

used in the vicinity of flame ; and it is important to remember, that through the medium of the escaping vapor, when the phial is uncorked, flame will leap to it through a space of several feet. Benzine is often sold under various fanciful names ; and, therefore, any article procured from druggists for removing oil or grease from fabrics, should be handled with the utmost care.

### POISONS IN DAILY USE.

Pickles are often poisoned by being scalded in brass or copper kettles ; it makes them look green, but that green renders them poisonous. Brass or copper kettles ought not to be used for cooking purposes. Water is poisoned by being conveyed in lead pipes, or standing in pails painted on the inside. Milk is poisoned by using such pails for milking. Cheese is often poisoned in this way, and by using in its manufacture brass, copper, or wooden tubs painted inside.

Ignorance places a deadly weapon in our articles of food, but selfishness often conceals a greater. It manufactures poisons for others in many temptingly disguised forms. Cake ornamented with colored dust, candies colored in such nice style, toys so highly attractive to children, cause decayed teeth, intestinal inflammation, nauseating headache, colic, and often convulsions. Confectionery may be prepared without coloring materials so as to be wholesome.

### SELECTED RECIPES.

**BEEF A-LA-MODE.**—Take part of a round of beef, bone it, and make incisions, which are stuffed with bread, butter, or sweet salt pork, thyme, pepper, salt, a little minced onion, clove, and yolk of egg. After the meat is stuffed, bind it with tape, and put in an oven, with water enough to cover it, let it stew slowly for three hours. Keep a lid on while it is stewing, and if more water is needed add boiling water. The gravy will require no thickening, but a gill of walnut or mushroom catsup will improve it.

**RECIPE FOR COOKING SHAD SO AS TO DESTROY THE BONES.**—Put the shad in a common bake-pan, flesh side down, with a small quantity of water to prevent the shad from burning or getting too dry. Bake in a slow oven for about six hours, adding water occasionally, if necessary, as it evaporates. The complete dissolution or soften-

ing of the bones depends upon the length of time in cooking. From my experience it requires about six hours at one cooking, or four hours if kept in the oven two hours and then taken out, allowed to cool, and replaced in the oven for two hours more the succeeding day.

**IRISH STEW.**—Take the small ribs of lamb or mutton ; cut them up into pieces about an inch in length, and cover with cold water, and add a teaspoonful of salt. Simmer for an hour, then add peeled potatoes, which have been cut into slices and laid in cold water an hour previous, one good-sized onion, one large or two small tomatoes, and some chopped parsley. Cook slowly for an hour and a half more, then season with pepper, and more salt if required, and send to table with toast under it.

**CHEAP CRUST FOR DUMPLINGS.**—Boil about six good-sized potatoes, mash them in a teacupful of milk and a very small piece of butter, and salt to taste ; beat the potatoes and milk together till they are very smooth ; add to this flour enough to make a dough ; lay a large cloth on your pie-board, flour it, roll your dough out, put the apples in it, roll the crust up to form one large dumpling, tie the cloth, and put it in boiling water. Boil it about an hour and a half.

**GRAHAM BREAD.**—Take one coffee-cup of white flour, two of Graham flour, one of warm water, half a cup of yeast, and a little molasses, a small teaspoonful of salt, and half a teaspoonful of saleratus dissolved in the water. It should be made as stiff as can be stirred with a spoon. If you prefer to add a spoonful of Indian meal it should be scalded. Let it rise over night, and when it is very light bake it about an hour in a moderate heat. The above recipe will make one loaf of bread.

**HOE CAKE.**—Mix a little salt with sifted meal, and pour boiling water upon it, sufficient to dip the batter out on a common cooking-stove griddle. This should be tested by throwing a pinch of meal on it, and it is hot enough when the meal begins to turn brown. As soon as this is the case, dip the batter or mush out of the pan upon the griddle until it is covered all over exactly an inch thick. Cook it with a lively fire, and when baked enough to turn without sticking, turn the cake over, and bake it on the other side.