

sion to spend money for such articles until his Farm should make him a return; money so laid out would pay a good interest.

*Food for the Passage.*—Where females or children are in a family, it may be proper and necessary to have sugar and tea or coffee; but in general it may be well to avoid cooking as much as possible. Persons unused to the sea find it very awkward to attend at the cookhouse, especially in bad weather, even if not prevented by sea-sickness; and the fire is much occupied, where there are passengers in addition to the ship's company: therefore, biscuit, butter, cheese, bacon, ham, eggs, onions, &c., which require little or no preparation, would be the preferable articles for sea stock; with one or two large plain cakes, apples, and spice. A little brandy also may be useful, may be required, medicinally; and salts, castor-oil, rhubarb, magnesia, hartshorn, laudanum, &c. with oatmeal\* for gruel. The passage to Prince Edward Island may occupy thirty days, but provisions should be laid in for seven weeks.

The Irish Emigrants, who find themselves, usually live on oatmeal porridge, sometimes sweetened with molasses, a wholesome diet, but not common among Englishmen; and for dinner herrings and potatoes, nor do they always take enough of this economical food.

It is said, that if milk be drawn from the cow into glass bottles that have been scalded and well dried, then corked tight, put into a boiler in cold water and boiled sometime, it will keep sweet during a long voyage in any climate. To preserve eggs

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\* Oatmeal for porridge should form a chief article of the Emigrant's sea stock, not only on account of the facility of preparing it, but because of its being a most wholesome food, calculated to retain the body in a state of health.