

VENTILATION.—Remember this fact: Disease lurks in every unventilated room, and especially in bed-rooms. Fresh air is just as necessary as food for the body.

APPLE CREAM.—Peel and core five large apples; boil them in a little water till soft enough to press through a sieve, sweeten, and beat with them the whites of five eggs. Serve with cream around them.

TOMATO BUTTER.—Sixteen pounds nice tomatoes, quart of vinegar, eighteen pounds of sugar. Boil altogether until thick. When half done add two large spoonfuls of cinnamon, one of ground mace, and a teaspoonful of cloves or allspice.

A GOOD DRINK FOR THE LUNGS.—Wash clean a few pieces of Irish moss; put it in a pitcher, and pour over it two cups of boiling water. Set where it will keep at the boiling point, but not boil, for two hours. Strain, and squeeze into it the juice of one lemon. Sweeten to taste.

SLEEP.—The amount of sleep needed differs according to the constitution and habits. Big brains and persons who perform much brain labor need a large amount of sleep. Children need more sleep than grown people, because construction is more active than decay in their brains.

CREAM SHERBERT.—Put the yolks of six eggs and a deseri spoonful of vanilla into two quarts of cream. Place on the fire in stew pan and let it come to a boil, then strain. Add three fourths of a pound of loaf sugar and stir until dissolved. When cold set on ice, or freeze as ice cream.

WATER.—More diseases are caused by drinking impure water than are brought upon us by poor food. Water forms three-quarters of our weight, and before a iv part of our food can be taken into our bodies it must be dissolved in the fluid of the stomach. Therefore be sure that the water you drink is pure.

CHILLS AND FEVER.—We have heard of a very simple remedy, but cannot vouch for its efficacy. Take a teaspoonful of finely pulverized egg-shells, mixed with molasses, on going to bed, after soaking the feet in strong, hot mustard water. A spoonful of tincture of wormwood is also good as a preventive, now and then.

FLOUR.—The bolting and sifting of flour, it has long been known, deprives the consumer of many of its life-sustaining elements. The flour from good grain can be improved only by freeing it from all foreign substances and cleaning perfectly the exterior of the wheat; and the only whiteness that should be required is that produced by age.

APPLE TRIFLE.—Peel, core, and boil till tender, a dozen tart apples, with the rind of a lemon grated; strain through a sieve, add sugar to taste, and put into a deep fruit-dish. Make a custard of a pint of cream and the yolks of two eggs, with a little sugar. When cold lay it over the apples with a spoon, and over the whole place whipped cream.

NOVEMBER. * Bits of good advice. Wood cut and split now will be dry in a month. Dry wood neatly piled under shelter is a family peace preserver.—Clean up and burn all rubbish. Bones, old barrel hoops, boots, &c., should be thus disposed of.—Put empty barrels and boxes, &c., that are of value, in neat piles, and cover them.—Get ready for winter and the snow by leaving nothing "lying about loose".—Clean out the cellars, drains and gutters.—Get no timber for making posts and rails in stormy weather.—Be careful of lights. The safest oil is a kerosene which will not take fire and explode if the lamp is upset. Avoid low priced oils, and use only the best, which give the most light for the money, and are the cheapest as well as safest. Keep insured, and be not less careful on that account.

DECEMBER.—When milch cows cannot have grass, they ought to have at least half a bushel of roots a day. At that rate each cow will eat half a ton each month, allowing about ten per cent for waste. That quantity is none too much for dry stock which are being well wintered. Farmers are well aware that the better cows are wintered, the surer and better are their returns when they come in. Yet roots make so much milk that, where milk cannot be sold it makes so much work in winter, with usually poor returns, that an abundance is objectionable, and so there is little inducement to grow roots. However, milk in winter is becoming desirable over almost the whole country, and therefore we would advise attention to the cultivation of root crops.