

THE HOUSE.

COOKING RULES.—A French cook gives the following general rules for cooking vegetables: Green vegetables should be thoroughly washed in cold water, and then dropped into water which has been salted and is beginning to boil. There should be a tablespoonful of salt for each two quarts of water. If the water boils long before the vegetables are put in, it has lost all its gases, and the mineral ingredients are deposited on the bottom and sides of the kettle, so that the water is flat and tasteless; then the vegetables will not look well or have a fine flavor. The time for boiling green vegetables depends much upon the age and time they have been gathered. Below is a very good time-table for cooking vegetables:

- Potatoes boiled, 30 minutes.
Potatoes baked, 45 minutes.
Sweet potatoes boiled, 50 minutes.
Sweet potatoes baked, 60 minutes.
Squash boiled, 25 minutes.
Green peas boiled, 20 to 40 minutes.
String beans boiled, 1 to 2 hours.
Green Corn, 30 to 60 minutes.
Asparagus, 15 to 30 minutes.
Spinach, one to two hours.
Tomatoes, fresh, one hour.
Tomatoes, canned, 30 minutes.
Cabbage, 45 minutes to two hours.
Cauliflower, one to two hours.
Dandelions, two or three hours.
Beet greens, one hour.
Onions, one or two hours.
Beets, one to two hours.
Turnips, white, 45 to 60 minutes.
Turnips, yellow, one and a half hours.
Parsnips, one to two hours.
Carrots, one to two hours.

POTATO JELLY.—On a tablespoonful of potato flour pour half a pint of boiling water, and when perfectly dissolved let it boil a moment. Remove from the fire and flavor with nutmeg: add sugar to taste. This is nutritious and easily digested by invalids.

Potato flour is obtained by grating potatoes into cold water. The raspings fall to the bottom like paste. These are rinsed thoroughly, dried, and pulverized. For infants and invalids potato flour may be made into many agreeable forms.

BREAD PUDDING.—One pint of bread crumbs to one quart of milk. Set it on the stove until the bread is soft. Add four eggs, one teaspoonful salt, a few raisins if convenient and bake as long as for custard. A good sauce is made of a pint of boiling water poured on a mixture of a tablespoonful of butter, nearly the same amount of flour, and three-quarters cup of sugar well stirred together. A little vinegar may be added, or the pudding can be sweetened.

BEETS AND CARROTS.—When small beets are boiled and cut in slices and served in saucers at dinner, a great addition may be made by slicing some boiled carrots with them. Do not cook the carrots and beets together, but in separate kettles. Served together each gains, and neither loses. This is a novel way of serving them; try it.

THE FARM.

MUTTON SHEEP.—There is a lamentable dearth of good mutton in village and rural markets, as we know from a personal experience of thirty years or more. Lamb is quite plenty in the summer months at the retail price of twenty to twenty-five cents, and mutton in the fall months at a little less price than good beef; but the rest of the year it is hardly to be had at any price, as if it were a thing out of season, like strawberries in December. We ought to have mutton the year round, so that delicate stomachs that eschew veal in spring and fresh pork in winter, can have a change from beef and poultry to mutton chop at their convenience. Good dog laws have been passed in some of the States, so that sheep raising is possible, and the owner gets damages when his flock is worried by dogs. There is improvement, but it is very slow; and there is a great want of information as to the best breeds for mutton and the best way to improve the flocks of common sheep. The pure Southdown is the mutton sheep of all other

breeds, unquestionably. Then, after this, the various other families of Downs, as the Hampshires and other English shires, taking the names of the counties in which they are bred. A Southdown running with a flock of Merinos or common sheep, will bring grades giving an excellent quality of lamb and mutton, though not equal in flavor to the purely bred. If these grades are put with a Cotswold ram, we have a sheep much increased in size with an excellent quality of mutton. This cross gives a carcass from one-quarter to a third larger than the grades and sometimes one-half. The lambs mature early and are great favorites with the butcher. We have found no better cross than this in our sheep breeding. It is not necessary now to pay fancy prices for good breeding rams, either of the Southdowns or Cotswolds. They are quite widely distributed and can be had at prices within the reach of any thrifty farmer.—American Agriculturist.

HENS IN CONFINEMENT.—I have had an average of sixty Plymouth Rock fowls that have laid in six months time 5,663 eggs, an average of ninety-four eggs per hen, and nineteen of them were set during the time. They have never been out of their pens since I put them in, in November, and they never will until they go to the block to have their heads off. They are divided into flocks of twenty, each flock having 100 square feet of house and 300 square feet of yard room. I have had flocks of twenty and forty that had free range, but never could get so high an average as when kept yarded in flocks of twenty. The cost of keeping was less, and the number of eggs much less, when they had their liberty. I cannot give the cost of keeping, as 185 chickens were fed from the same grain bins.

