

Scientific and Useful.

"BOSTON" BROWN BREAD.—One pint each of Indian and rye meal; one half-cup of molasses; one and one half pint milk or water; one teaspoonful soda; one teaspoonful salt. Steam three hours, and then place in the oven and bake till well browned.

INFLATION OF THE LUNGS.—Five minutes spent in the open air after dressing, inflating the lungs by inhaling as full a breath as possible, and pounding the breast during the inflation, will greatly enlarge the chest, strengthen the lung power, and effectually ward off consumption.

LEMON SAUCE.—One tablespoonful of corn starch; one tablespoonful of butter; two eggs; two cupfuls of sugar; the grated yellow rind of two lemons, and the juice; stir and beat all well together. Just before serving, add one pint of boiling water; set it on the fire, and let it boil up once.

BUCKWHEAT.—Buckwheat is one of the staple articles of poultry food. It is very fattening, an excellent egg producer, and much relished by poultry. It is not perhaps used so extensively here as in Europe. In England, France, and especially in Germany, it forms not only an important part of poultry food, but is much used for various culinary purposes. The great advantage it has over other cereals is that it thrives luxuriantly even on the poorest land. Those who have not tested its value as a poultry food we advise to give it a trial.—*Southern Poultry Journal.*

WATERING FLOWERS.—In dry weather, when watering is a very important matter, it should be borne in mind that a good soaking once a week or so—a soaking that penetrates thoroughly, the water finding its way to every part of the root of the plant—is most beneficial, but that watering a little every day or so, giving homoeopathic doses, is an operation much better left alone, for much more harm than good is likely to result from such a practice, inasmuch as watering in such quantity as to moisten the surface only causes growth of fibres near the top, the slight moisture not being sufficient to nourish them, but, on the contrary, the young, tender growth of fibres being within reach of the burning sun, must result in exhaustion to the plant. Water, therefore, should at all times be administered with a liberal hand, that it may soak and percolate through thoroughly, as a long shower of rain will do, and the growth of roots will be produced and encouraged in their natural position, going deeper and deeper after the nourishment they affect, and will thus be enabled to withstand any occasional neglect.

LIME JUICE VS. ALCOHOL.—There are visible signs of no uncertain kind that alcohol, as a beverage, is not likely in the future to have quite its own way, even in the Metropolis. Coffee-taverns and coffee-tavern companies are being established now at a rapid rate, and as far as we can judge have worked very successfully. But before these places were much thought of—i. e. about two years ago—those who looked about them might have observed in the windows and at the bars of most public-houses, eating-houses, and gin-shops more or less conspicuous advertisements of several varieties of so-called lime-juice beverages. We have at the present moment before us examples of several of this kind, and there is no doubt that, particularly during the warmer months (though these, by the way, are now few and far between), lime-juice and its components constitute among the metropolitan public an exceedingly popular drink. But, if we are correctly informed, the poor man's friend, in the shape of the licensed victualler, deprecates the imbibing of lime-juice in any form whatever. He sells it because the inevitable law of commerce—i. e. of supply and demand—compels him to do so. But he will tell the individual who asks for a glass that it promotes acidity of the stomach, that it deranges the kidneys, congests the liver, corrodes the intestinal canal, and so on, and then the customer is told that he had better keep to the old glass of "bitters," or "gin." Being tolerably certain that the reports as to this sort of gossip are substantially correct, we counsel the public to turn a deaf ear to such elaborate and ignorant nonsense, and to drink their lime-juice whenever and wherever they list. But they may be assured, that as a rule, lime-juice is, particularly during the summer, a far more wholesome drink than any form of alcohol, and that, say, in an ounce or two of the pure juice in a tumbler of really cold water, sweetened to taste, is about the pleasantest beverage that can be taken when the thermometer is over 65° or 70° F. We commend this drink to the attention of the coffee-tavern companies, but recommend them to procure the best West India lime-juice as more wholesome than any mixture containing other ingredients.—*Lancet.*



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