

with a little anchovy and white sauce; pour it gently to the rest, stirring it all the time; simmer again the whole together, and serve it with sippets of bread and curled bacon alternately.

Veal rissoles.—Mince and pound veal extremely fine; grate into it some remains of cooked ham. Mix these well together with a white sauce flavoured with mushrooms; form this mixture into balls, and enclose each in pastry. Fry them in butter of a nice brown.

The same mince may be fried in balls without pastry, being first cemented together with eggs and bread-crumbs.

Mutton hashed.—Cut cold mutton into thin slices, fat and lean together; make gravy with the bones whence the meat has been taken, boiling them long enough in water, with onion, pepper and salt; strain the gravy, and warm, but not boil the mutton in it. Then take out some of the gravy to thicken it with flour and butter, and flavour it with mushroom catsup. Pour in the thickening and boil it up, having before taken out the meat, and placed it neatly on the dish in which it is to go to the table. Pour over it the boiling gravy, and add sippets of bread.

Cold Lamb.—Fry slices or chops of lamb in butter till they are slightly browned. Serve them on a purée of cucumbers, or on a dish of spinach; or dip the slices in bread crumbs, chopped parsley, and yolk of egg; some grated lemon-peel and a little nutmeg may be added. Fry them, and pour a little nice gravy over them when served.

RULES FOR MARKETING.—In marketing, the first rule is to purchase chiefly from known and respectable tradespeople, who are likely to go themselves to the best markets, and who have to support the character of their shops.

The second rule to be observed is that of not purchasing inferior articles under the idea of being economical.

A bargain is seldom a prize: and this is especially the case in regard to butchers' meat.

The best meat and the prime parts are unquestionably the cheapest in the end, although the first cost may be the greatest. In coarse and inferior joints there is always too great a portion of gristle, bone, and hard meat to render them truly economic; these may serve as the basis of soups, gravies, or stews, but for roasting or boiling they are wasteful.

FILTH AND FEVER.—Deficient drainage, if not the parent, is most certainly the nurse of fever. Fever is a contagious disease, spreading from person to person, just as small-pox or scarlet fever does; and, like those diseases, haunting over-crowded or ill-drained districts, and all places where, from any cause whatever, the air is foul, and filled with animal and vegetable exhalations. It loves the banks of rivers, the borders of marshes, the edges of stagnant pools. It makes itself a home in the neighbourhood of cesspools and badly constructed drains, and takes

special delight in the incense of gullyholes. It has a perfect horror of fresh air, soap, and white-wash; but when left to itself, will linger for years amid scenes of filth and corruption, and hold in deadly embrace all human beings who have the same depraved taste, or are so unfortunate as to be thrown into its company. It is the favourite child of *laissez faire* (in plain English, *let alone*), and bears the same relation to filth that crime does to ignorance.

BATH BRICKS.—It is singular that the only known substance from which these bricks can be made is a sludge or mud, deposited by the River Parrott, and that of such deposits it is only that within a mile above and a mile below the town of Bridgwater that will do. They are used, as every one knows, for cleaning knives.

PRIZE POULTRY.—Though poultry form a very insignificant part of the live stock of a farm, yet they ought to be encouraged. In the largest farm, a few domestic fowls pick up what might escape the pigs and be lost; and on small farms, among cottagers, the breeding and rearing of early chickens and ducks, and in some situations the rearing of turkeys and the keeping of geese, are found profitable. There are few who do not relish a new egg or a pancake, not to say the flesh of fowls, and there are some of these comforts which happily can be had in as great perfection in the cottage as in the palace. The French, guided by the philanthropic labours of their great naturalist, Reaumur, have long felt the force of these homely truths, and have carried the breeding of domestic poultry to an extent and perfection unknown to the most enlightened farmers of our own country, and, as a consequence, they have become egg importers to entire Europe; a young chicken has become within the reach of the meanest peasant, and the omelette has taken its stand as a national dish. Convinced by these facts that the breeding of poultry was calculated to add materially to the comforts of our ill-fed poor, the Zoological Society of London, descending from their rigid state of abstract science, determined to offer annual prizes for improved species and varieties of domestic fowl, and generally for any improvement calculated to facilitate the commercial value of the poultry yard. In accordance with this resolution, the Council issued the following prospectus of their wishes:—

The Society offers medals, with the option to the successful candidates, of receiving 2*l* for first prizes, and 1*l* for second prizes, for the several objects mentioned in the following list:—

First and Second Prizes given from Class I. to Class VI. inclusive.

Class I.—Domestic Fowls.—A Male and two Females to be exhibited. A White, Speckled, or Gray Dorking. B.—, C. Old Sussex or Kent. D. Gold or Silver Spangled every day layers (Hamburgh). E. Spanish. Polish, Gold or Silver Spangled Black or White. G. Malay,