

SCIENCE IN THE KITCHEN.—Professor Liebig, in a letter to Professor Silliman, says:—The method of roasting is obviously the best to make flesh the most nutritious. But it does not follow that boiling is to be interdicted. If a piece of meat be put into cold water, and this heated to boiling, and boiled until it is "done," it will become harder, and have less taste, than if thrown into water already boiling. In the first case, the matters grateful to the smell and taste go into the extract—the soup; in the second, the albumen of the meat coagulates from the surface inward, and envelopes the interior with a layer which is impregnable to water.

DIRECTIONS FOR BOILING.—For all sorts of boiled meats, allow a quarter of an hour to every pound: be sure that the pot is very clean, and skim it well, for every thing will have a scum rise; and if it boils down, it makes the meat black. All sorts of fresh meat are to be put in when the water boils, but salt meat when the water is cold.

FOR ROASTING, the cook must order a fire according to what she is to dress. If any thing little or thin, then a brisk little fire, that it may be done quick and nice. If a very large joint, be sure that a good fire is laid to cake: let it be clear at the bottom, and when the meat is half done, move the dripping-pan and spit a little from the fire, and stir it up. The spit ought to be kept very clean, and ought to be rubbed with nothing but sand and water. Wipe it with a dry cloth. Oil, brick-dust, &c., will spoil the meat.

TO MAKE MUTTON-SUET CANDLES, IN IMITATION OF WAX.—1. Throw quick-lime in melted mutton-suet; the lime will fall to the bottom, and carry along with it all the dirt of the suet, so as to leave it as pure and as fine as wax itself.

2. Now, if to one part of the suet you mix three of real wax, you will have a very fine, and to appearance, a real wax candle; at least the mixture could never be discovered, nor even in the moulding way of ornaments.

INDIAN SLAP JACKS.—Scald a quart of Indian meal—when luke-warm, stir in half a pint of flour, half a tea-cup of yeast and a little salt. When light, fry them in just fat enough to prevent their sticking to the frying-pan. Another method of making them, which is very nice, is to turn boiling milk or water on the Indian meal, in the proportion of a quart of the former to a pint of the latter—stir in three table-spoonsful of flour, three eggs well beaten, and a couple of tea-spoonsful of salt.—*American Housewife.*

TO HAVE GOOD HEALTH.—Keep thy feet dry—thy skin clean—thy digestion regular—thy head cool—and a fig for the doctors.

A DROP OF OIL.—Every man who lives in a house, especially if the house be his own, should oil the various parts of it once in two or three months. The house will last much longer and will be much more quiet to live in. Oil the locks, bolts and hinges of the street door, and it will shut gently with luxurious ease, and with the use of a small amount of force. A neglected lock requires great violence to cause it to shut, and with so much violence that the whole house, its doors, its windows, its very floors and joists are much shaken, and in time they get out of repair in all sorts of ways, to say nothing of the dust that is raised.

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