

mainly is not injurious, but it is a known fact that a cup of some mild, hot drink at meals is a positive benefit, while a glass of purest cold water is as certainly an injury, especially to invalids and to all who do not have robust health.

The following substitutes for coffee have been collected, in all of which it is suggested, that the substitute be mixed with the same articles, half-and-half; second, that in order to know what you are drinking, you should grind your own coffee. In this way you can know that you are not imposed upon, or may not be drinking some cheap material, either filthy or poisonous.

It is said that three parts of Rio, with one part of old Government Java, well prepared, is quite as good, if not superior, to that made of the latter alone.

WHEAT COFFEE.—Wheat coffee, made of a mixture of eight quarts of wheat to one of real coffee, is said to afford a beverage as agreeable as the unadulterated, besides being much more wholesome.

RYE COFFEE.—Take a peck of rye and rit with water, let it steep or boil until rain swells or commences to burst, then dry it. Roast to a deep brown color, then prepare as other coffee, allowing twice time for boiling. Served with boiled Wheat coffee probably could be made the same way.

ANOTHER.—Take some rye; first scald it; dry it; third, brown it, and then mix it one-third coffee and two-thirds rye, when you will have as good a cup of coffee as you ever drank.

SWEET POTATO COFFEE.—Take sweet potatoes, cut them fine enough to dry conveniently, and when dried, grind in a coffee mill dry them by the fire or stove, at this time of the year, or by the sun when that is not the case; grind and use one and a half tea-spoons for six persons, or mixed with coffee in proportions as you like. Some omit the coffee, some more.

BARLEY COFFEE.—Take common barley, skinless, if it can be obtained, roast as for old coffee, and mix in such proportion as your taste. It is very good.

PEA COFFEE.—It is probably known to you that a very large percent. of the ground sold at the stores is common field peas, and ground with the coffee. There are hundreds of thousands of bushels of peas yearly used for that purpose. Those that have the habit of purchasing ground coffee better to buy their own peas, burn and grind, and mix to suit themselves.

ERROR COFFEE.—It is recommended by some to cut up, dry and grind, and mix with coffee in quantities to suit the taste.

CHESNUT COFFEE.—Chesnuts, also, are made into excellent coffee.

10. Dandelion root, dried and slightly scorched, never burned.

11. **CHICORY COFFEE.**—Equal weights of chicory and coffee, dried and roasted in the usual manner. The chicory is raised as easily as carrots, and in exactly the same manner. To prepare the root, wash it clean, slice it lengthwise in four to six pieces, according to size, cut in two-inch lengths, dry and keep in a dry place until wanted. Chicory is largely used to adulterate coffee in this country, and especially in Europe, twenty five millions of pounds being used in England and France alone.

12. **EXCELSIOR COFFEE.**—(our own).—Half a cup of pure, new, farm house milk, and while boiling hot, add to it as much boiling water, and sweetened to suit, call it "coffee," and drink it down.—*Hall's Journal*.

The Dairy.

Milk and Butter from Ayrshire Cows.

H. H. Peters of Southborough, who has twenty-seven Ayrshire cows, weighed the milk yielded daily by several of them from the 16th to the 25th of June—ten days. The produce of six was as follows: Jean Armour, six years old, calved May 20th, an average weight of 54 lbs. per day; greatest quantity in one day, 58 lbs. Her milk was set separately for three days, and the cream from it produced upwards of six lbs. of butter of the finest quality. Corslet, five years old, calved June 3rd, an average of 38 lbs. per day. Duchess, five years old, 35 lbs. per day. Miss Miller, six years old, calved April 7th, 36 lbs. per day. Jane, six years old, calved May 27th, 36 lbs. per day. Queen, eight years old, calved February 1st, 34 lbs. per day. Nineteen cows, whose ages ranged from two to eight years, and whose period of calving extended from December to June, averaged 32 lbs. each. The milk from eighteen being set for one day, gave 20 lbs. of butter. Most of the milk is usually sold at the farm. None of the cows were milked more than twice a day, and all, with the exception of three, travelled a mile and a half to pasture and back again every day. Excepting the first-named, which had two quarts of corn and cob meal per day, none of them had anything in addition to pasture feed. Mr. Peters has lately sold two two-year old heifers and a cow, at \$150 to 200, each. They are the first females which he has allowed to leave the herd.—*Boston Cultivator*.

Butter.

BY CUTHBERT W. JOURN-ON, ESQ., F. R. S.

The examination of the milk of animals exhibits to us many marvels. We find here the benevolent arrangements of our Divine Author