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## EARLY DAYS.

TERMS FOR 1880:

C. BLACKETT ROBINSON.

## Srientific aul \% Msefut.

Astor House Corn Bread.-One quart of buttermilk, two eggs, one table-spoonful of baking soda, two table-spoonfuls of melted
butter ; stir in butter; stir in meal until the mixture is in square tin pans, about an inch thick, half an hour in a hot oven.
Cake for Children.-Mix well two pounds of flour in one pint of warm milk, and a table-spoonful of yeast; let it rise about half an hour; then add one-fourth
pound of molasses, one-half pound of brown pound of molasses, ond-harf pound of brown chopped, two ounces candied peel shred fine, chopped, two ounces candied peel shred fine,
one-half pound good fresh beef dripping; one-half pound good fresh beef dripping;
beat the mixture well for a quarter of an hour beat the mixture well for a qua
and bake in a moderate oven.
To Whiten Linen that has Turned Yellow.-Take a pound of fine white soap, cut it up into a gallon of milk, and hang it over the fire in a wash-kettle. When the soap has quite melted, put in the linen, and boil for half an hour. Now take it out, having all ready a lather of soap and warm water; wash the linen in it, and then rinse it through two cold waters, with a very little blue in the last.
Hot Lemonade for Colds. - Hot lemonade is one of the best remedies for colds, as it acts promptly and efficiently and has no unpleasant after-effects. One lemon should
be properly squezed, cut in slices, put with be properly squeezed, cut in slices, put with
sugar, and covered with half a pint of boilsugar, and covered with half a pint of boiling water. Drink just before going to bed, and do not expose yourself the following day. and fever if it is properly used.
If owners of canaries would see that the cage is kept perfectly clean, and well supplied with plenty of gravel or gravel paper for the bird to peck upon, and that the seed is of the very best quality, and that they are fed and given a bath at a regular hour, daily, the birds, if kept from draughts of air, and no sugar, candy, figs, raisins or cake fed them, will sing from ten to eleven months out of the year. Canary and rape seed is the best every-day or staple food you can sup. ply them with. Avoid too much hemp seed.
Properties of Vegetables. - Vegetables are generally laxative. Carrots and garlic are diuretic. The Jerusalem artichoke, horseradish, asparagus, and celery all relieve rheumatism; the latter is invaluable in con-
ditions of nervousness and exhaustion ditions of nervousness and exhaustion. Both celery and horseradish contain large quanti-
ties of nitrate of potash and saltpetre. Potash abounds in potatoes, nasturtium, cabbage, ash abounds in potatoes, nasturtium, cabbage,
cauliflower, spinach, asparagus, cucumbers, caulifower, spinach, asparagus, cucumbers,
and all green succulent herbs. These vegeand all green succulent herbs. These vege-
tables also contain lime, iron, and other tables also contain lis.
valuable mineral salts.
FOR Poisons.-If any poison is swallowed, drink instantly a half glass of cool water, with a heaping tea-spoonful of common salt and ground mustard stirred into it. This vomits as soon as it reaches the stomach. But, for fear some of the poison may remain, swallow the white of one or two eggs, or swallow the white of one or tho eggs, or
drink a cup strong coffee-these two being antidotes for a greater number of poisons than any other dozen of articles known, with the advantage of their being usually on hand; if not, a pint of sweet oil, lamp oil, drippings, melted butter or lard, are good substitutes, especially if they vomit quickly.
Ducks Roasted.- Cut off the heads, pick them carefully, take out all the pin feathers, singe them well, put the feet in boiling water to remove the yellow skin. Let them be well washed and dried when drawn. Make a seasoning of onion, sage, pepper, and salt, and put it inside, taking care to fasten it well in by putting a string round the neck and back part; truss them plump, and turn the feet on the back. Paper the breast bone, baste well, and when the breast is rising, take off the paper and allow it to brown all over; serve with plenty of gravy, which can be made from the neck and giblets. Many persons eat apple sauce with duck the same as with goose.
Celery Salad.-Two boiled eggs, one raw egg, two table-spoonfuls of melted butter, or one of oil, one table-spoonful of sugar, one tea-spoonful of mustard, one-half teaspoonful of salt, one-half tea-spoonful of pepper, one-half tea-cupful of vinegar. Rub the yolks of eggs smooth, then add the oil, mustard, etc., the vinegar last. Cut the celery into pieces half an inch long. Set all in a cool place. Just before serving, sprinkle over a little salt and black pepper, then pour over the dressing. If you have any cold fowl, chicken or turkey left from dinner, chop it up and mix it with some of the above-equal proportions of both-and it will make a delicious salad; or a few oysters left in the tureen will be a great ad-
dition to the celery salad.


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