

little smaller in size than the meat; sprinkle with pepper and salt, stick a clove in each, and roll up tightly. Tie with white cord, roll in flour and fry. When done remove the cord and serve with brown gravy or tomato sauce.

CHOCOLATE PUDDING.

Mix the yolks of six eggs with one cupful and a half of sugar and fifteen tablespoonfuls of bread crumbs, then a quart of boiled milk; take eight tablespoonfuls of grated chocolate, mix with a little boiled water, and pour into the mixture; the whites of three eggs are to be well beaten and added last, with a very little salt; bake one hour, beat the remaining three whites into a stiff froth; and icing sugar sufficient to make a meringue, and dry without browning.

CHICKEN RISsoles.

Mince or chop very finely some remnants of roast or boiled fowl free from skin; add an equal quantity of truffles all minced; toss the whole in a saucepan with a piece of butter, mixed with a pinch of flour; add pepper, salt and nutmeg to taste, as well as a little minced parsley; stir in off the fire the yolks of one or two eggs beaten up with a few drops of lemon juice, and lay mixture on a plate to cool. Make a paste with some flour, a little water, two eggs, a pinch of salt, and two or three of sugar; roll it out to the thickness of a penny piece, stamp it out in round pieces three in diameter; put a piece of the above mince on each, then fold them up, fastening the edges by moistening them with water. Trim the rissoles neatly with a fluted cutter, dry each one in beaten-up egg, and fry a golden color in hot lard.

THE BEST DRIED YEAST.

One dozen potatoes; three handfuls of hops; five quarts of water. Wash the potatoes clean but do not pare them. Put them on to boil with the hops and water, and boil one and one-half hours. Mash the potatoes well in with the hops. Put one quart of flour in a crock and pour the mixture boiling-hot through a sieve on the flour. Stir it well, and when milk-warm add one pint of good yeast. When light take two-thirds corn meal and one-third flour, pour the yeast in, stir it around well, spreading on a table to dry. It never fails, and will keep six months.

CHICKEN AND CORN, (MARYLAND FASHION.)

You want fresh corn; cut off the grains from the cob and put it in a pan with only enough water to cover it; stew thoroughly; cut the chicken up and add to the corn; season with pepper and salt, and when the chicken is tender add a teacupful of cream, thicken with a very little flour or cracker dust and butter. At the very last, chop parsley fine and mix thoroughly. A variation from is to stew with the corn an equal weight of pickled hard crabs. Even better, soft-shell crabs cooked with chicken and corn used to be one of the choice dishes of Maryland.

MUSHROOM CATSUP.

This is a good time to make your catsup. Such large mushrooms as are not fit for cooking alone do very well. Cut them all up fine, and to every pound of mushrooms add a tablespoonful of salt; put away for 24 hours in a cool place, and drain off the juice, using pressure; boil this juice with three cloves and half a dozen peppercorns, and let it boil slowly; strain carefully, when cold, and add to each pint of fluid a wineglassful of sherry; must be stoppered carefully; if not salt enough, add salt.

DRIED MUSHROOMS.

Nothing is more agreeable in dishes than a dried mushroom. I make mine this way. Nothing so easy, I pull out the stalk and lay the umbrella part down in a pan, which I put in a not too hot oven. It stays there a quarter hour; you cannot do it at once. Next day put mushroom back, and so on little by little till dry. Must be like leather when done. Soak in water when you use dried mushroom.—Bianca C.

By the Lake.

About the lake the pansies blow,
Fair they bloom in the summer sun,
With violets on the banks below
And tangled vines that at random run;
The water is dark, and cool, and green;
Its surface touched by misty rays
That slant the willow boughs between
On sunny, summer days.

Across the lake the winged seeds
Hither and thither lightly flaut,
Blown from the shore of bristling reeds
That gauzy dragon-flies love to haunt;
The shallows all are thickly set
With lily-leaves and blossoms white,—
Their fragrant petals glistening wet
With dewdrops, diamond bright.

A silence reigns upon the air,
Upon the pansies by the shore,
Upon the violets pale and fair,
Upon the willow bending o'er;



SAVE WHEN THE SWANS GLIDE TO AND FRO.

