

INFLUENCE OF ARDENT SPIRITS.—In the ardour of this crusade against fermented liquors, statements have been made by over zealous champions of total abstinence, which are not quite borne out by chemical and physiological researches. Ardent spirits of every variety are little else than alcohol diluted with a large proportion of water, and flavoured with a minute admixture of volatile oil, the precise action of which upon the system is not known. They contain none, therefore, of the common forms of nutritive matter which exist in our usual varieties of animal and vegetable food. It does not follow from this, however, as some have too broadly alleged, that they are incapable of serving any useful purpose in the animal economy. On the contrary, it is ascertained of ardent spirits—First, That they directly warm the body and by the changes they undergo in the blood, supply a portion of that carbonic acid and watery vapour which, as a necessity of life, are constantly being given off by the lungs. They so far, therefore, supply the place of food, of the fat and starch for example, which we usually eat. Hence a schnapps, in Germany, with a slice of lean dried meat, make a mixture like that of the starch and gluten in our bread, which is capable of feeding the body. So we either add sugar to milk, or take spirits along with it (old men's milk), for the purpose of adjusting the proportions of the ingredients more suitably to the constitution or to the circumstances in which it is to be consumed. Second, That they diminish the absolute amount of matter usually given off by the lungs and kidneys. They thus lessen, as tea and coffee do, the natural waste of the fat and tissues, and they necessarily diminish, in an equal degree, the quantity of ordinary food which is necessary to keep up the weight of the body. In other words, they have the property of making a given weight of food go further in sustaining the bulk of the body. And, in addition to the saving of material thus effected, they ease and lighten the labour of the digestive organs, which, when the stomach is weak, is often a most valuable result. Hence, fermented liquors, if otherwise suitable to the constitution, exercise a beneficial influence upon old people, and other weakly persons whose fat and tissues have begun to waste, in whom the process of digestion, that is, does not replace the tissues as fast as they naturally waste.—*Chemistry of Common Life.*

CLARIFYING MAPLE SUGAR.—A Vermont farmer says the following is a sure method of clarifying maple sugar. Filter all your sap before boiling, through a hopper or box of sand, which will take out, not only the stains derived from leaves, tubs, crumbs of bark, but all other coloring matter that can prevent the sugar from being pure white. We doubt whether sand can remove the coloring matter of the sugar, but the method is simple, and it will cost little to try it.

ENGLISH GUNPOWDER.—On first straying amidst the Syrian hills with a gun in my hand, I was puzzled by the manner in which I was frequently accosted by the people. Some times a man would run towards me, and suspecting very naturally that I understood a little Arabic, he would earnestly repeat the one word *baroot* [gunpowder]. Imagining he asked if I came from Beirut, I answered *etwa* (yes), which, of course, caused him to expect he was about to receive some of the coveted commodity. There are no words that one sooner learns in Syria than *baroot* and *ush* [powder and shot], and even the smallest quantity of our finely-ground "cauister" is much desired to prime the firelocks, the Arab powder being generally as large, and sometimes larger in the grain than wheat.—*Journal of Eastern Travel in Hogg's Instructor.*

WASHING WINDOWS.—A correspondent of the American Agriculturist gives the following improved mode of washing windows, which, although not new to us, may be valuable to many of our readers:—

"The nicest article for washing windows is deer-skin, as no particles come off to adhere to the glass and make it look as if washed with feathers. There is no need of any thing larger than a hand basin for washing windows. The great splashing some people make in the exercise of their art is entirely useless, and is, moreover deleterious. When the water is permitted to run down in great quantities upon the glass, it dissolves the putty and soon loosens the panes from their setting and also stains the glass. Two pieces of nice wash leather and a bowl of suds are all that are necessary. Wipe the glass first with the wet cloth or leather, and after it has become dry, with the clean cloth, and it will look clear, and far more so than if rinsed in a dozen pails of water."

TASTE OF TURNIPS IN BUTTER.—A correspondent at Philadelphia writes us that he had abandoned the use of turnips as feed for milch cows on account of the disagreeable taste imparted to the milk and butter. He met with the following easy method of removing this objection, and has practised it for five years with perfect success, both with common flat turnips and with ruta bagas.—slice the turnips 12 hours before they are wanted, put them in a heap or basket, and sprinkle over them a slight coating of fine salt. After they have lain in a heap 12 hours, mix them well together and give to the cows.—*Country Gentleman.*

RE-CHURNING BUTTER.—The neighbours of a certain lady in the Fourth District of New Orleans, have recently discovered something that has seemed a miracle, for months past. They knew the lady had but one cow, says the *Crescent*, and they knew also, that the lady's two little negroes peddled as much Creole butter daily as could be produced by half a dozen common cows. Inquisition got so high on the subject at last, that the lady has let out the secret, and in its travels it has reached us. She told a friend that her cow was only a common cow, and did not produce any butter, but yielded milk enough in which to re-churn any quantity of strong Goshen butter, which she buys by wholesale at the groceries, and converts by the said re-churning in new milk, to that pale sweet delicacy, known as Creole butter, which always commands the highest of prices. She added also, that by this process she had made a clear profit, since June last, of *twelve hundred dollars!* One cow is not much, but one cow and Yankee ingenuity together are considerable. Our authority in this matter is indisputable, and the speculation is worth imitating.—*Petersburgh Express.*

INDIAN LIGHT BISCUIT.—A quart of Indian meal a pint of sifted wheat flour; a very small teaspoonful of salt; three pints of milk; four eggs.

Sift the Indian and wheat meal into a pan, and add the salt. Mix them well. Beat the whites and yolks of the eggs separately. The yolk must be beaten until very thick and smooth; the whites to a stiff froth that will stand alone of itself. Then stir the yolks gradually, [a little at a time] into the milk. Add by degrees the meal. Lastly, stir in the beaten white of egg, and give the whole a long and hard stirring. Butter a sufficient number of cups, or small deep tins—nearly fill them with the batter. Set them immediately into a hot oven, and bake them fast. Turn them out of the cups. Send them warm to table, pull them open, and eat them with butter.

They will puff up finely, if at the last you stir in a level tea-spoonful of soda, melted in a little warm water.—*Extract.*