

water for second cups. Long infusion spoils good tea. On no account should the teapot be placed on a stove.

If economy be an object, little more than half a teaspoonful to each person will suffice to make very good refreshing tea, but the infusion must be allowed to stand ten or fifteen minutes before first cups are poured out.

Keer's tea makes a most delicious beverage and is very economical. We know of many who have tried it and all much prefer it to any other.

HOME-MADE BREAD.

A correspondent sends to the *Scientific American* the following receipt for making that almost universally relished and economical article, home-made bread :

For the benefit of the numerous readers of your paper I send you an account of the manner of bread making as practised by my cook for nearly ten years. The bread so made I have eaten ever since 1876, and find it the sweetest and most palatable bread I have ever tasted. It is made as follows :

Take a tin pail or earthen pitcher holding half a gallon : put in one teaspoonful of sugar heaped up, one-quarter teaspoonful fine salt, one-quarter teaspoonful bicarbonate of soda, or sal soda will answer if no other is at hand ; on these pour one pint of boiling water ; when this has cooled so as not to scald the flour, add flour enough to make a rather stiff batter. This must be beaten up well for at least *five minutes*. Place the pitcher or pail in a larger pail containing hot water, as hot as you can bear your hand in, but not scalding, and put it somewhere on the stove or other convenient place to keep hot ; in six to eight hours it will have risen to the top of the pail. Make a sponge with *hot* water, add the yeast made above, keep sponge *hot*, and in one hour it will be ready to knead and mould into loaves, which if kept *hot* will

rise quickly and can be baked as ordinary bread.

Keep everything hot if you desire success, but not so hot as to scald. My apparatus is on the glue kettle principle and kept hot by *jacketing* the outside pail with felt and applying a small "Evening Star" night lamp under it. A tablespoonful of oil lasts all night. Set the yeast at 10 P. M., and it will be ready at 5 or 5.30 A. M. next morning. Brown bread made as above is excellent, and white, is as white as snow.

PRACTICAL SANITATION AND THE BACILLUS.—The discovery of micro-organisms in connection with infectious disease, says a London Medical Exchange, "is an affair of yesterday, but the gradual extinction of epidemic disease has been steadily progressing for centuries ; and although the more complete knowledge of the laws which govern them must aid in their more rapid extermination, still the fact is as obvious now as formerly, that true progress lies in the improvement of the hygienic conditions under which crowded populations have to live, rather than in the destruction of this or that bacillus. The teachings of previous experience are more powerful even than the startling revelations of the present."

CIDER AND CALCULI.—As showing the effects of what may appear to be but a small matter in relation to diet, we give the following from an exchange. "A writer in the *Gaz. Med. de l'Algerie* calls attention to the investigations of Dr. Denis-Dumont, surgeon-in-chief of the Hotel-Dieu, of Caen, who was struck with the almost complete absence of patients affected with stone. He entered into correspondence with a large number of the medical practitioners of Normandy, who practiced in localities where cider was almost the sole beverage, some of whom were of forty years' experience and longer, none had treated a case of stone. As a consequence, he has collected a mass of valuable observations which support him in the proposition that cider is not only a prophylactic against the formation of stone and other affections of the bladder, but also that it is an energetic curative agent, when in the condition to be absorbed, like any ordinary drink, and brewed in the best manner."