

Scientific and Useful.

**NICE CAKE.**—One cup sugar, half cup butter, three eggs beaten well together, level tea-spoon soda stirred in half cup sour milk, two small cups flour; flavour with lemon, pour in small dripping-pan, bake half an hour, and cut in squares.

**ORANGE CREAM.**—Make a custard with the yolks of eight eggs, four ounces of pounded sugar, a quart of milk, and the thin rind of two oranges. Stir in a *blanc marte* till it thickens. Dissolve one ounce of gelatine in a little warm water, and add to the juice of one orange, add this to the custard, strain, put it into a mould, and place it on the ice to set.

**FRIED CHICKEN.**—Prepare your chicken by cutting it in small pieces, have ready frying pan with a few slices of salt fat pork, frying until the fat is extracted, but not brown; have your chicken rolled in fine cracker crumbs, lay them in the fryingpan, keeping your pan covered to keep the steam close. When tender let them brown nicely, then take them from the pan and put them upon the platter. Pour into the gravy left in the frying-pan a cup of milk (cream is better), thicken with a spoonful of flour, boil up and pour over the chicken; add salt and pepper.

**THE USE OF A BROOM.**—As simple as the advice may seem, but very few people handle a broom properly, although they are accustomed to sweep more or less every day of their lives. There is science in handling a broom, as well as in many other kinds of labour. Always draw your broom, by leaning the handle forward, because the position of the broom will take the dirt along more gently; it will sweep cleaner; it will not wear out the carpet so fast. Your broom will be kept in proper shape and not half so much dust will be raised to be afterwards wiped from your furniture. Most careless sweepers thrust their broom forward of them in a sort of digging way, with the handle inclining towards them. This way, you will find, breaks your broom, flirts up more dust, and makes the process of sweeping much more laborious.

**EFFECTS OF THE PERFUME OF FLOWERS ON HEALTH.**—"Contrary to a popular belief," says a writer in "Cassell's Magazine," "it has been recently found by an Italian professor that fine vegetable perfumes exercise a positively beneficial influence on the atmosphere by converting the oxygen of the air into that powerful oxidizing and, therefore, purifying agent, ozone. The essences found by him to produce the most ozone are precisely those which usage has selected as the most invigorating, such as cherry, laurel, cloves, lavender, mint, juniper, lemon, fennel and bergamot, several of which are ingredients in the refreshing eau de Cologne. Anise, nutmeg, thyme, narcissus and hyacinth flowers, mignonette, heliotrope and lilies of the valley also develop ozone; in fact, all flowers possessing a perfume appear to do so, whereas those having none do not. This interesting intelligence will be gratifying to all lovers of flowers, and the cultivation of these lovely disinfectants of nature should be promoted in all marshy or foul places.

**THE TIME FOR MEALS.**—In a paper read at a domestic economy congress at Birmingham, England, not long ago, Dr. Wilson gave the following hints on the proper times for eating for different classes of workers:—For the active out-door labourer and artisan, an early breakfast before work, a mid-day dinner, with an interval of rest, and supper after the day's work is over, have long been proved by experience to be the most conducive to health. For the business man, a later breakfast, a mid-day luncheon, and a late dinner after the day's work is over, is the best arrangement. For literary men who write more in the evening than during the day, an early dinner and a light supper will be found to be the most advantageous for steady work. Idlers, to enjoy life, if they possibly can, should dine early if they intend to spend the evening at theatres and the like; but if they accept dinner invitations freely they should be careful not to eat too much at the mid-day meal. The breakfast hour should be determined in a great measure by the hour of rising; but in any case food should be partaken of before the material business of the day is commenced. Those who like to take a "constitutional" before breakfast would find their appetite whetted and their walk made all

the more enjoyable if they took a little milk, with bread or biscuit, before starting. Walking before breakfast is always irksome and fatiguing, and on that account is very likely to be badly done. The last meal should be sufficiently late for the whole not to be absorbed before retiring to rest. To a person in health three meals a day ought to be quite sufficient, and the practice of continually "taking something" is sure to bring on indigestion.

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The Parsonage, South Caledon, August 25th, 1870.

Mr. Thos. J. Mason

DEAR SIR, I am glad to report that the "Magneticon" obtained from you last May has been of immense service to me. After wearing the Belt and Scott's appliance three days there was a marked improvement, and in from two to three weeks the pain had ceased. Since that time I have had no pain of any moment, although much in the saddle and exposed to the weather. I look upon this cure as remarkable, having been a very troublesome case of Sciatica of over two and a half years standing. Heartily recommending the "Magneticon"

I am yours truly,  
FRANCIS WRIGHT,  
Pastor South Caledon Cong'l Church.

EXETER, August 26th, 1870.

Mr. Thos. J. Mason.

DEAR SIR, I informed you some time since of the benefit I had received from the "Magneticon" Chest Protector which you sent me from England, and having now given your Belt a thorough trial also, I am glad to say that it has quite relieved me of the weakness and pain so long sustained in my right side.

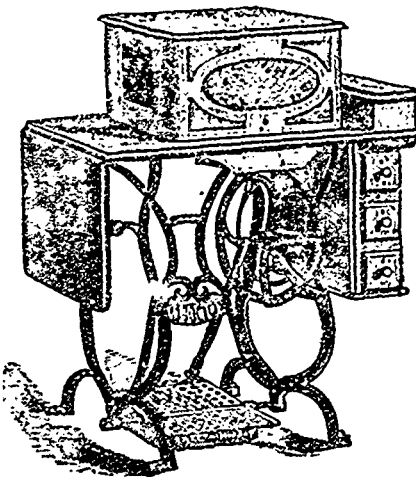
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Very truly yours,  
S. JAS. ALLIN,  
B. C. Minister.

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