The reeds and lilies silent grow,
The dark, green waters silent sleep,
Save when the swans glide to and fro,
Or silvery minnows leap.

Real enjoyment can be added to life by simply studying Nature's laws in regard to food, and by applying them to every day life.

For gad fly, bore holes in logs with a two-inch auger, and keep them filled up with good pine tar; on this tar, salt the sheep. The sheep come for their rations of salt and get their noses smeared with the tar.

Drops of foam or froth-like spittle are frequently observed on deciduous trees, shrubs and herbage. These are caused by the larva of the spittle insect, which sucks the juices of the plant and afterwards ejects them in the form of small bubbles. The larva lies underneath the froth; but when about to change it leaves this covering, the skin splits open, and the perfect insect makes its appearance.

Hygienic Information about Food.

The quantity of food actually needed by the body depends on the amount of muscular and outdoor exercise. Persons who have a strong constitution, a healthy stomach, and take much exercise, can eat and digest almost anything with impunity, but what is good for one is hurtful to another. One stomach should not be made the rule in regulating others, and every one should experiment, and observe the effects of various articles of food upon them, and deduct one after another, until they learn by experience which is the best for digestion. The most unhealthful kinds of food are those which are made so by bad cooking, such as sour and heavy bread, cakes, pie-crust, and other dishes consisting of fat mixed and cooked with flour.

Articles to be fried should be immersed in boiling fat; they can then remain as long as necessary to thoroughly cook them, without soaking in fat. Fried meats are indigestible if greasy.

Butter, if rancid or melted, also high seasoned food, are very unwholesome. Meat when salted loses much of its nourishment, which is extracted; two gallons of brine in which meat has been saturated will yield one pound of solid extract or nourishment, which is generally wasted. The meat is wholesome used occasionally, but freely used causes scurvy, scrofula, etc. Cream is nourishing, but on account of its fatness, difficult of digestion.

Sugar is a constituent of every article of food. Children could not live without it; it is fattening, but its immoderate use destroys health and appetite; it is heating, and, like starch, consists only of carbon and water. Insects, called sugar mites, inhabit brown sugar.

Articles needed by the body for fat and heatmaking, are sugar, fat butter, oil and molasses. For muscle, lean meat, cheese, oat-meal, beans and peas. For brain and nerves, unbolted flour, barley, e.g. very active fishes and birds. Green vegetables, fruit and berries, furnish acid and water needed.

A diet containing carbon, such as articles for fat and heat-making, is needed for cold weather. It acts as fuel and the supply should vary according to the supply of oxygen in the air breathed, the cooler the purer, and contains also more oxygen. Greenlanders live upon oil, eighty per cent. of which is carbon. Such food would destroy natives of warm climates. A portion of the carbon obtained from food, meets in the lungs with the oxygen, supplied by the atmosphere, causing combustion and heat for the body.

Animal food is quicker, and more easily digested than any other; but it produces plethora and inflammatory diseases; if immoderately used; nutrition is the most digestible and nutritious—beef more suitable for hard work.

Nourishment in beans, 92 parts; wheat, 85; rye, 80; meat 35; potatoes, 25.

Rye meal has a laxative tendency, often becoming acrid in the stomach; vegetables often cause flatulency in some persons.

Sago is the pith of a palm tree. Tapioca is obtained from the root as a plant, which in its raw state is poisonous, but it is destroyed by heat in its preparation for market—both are healthy and very nourishing.

Soups are bad for weak stomachs, difficult of digestion, too much liquid, more bulk needed. Cheese is all nutriment, hard of digestion, eaten in small quantities; a working man can subsist on one half-pound of it, one pound of meal, and one quart of milk daily; they contain every constituent element needed by the body.

Graham flour contains more fat and muscle material, and nearly three times as much bone and teeth material as fine flour; this unbolted flour boiled and thinned with milk, is excellent for young children and adults.

Oat meal is very strengthening food when well cooked, contains much nutritive matter, twice as much as beefsteak; being oily disagrees with some persons.