A SHORT CHAPTER ON BREAD-MAKING.—At no period of our civil history has so much attention been directed to the best means of sustaining life, as at the present. The partial failure of the cereal and root crops in Europe, together with the rapid increase of their already crowded population, has led the chemist, the political economist, and the philanthropist to a clearer and more accurate investigation of the life-sustaining properties of the various articles commonly used as food.

The term "bread," in the broadest sense, can be applied to the main staple, in the support and nourishment of man; whether it be the "potatoes and point" of the Irishman; the ostrich, the puanacho, or the wild bull of the Buenos Ayrean Guacho; the blubber of the Greenlander; the cassaya, banana, or sugar-cane of the West India negro; the hump steak of the prairie hunter. The rice of the gluttonous Siamese, the contents of the ample wallet well filled with dates, of the Timbuctoo merchant, and the rich white bread of the American table,—all are to different individuals but so many different forms of "daily bread."

The French Chemists have, by the most patient series of analyses, fixed the utmost alimentary limits of almost every article used as diet. Wheat above all other things, stands pre-eminent as an article of food. With us, as a nation, it forms a most important part of life's comfort. The question before me now is, as to the best way of deriving the entire nutritious substance of wheat when presented in the form of baked bread. That we fail in gaining the object by the use of fermentatives, such as yeast, leaven, &c., can be easily shown. The intelligent reader need not be told that fermentation cannot take place in any substance that does not contain sugar in large quantities, and in the proportion that sugar predominates will be the activity of the fermentation. In other words, the activity of the fermentation depends upon the strength or ability of the yeast or leaven to change or convert into carbonic acid gas the saccharine contained in the wheat. Experiments in this respect enabled me to speak knowingly. The quantity of nutritious matter destroyed in getting what our wives call a "light raise," is as eight to one hundred; or, out of every one hundred pounds of flour, we destroy eight, while the balance is largely injured by the process.

Nor is the practice of raising bread by the use of salæratus any better; indeed, it is infinitely worse. Why are ninety-nine out of every one hundred of the American people afflicted with poor teeth? Solely from the use of salæratus, not "sweet" things, as many suppose. I am confident that the love of gain ought to lead us to abandon the use of the first ingredient, while the love of health, and, above all, a good set of teeth, should induce us to abstain from the use of the latter.

A sweeter and better kind of bread can be made by following the recipe given below. One trial, I am satisfied, will convince any one.

Three cups of flour;

Two teaspoonfuls of cream of tarter;

One teaspoonful of carbonate of soda, dissolved in hot water.

A little salt, and a small piece of butter or lard.

Mix with sweet milk, roll out and bake them quickly. Add a little sugar, and it makes a very nice, healthy cake for children. The same proportions may be carried out to make a large batch of bread.

By placing the bread, when taken from the oven, in a current of sweet, fresh air, it soon recovers the oxygen that was expelled from it while it was in the oven. No bread should ever be eaten while it is hot. It is not fit for the stomach, and will certainly produce derangement,—such as flatulence, acidity, biliousness, &c. It is a want of economy to use warm bread. Many persons will eat three or four warm biscuits, while seldom will they eat more than two when they are cold; and yet the two cold biscuits contain more nourishment than the four warm ones.—*Valley Farmer.*

DRESSING WOUNDS.—Nine times out of ten, a wound will heal quicker if done up in its own blood, than in any other way. As for a burn, whatever will entirely exclude the air the quickest, is the best. Cotton will do this; so will oiled silk, if stuck down at the edges by any kind of sticking salves. Put nothing on a burn to heal it. Nature will soon do that, when the air is excluded, and the pain will almost immediately cease.

APPLE CUSTARD.—To make the cheapest and best every day farmer's apple custard, take sweet apples that will cook, (such as every farmer ought to have through the summer, fall, winter, and spring,) pare, cut, and stew them; when well done, stir till the pieces are all broken; when cool, thin with milk to a proper consistency, and bake with one crust, like pumpkin pie. Eggs may be prepared and added with the milk if handy, though it will do without. No sweetning is necessary. It may be seasoned with any kind of spice to suit the taste—the less the better.

TORONTO MARKET.

May 30, 1849.

	s.	d.		s.	d.
Flour, per brl. 196lbs.	16	3	to	21	3
Wheat, per bushel, 60lbs.	3	6	to	4	4
Barley, per bushel, 48lbs.	1	6	to	1	9
Rye, per bushel, 56lbs.	3	0	to	3	4
Oats, per bushel, 34lbs.	0	11	to	1	1
Oatmeal, per bbl. 196lbs.	16	3	to	20	0
Pease, per bushel, 60lbs.	1	6	to	2	0
Potatoes, per bushel	2	6	to	3	4
Beef, per lb.	0	2	to	0	3½
Beef, per 100lbs.	15	0	to	20	0
Veal, per lb.	0	2½	to	0	4
Pork, per lb.	0	2½	to	0	3¾
Pork, per 100 lbs,	17	6	to	20	0
Bacon per 100 lbs,	25	0	to	35	0
Mutton, per lb,	0	2½	to	0	3½
Mutton, by the carcase	0	0	to	0	0
Lamb per quarter-	2	0	to	3	0
Fresh Butter, per lb.	0	6½	to	0	7½
Firkin Butter, per lb.	0	6½	to	0	7½
Cheese, per lb.	0	3	to	0	5
Lard, per lb.	0	3½	to	0	0
Apples, per barrel,	7	6	to	12	6
Eggs, per dozen,	0	4	to	0	5
Fowls, do.	1	8	to	2	0
Straw, per ton,	25	0	to	30	0
Hay, per ton,	40	0	to	60	0
Fire Wood	10	0	to	12	6