Scientific and Useful.

Sponge Cake.—Six eggs; three cups powdered sugar; four cups sifted flour; one teaspoonful soda; two of cream tartar; one cup cold water; a pinch of salt.

BREAKFAST CAKE.—Two eggs, two cups sugar, two dessert-spoons of butter, beat well; add one cup of sweet milk, four teaspoonfuls cream tartar and two teaspoonfuls soda mixed with five cups of flour.

FOAMING OF CREAM.—The framing of FOAMING OF CREAM.—The Framing of the cream when attempting to churn may be caused by its being too cold, or because it has been standing too long in a warm room. Use a thermometer in testing the temperature of the cream before attempting to churn again. For it is difficult to get it just right again, for it is difficult to get it just right without one of these instruments. Plunge the thermometer into the cream, and when it shows a temperature of about sixty-five degrees it is ready for churning. If your milk is kept in a moderately warm room and the churning done two or three times a week, you should have no trouble in making good

butter.

To CATCH RATS.—A novel method of catching rats and nice which takes into account the social characteristics of the pestiferous rodents, was recently described in the Germantown "Telegraph." The correspondent says: "I do not think it is generally known that rats and mice will go into a trap much more readily if a piece of looking-glass is put in any part of the trap where they can see themselves. They are social little creatures, and where they can see any of their tribe, there they will go. I am quite sure of the effect of the looking-glass, as I properly baited my trap for a whole week without being able to coax one of my depredators in; baited my trap for a whole week without being able to coax one of my depredators in; but the first night after putting in the looking-glass, I caught two—one very large and one small rat; and every night since this device has made one or more prisoners." The "American Agriculturist" recommends mixing plaster of Paris with meal. The rats eat it and the plaster sets in their stomach and kills them, so it says.

CARBOLATE OF SODA FOR WHOOPING COUGH,—Dr. Pernot describes in the Lyons Medical Record a very succussful treatment of whooping cough with carbolate of soda. He places the carbolate of soda in a small porcelain crucible held above the flame of a spirit lamp, which keeps it in an unvarying temperature as long as wished. As the carbolate of soda becomes volatilized, the atmosphere of the sick room is impregnated mosphere of the sick room is impregnated with the vapor of carbolic acid. When the crucible and the lamp are not at hand, a satisfactory substitute is found in a fire brick heated enough to vaporize the carbolate. In numerous cases the following results have been obtained: I. A notable diminution of been obtained: I. A notable diminution of the paroxysms of coughing after from two to ten days' treatment. 2. Less laboured and painful respiration. 3. Shorter duration of the paroxysms of coughing. 4. The most confirmed attack of whooping cough remains in statu quo from the commencement of the treatment, and it always appeared to him to diminish more or less rapidly, but always in a time relatively short to its usual duration. The vapors of carbolate of soda have valuable disinfecting and antiseptic properties.

Man's AGE.—Few men die of old age.
Almost all die of disappointment, passion or bodily toil, or accident. The common expression, "choked with passion," has little exaggeration in it, for even though not suddenly fatal, strong passions shorten life. Strong bodied men often die young; weak men often live longer than the strong, for the strong use their strength, and the weak have none to use. The latter take care of themselves, the former do not. As it is with the body, so it is with the mind and temper. The strong are apt to break, or like a candle, to run; the weak to run out. The inferior animals that live temperate lives have generally their prescribed number of years. The horse lives twenty-five; the ox fifteen or twenty; the dog ten or twelve; the rabbit eight; the guinea pig six or seven years. These numbers all bear a similar proportion to the time the animal takes to grow to its full size. But man, of all the animals, is one that seldom lives this average. He ought to live a hundred years, according to physical law, for five times twenty is a hundred; but instead of that he scarcely reaches on an average four times his growing period; the cat six times, and the rabbit Man's AGE .- Few men die of old age hundred; but instead of that he scarcely reaches on an average four times his growing period; the cat six times, and the rabbit even eight times the standard of measurement. The reason is obvious—man is not only the most irregular and intemperate, but the most laborious and hard worked of all animals. He is also the most irritable and there is reason to believe though we cannot tell what He is also the most irritable and there is reasonato believe, though we cannot tell what an animal secretly feels, that more than any other animal, man cherishes wrath to keep it warm, and consumes himself with the fire of his own secret reflections.—Exchange.

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