

health. The Professor announced that the best and most nutritious bread could not be made from the "whites," or household flour, but only from the "whole meal," consisting of the entire wheat grain ground up in one way, and used as it comes from the millstones, unsifted, and therefore containing all the bran. He also showed by calculation that 1,000 pounds of such whole or entire meal contains of the elements of—

Muscular matter, . . . . .	156 lbs.
Fat, . . . . .	28 "
Bone material, . . . . .	170 "

354 lbs.

Whereas, in fine flour are found only of

Muscular matter, . . . . .	130 lbs.
Fat, . . . . .	20 "
Bone material, . . . . .	60 "

210 lbs.

If, then, the real elements of food, convertible by assimilation into muscular flesh, fat, and bone superabound to the extent of 144 lbs. in whole meal, and, as an inevitable consequence, to pure brown bread, when compared with the white, tasteless, artificial compound made by the white and "fancy" bread bakers. Some allowance must, however, be made for constitutional varieties; for it is proved, that in many instances bread which contains all the coarse bran becomes flatulent and too laxative, in consequence, perhaps, of irritation produced by the mechanical action of unreduced scaly particles. In such cases, the best "one-way," or grit flour, obtained from the mill, with the separation of the rough bran only, should be substituted.—[Selected.

**READ TO IMPROVE.**—Any young farmer who will make it a point to read a little every day, from some approved agricultural book or paper, will have profitable food for reflection as he treads the furrows—and will find his mind rapidly advancing in useful knowledge connected with his profession.

**SILK.**—The quantity of silk used in England alone amounts each year to more than four millions of pounds in weight! for the production of which myriads upon myriads of insects are required. Fourteen thousand millions of animated creatures annually live and die to supply this corner of the world with an article of luxury. If astonishment be excited at this fact, let us extend our view to China, and survey the dense population of that widely-spread region, whose inhabitants, from the Emperor on his throne to the peasant in his lonely hut, are indebted for their clothing to the labours of the Silk Worm. It is truly remarked by Scott's excellent paper, "that imagination,

fatigued with the flight, is lost and bewildered in contemplating the countless numbers which every successive year spin their slender threads for the service of man."

**MUSTARD PLASTERS.**—When a mustard plaster is to be applied, there should always be a piece of clean muslin or gauze placed between it and the skin, unless the contrary is expressly ordered by a physician. The mustard acts quite as powerfully, and the whole can be removed more quickly, and without the disagreeable effects of dropping it about.

**HOW TO REMOVE DUST OR LINT FROM VELVET OR WOOLLEN CLOTHES.**—Dust or lint may readily be removed from velvet or woollen cloth by wiping it, while dry, with a piece of soap, without reference to color.

**SAVE THE URINE.**—The urine from cattle is worth as much as the solid droppings. Any farmer can easily secure the whole, both in summer and winter, by having a bed of turf or vegetable matter deep enough to catch and retain the liquid. The watery portion soon evaporates, while the solid matter, amounting to about 12 per cent., is incorporated with the turf, and held till needed for use.

## Markets, &c.

**LIVERPOOL CORN MARKET, June 16.**—The market was steady during the week, but with only a moderate amount of business passing. Flour slightly advanced yesterday, best Western Canal bringing 22s. to 23s. per barrel. Canadian 22s. 9d. to 23s. Wheat advanced 2d. per bushel.

**NEW YORK, July 2.**—There is a fair demand for Western and New York State Flour, for the east and for export. The prices range from \$4.12 to \$4.75 per barrel, according to quality. There is a fair inquiry for Wheat, at 75 cents to \$1.25 per bushel, according to quality. There is a fair demand for Ashes of both sorts. Pearls \$5.60, Pots \$5.65. Lard is in fair demand, at 6 to 7 cents per lb.

**TORONTO, July 4th.**—Flour per barrel 15s. to 20s. Oatmeal per barrel 16s. to 18s. Wheat per bushel 3s. 6d. to 4d. Rye per bushel 2s. 6d. to 3s. 2d. Barley 1s. 6d. to 1s. 9d. Oats 10d. to 1s. Peas 1s. 6d. to 2s. Potatoes 2s. to 2s. 6d. Onions 3s. 6d. to 5s. Fresh Butter 6d. to 7½d. per lb. Eggs, per dozen, 5d. to 6d. Beef per cwt. 12s. 6d. to 17s. 6d. Mutton, per lb., 2½d. to 4d.—Veal 2½d. to 3d. Bacon, per lb., 3d. to 4d.—Hams, per cwt., 25s. to 30s. Lard, per lb., 4d. to 4½d. Hay, per ton, 35s. to 45s. Straw, 30s. to 37s. 6d. Timothy Seed, per bushel, 6s. to 8s. Turkeys, each, 1s. 3d. to 3s. 9d.—Geese, each, 2s. 3d. to 2s. 6½d.