

## DOMESTIC.

**VENTILATION WITHOUT DRAFT.**—Fit the center frame of the top sash of a window with double panes of glass, one attached to the outer margin of the frame, and the other to the inner, leaving an interval of about an inch between. The outer pane is deficient for the last inch at the bottom, and the inner pane for an inch at the top, thus allowing a current of air to enter the bottom of the outside pane, pass upward between the two, and enter the room in a vertical direction, causing no draft but maintaining an almost constant supply of fresh air, which can be increased or diminished to any extent in proportion to the number of panes thus treated.—*Herald of Health.*

## SUNSTROKE.

Sunstroke is frequently brought on by persistent fretting.

The exhaustion of the nerves is one of the precedent conditions of the disease, and there is nothing which exhausts the nerves so surely as fretting.

An unexceptionally able physician has said that mental labor never alone produces disease of the brain, but that "worry" is the chief source of softening of the brain, and that paralysis which is distinct from apoplexy.

Now if you believe that sunstroke is caused in a similar way, you will comprehend why we have sometimes a hundred cases in a day in our country, but in Italy, where the heat lasts steadily for four months in the year, the disease is nearly unknown.

The reason is that most Americans, when the hot weather begins, go into training for sunstroke, and ignorantly do everything which can produce it.

What we ought to do in hot weather is evident. First, we must keep our minds easy and contented. Secondly, we should drink nothing but moderately cool water, and very little of that. Ice-water is the bane of America, and probably kills nearly as many people as alcohol.

Thirdly, we should avoid so far as is possible all work which overheats and exhausts us.

## A SUBSTITUTE FOR SOAP.

A lady writes to one of our agricultural papers, and communicates the following with regard to the use of soap. We suppose she knows of what she speaks, but many housekeepers will be likely to regard her statements as bordering on moonshine. But listen:

"Without giving any recipes for making soap, I wish to tell all the hard-worked farmers' wives how much labor they may save by not using such vast quantities of this article. For nearly five years I have used soap only for washing clothes. In all that time I have not used one pound of soap for washing dishes and other kitchen purposes. My family has ranged from three to twenty-five. I have used cistern water, limestone water, as hard as possible, and hard water composed of other ingredients besides lime, and I find with all these my plan works equally well. It is this: Have your water quite hot, and add a very little milk to it. This softens the water, gives the dishes a fine gloss, and preserves the hands; it removes the grease, even that from beef, and yet no grease is ever found floating on the water, as when soap is used. The stone vessels I always set on the stove with a little water in them when the victuals are taken from them; thus they are hot when I am ready to wash them, and the grease is easily removed.

"Just try my plan, you who toil day after day every spring to make that barrel of soap, and let us hear how it succeeds with you. I like the great barrel of soap on washing-day, but am glad to dispense with its aid on all other occasions. I find that my tinware keeps bright longer when cleaned in this way than by using soap or by scouring. The habit so many of us have acquired of scouring tins is a wasteful policy; the present style of tinware will not bear it. The tin is soon scrubbed away, and a vessel that is fit for nothing left on our hands; but if washed in the way I have described, the tin is preserved and is always bright and clean."

## MISCELLANEOUS RECEIPTS.

**CORN-MEAL BREAD No. 1.**—Take 2 qts. of corn-meal, with about a pint of (thin) bread sponge, and water enough to wet it; mix in about half a pint of wheat flour, and a tablespoonful of salt; let it rise, and then knead well the second time; bake 1½ hours.

**CORN-MEAL BREAD No. 2.**—Mix 2 qts of new corn meal with three pints of warm water; add 1 tablespoonful of salt, 2 tablespoonfuls of sugar, and 1 large tablespoonful of hop yeast; let it stand in a warm place five hours to rise; then add 1½ teacupful of wheat flour, and half a pint of warm water. Let it rise again 1½ hours, then pour it into a pan well greased with sweet lard, and let it rise a few minutes. Then bake, in a moderately hot oven, 1 hour and 30 minutes.

**CORN-MEAL BREAD No. 3.**—Take 2 qts. of white corn-meal, 1 tablespoonful of lard, 1 pint of hot water; mix the lard in water, stir it well that it may get heated thoroughly, and add one-half pint of cold water. When the mixture is cool enough add two well-beaten eggs, and two tablespoonfuls of home-made yeast. Bake 1 hour in a moderately heated oven. If for breakfast, make over night.

**DYSPEPSIA BREAD.**—The following receipt for making bread has proved highly salutary to persons afflicted with dyspepsia, viz.:—3 quarts unbolthead wheat meal; 1 quart soft water, warm but not hot; 1 gill of fresh yeast; 1 gill molasses, or not, as may suit the taste; 1 teaspoonful of saleratus.

**BUCKWHEAT SHORT CAKE.**—Take 3 or 4 cups nice sour milk, 1 steaspoonful of soda saleratus dissolved in the milk; if the milk is very sour, you must use saleratus in proportion with a little salt; mix up a dough with buckwheat flour thicker than you would mix the same for griddle cakes, say quite stiff; put into a buttered tin, and put directly into the stove oven, and bake about 30 minutes, or as you would a short-cake from common flour.

**CRUMB PIE.**—Mince any cold meat very finely, season it to taste, and put it into a pie-dish; have some finely-grated bread crumbs, with a little salt, pepper, and nutmeg, and pour into the dish any nice gravy that may be at hand; then cover it over with a thick layer of the bread crumbs, and put small pieces of butter over the top. Place it in the oven till quite hot.

**ECONOMICAL SOUP.**—Put into a saucepan one-pound pieces of stale bread, three large onions sliced, a small cabbage cut fine, a carrot and turnip, and a small head of celery (or the remains of any cold vegetables), a tablespoonful of salt, a tablespoonful of pepper, a bunch of parsley, a sprig of marjoram and thyme. Put these into two quarts of any weak stock, (the liquor in which mutton has been boiled will do,) and let them boil for two hours; rub through a fine hair-sieve, add a pint of new milk, boil up, and serve at once.

**HOW TO SAVE YOUR ICE BILL.**—Get a quantity of empty barrels or boxes during the coldest time in the winter, and put a few inches of water in each; the evening when the cold is most intense is the best time to do this. After the water is frozen solid, fill up again, repeat the process until the barrels are full of solid ice, then roll them into your cellar, cover them up with plenty of sawdust or straw, and your ice crop is safely harvested.

**BRINE THAT WILL PRESERVE BUTTER A YEAR.**—Among the many devices for keeping butter in a manner that will preserve the fresh rosy flavor of new, with all its sweetness, is the following from the *Duchess Farmer*: To three gallons of brine strong enough to bear an egg, add a quarter of a pound of nice white sugar and a tablespoonful of saltpetre. Boil the brine, and when it is cold, strain carefully. Make your butter into rolls, and wrap each separately in a clean, white muslin cloth, tying up with a string. Pack a large jar full, weight the butter down, and pour over the brine until all is submerged. This will keep really good butter perfectly sweet and fresh for a whole year. Be careful to not put upon ice, butter that you wish to keep for any length of time. In summer, when the heat will not admit of butter being made into rolls, pack closely in small jars, and, using the same brine, allow it to cover the butter to the depth of at least four inches. This excludes the air and answers very nearly as well as the first method suggested.