My flock has consisted of just fifty hens in July, and they have laid 910 eggs during the month, which I think is good evidence that confinement agrees with them. They are provided with all the green food they can eat, and are given a few ground beef scraps daily, but never any milk. The chickens hatched by the nineteen hens were divided among thirteen hens, nine of which began laying when the chickens were three weeks old, and weaned them a few days later, evidently thinking it was better business to help fill the egg basket than brooding young chickens. As I manage my laying hens, it makes me a good deal of hard work; but the profit is large, which suits me better than little work and little pay.—Poultry Monthly.

A New-Hampshire farmer has found that in very cold weather, when the temperature of his cellars fell to four or five degrees below the freezing point, he could raise it to 35 degrees in a few minutes by placing one or two kerosene lamps on the cellar bottom. By this means, he says, he has been able at small expense to preserve fruit and vegetables in a cellar that in years past has been useless as a storeroom except in mild weather.

A horse with a poor foot is many times almost worthless. One of the most frequent causes of poor feet is in allowing the blacksmith to pare the hoof too much, especially the frog, which never should be pared under any circumstances.

BOYS vs. POTATOES.—It is claimed by some that boys will not live but a short time if placed in grated potato, and that horses have been relieved from attacks of bots by simply feeding four or six quarts of potatoes. At all events, it is well known that potatoes once a week are excellent for horses.

SULPHUR FOR ANIMALS.—When taken internally in quantities of about a teaspoonful once a week with food, sulphur will keep all kinds of animals free from lice, and promote the general health. One tablespoonful is sufficient for ten or twelve hens, or three or four sheep or pigs. The same quantity of charcoal can be combined with it with good results.

It is said that all of the eighty or more Vermont dairymen who have tried the ensilage system, some for three years, are well pleased with it, without exception. Plank rather than stone silos are the rule.

TO MANAGE A DANGEROUS BULL.—A good leather halter of suitable size should be made, having a strong piece of leather rivetted to it so as to cover the bull's eyes, fitting rather closely to his head. One will then be able to lead him without danger, and the bull may have his liberty in any well fenced yard or field. A furious bull is not rendered safe by the use of the staff, as he will pay little attention to the hurt of the ring if he can see the person that he wishes to attack; but when blinded, the uncertainty of his position and footing takes his attention, and he can be easily managed.

BE KIND TO THE HORSE.—Don't put a frosty bit into a horse's mouth. "We have seen," says The New England Farmer, "horses, the skin of whose tongue and lips was as effectually burned by a frosty bit, as they would have been by a red-hot one, and all the while the owners were wondering why the animals refused to eat, and fell off in flesh." It is but little trouble to keep the bridle where it will be warm, and thus save the horse from much needless suffering.

HEALTH HINTS

Three Good Doctors.

The best of all the pill box crew, Since ever time began, Are the doctors who have most to do With the health of a hearty man.

And so I count them up again And praise them as I can: There's Dr. Diet and Dr. Quiet And Dr. Merryman.

There's Dr. Diet, he tries my tongue, "I know you well," said he; "Your stomach is poor, and your liver is sprung We must make your food agree."

And Dr. Quiet he feels my wrist, And he gravely shakes his head. "Now, now, dear sir, I must insist That you go at ten to bed."

But Dr. Merryman for me Of all the pill box crew! For he smiles and says, as he fobs his fee, "Laugh on whatever you do!

So now I eat what I ought to eat, And at ten I go to bed, And I laugh in the face of cold or heat; For thus have the doctors said!"

And so I count them up again, And praise them as I can; There's Dr. Diet, and Dr. Quiet, And Dr. Merryman.

According to Dr. Haley, in the Australian Medical Journal, a dull, heavy headache, situated over the brows and accompanied by languor, chilliness, and a feeling of general discomfort, with distaste for food, which sometimes approaches nausea, may, as a rule, be completely removed in about ten minutes by a two-grain dose of iodide of potassium dissolved in half a wineglassful of water, this being sipped so that the whole quantity may be consumed in about ten minutes.

EATING WHEN SICK.—It is the custom among a certain class of people, when a member of the family falls sick, to begin at once to ask "Now, what can you eat?" Every one has heard the old story of the man who always ate eighteen dumplings when he was sick. On one occasion, when engaged upon the eighteenth, his little son said: "Pa, give me a piece?" "No, No! my son," replied the father; "go away, pa's sick."

When a young man who has surfeited, in season and out of season, until exhausted nature gives way, and a fever is coming on, the good, busy mother is in trouble. She anxiously inquires: "Now, John, what can you eat? You must eat something! People can't live without food!" Then come toast, tea, etc. The stomach is exhausted, and no more needs stimulus or food than a jaded horse needs the whip! What is needed is rest—complete rest. Nineteen-tenths of the acute diseases might be prevented by a few days' starvation, when the first indications appear. We don't mean complete abstinence in every case, but perhaps a piece of coarse bread, with cold water for drink.

Try a wet towel to the back of your neck when sleepless.



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