of announcing approaching storms by telegraph has been adopted in Prussia. Why not on the American lakes, and on the coasts of Nova Scotia?

CANADIAN IMMIGRATION.—The immigration returns for the month ending May 31, show that 226 cabin passengers arrived at the port of Quebec, and 4,192 steerage; in all 4,418 passengers. This exceeds the arrivals in the same space of time in 1854 by 228.

DOMESTIC RECEIPTS.

TOMATO SAUCE.—Mrs. G. Dowdeswell begs to mention a very simple mode adopted by herself for some few years past, by which she can have tomato sauce prepared by the cook as required, fresh at any time. The tomatoes are gathered perfectly ripe, free from cracks or bruises, and are gently wiped with a soft cloth, and placed in a wide-mouthed jar. Some vinegar, having been boiled and allowed to stand until cold, is then poured over them, sufficient being used to entirely cover them. The jar is then covered with wetted bladder, and the tomatoes keep perfectly fresh and good until those of the following season come in. The peasantry in the south of France keep the tomatoes in this simple manner. Their mode of making sauce Mrs. Dowdeswell, unfortunately, has not perfectly; but the tomatoes in the manner described, can be made as required into sauce by any cook.

CHICKEN PUDDING.—Cut one into eight pieces, half a pound of bacon cut into slices; season with one teaspoonful of salt, half of pepper, two of chopped parsley, a little thyme, and one captain's biscuit, well broken; fill the pudding with the meat, add half a pint of milk, boil for one hour and a half; serve with melted butter over, and chopped parsley on the top.

PIGEON PUDDING.—(*American*).—Pluck, draw, and stuff two pigeons with the stuffing, then cut some large, thin slices of beef, and some of bacon, season well; roll the pigeons in the meat and bacon, lay them in the pudding; boil four eggs hard, cut them into quarters, and fill the cavities with them; mix a teaspoonful of flour with half a pint of milk, or water, close up, and boil for one hour and a half, and serve.

FLOAT.—Take 1 qt. of new milk and 5 eggs, beat the whites to a stiff froth, have the milk ready boiling in a skillet and with a spoon place the whites in it, turn them over quickly, then lift them out carefully, and place them on a plate. Now beat the yolks well, add 1 large spoonful flour, 2 table-spoonfuls of sugar and some grated nutmeg or lemon, and 2 spoonfuls of cold milk; stir them all together, then pour it into the milk, stirring it to keep it smooth. Let it boil, turn it out into a deep dish, place the whites on it, and it is now ready for use. A few drops of jelly or colored sugar on the whites improves the look.

DIRECTIONS FOR STEUING MEAT.—The stuffing for pork, or ducks and geese, is made of bread crumbs mixed with sage and onions, chopped small, seasoned with pepper and salt. It is not easy to give the exact proportions for stuffings, but you require about twice the quantity of bread crumbs that you do of the sage and onions. The stuffing for veal and turkeys is made of bread crumbs, with suet, parsley, and thyme or majoran, chopped very fine, seasoned with pepper and salt, and made to adhere by being mixed together with a raw egg.

EGGS AND SAUSAGES.—Boil four sausages for five minutes; when half cold cut them in halves lengthways; put a little butter or fat in the frying-pan, and put the sausages in and fry gently; break four eggs into the pan, cook gently and serve.

TO CORRESPONDENTS.

Communications are to be addressed (pre-paid) to the Secretary of the Board of Agriculture, Prof. Lawson, Dalhousie College, Halifax, N. S. Communications must be in the Editor's hands not later than the 15th of the month, if intended for the ensuing number.

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