DOMESTIC RECIPES.

PRESERVING PORK.—The following, from Dr. Pollard's writings on the hog, gives points on curing hams. As a general rule, there is too much smoking. This is more necessary in the large meat, as it serves to dry the meat off, and the creosote engendered by the smoking process is antiseptic and preservative. Meat when smoked too much retains this smoked, disagreeable taste. In England and France smoking is not used at all, and this is an evidence it is smoked too much here, or more than necessary. The Hanover County hams are famously good, and the best of them I ever saw were smoked only four times. An important matter is that the animal heat should be out before salting, and this may be accomplished in the same day if the hogs are killed by "day-break" and the weather is tolerably cold. We have frequently seen hogs killed very early and salted late in the same day; and this is our practice, unless the weather is warm. Many modes have been adopted for curing hams, and after repeated trials we think there is none better than the following: For twelve moderate sized hams, take twelve pounds of salt, one pound of saltpeter, and enough of molasses to rub them together, producing the consistency of damp brown sugar. Rub this in well, lay the hams separate on boards, with the skin side down. Repeat the application every week for four weeks. Then hang up and smoke on damp days with hard wood chips, if procurable; not to be smoked more than four or five times. Towards the last of February enclose the hams in canvas, painted, or what answers as well in our experience, large paper bags, securing well around the hook. This keeps out skippers and other insects. Immediately before doing this, rub some black pepper on the meat. If this plan is accurately followed, we will insure first-rate hams.

HYGIENIC BISCUITS.—An exchange gives a recipe for making a biscuit which shall accord with advanced hygienic ideas concerning the composition of flour, etc. On a baking board put two pounds of oat meal and two pounds whole wheaten flour, ten ounces of good salt butter, one-half ounce carbonate of soda, one-fourth ounce tartaric acid, and four ounces of sugar. All should be weighed carefully; the butter should be the best that can be procured, and the soda should never be used without the acid. Mix all together. When the butter has been well rubbed into the flour, add buttermilk, mixing with the hand till of a pasty consistency. Knead just as little as possible, to keep the dough light. Roll out; cut with biscuit-stamp to the required size, prick with marker, and fire in a moderately quick oven. In the absence of a stamp cut with a lid; and if no marker is at hand use a common fork. In rolling out the biscuits little or no fresh flour should be used; otherwise the brownish color of the biscuit will be lost. When firing in the oven, biscuit trays should be used. Any wireworker will make one. If these directions are followed, a most palatable, agreeable, and nutritious bread will be produced. If cooled in an open basket, and afterward stored away in tins, these biscuits keep sweet and short for a considerable period.

GUAVA JELLY.—T. C. L. sends the *Florida Agriculturist* the following recipe for guava jelly: "Cut the guava in five or six slices, do not peal them, put in the preserve kettle, cover well with water, and boil until quite soft, then strain off, and to each measure of juice, put one of sugar, (good dry sugar the best) return the whole to the kettle and boil until it jellies, and if you add the juice of three or four limes or lemons it will jelly more readily, juice to be added at the second boiling. The above is the recipe mywife uses for making jelly, and usually succeed sfinely. One important item is the sugar, the finer and drier the sugar the better.

PEA BROSE.—This a true Scotch dish. It has the merit of being easily cooked. It is easy of digestion, palatable and nourishing. It is made from pea meal. Put three or four tablespoonfuls of the meal into a soup basin; over this pour boiling water, stirring with a fork or spoon. When the water has been absorbed, pour on more, stirring always while adding the water until of the consistency of paste. Add a very little salt and a small bit of salted butter; stir again and the brose is ready. Sup with milk. As this is a nourishing and cheap dish, no one should give it up because he happens not to like it at the first trial; rather vary the quantities of salt and butter and give it another trial.

BREAD PUDDING.—Take a deep pudding dish and butter it; cover the bottom and sides with thin slices of bread, white or brown, then a layer of pared and cut apples or pears, or both mixed in any other fruit you fancy; then sprinkle some sugar; a layer of bread in slices or bits; then fruit; and so on until the dish is full. Lay thin slices of bread over; fill up with any fruit juice or water, lacking this; cover with a plate, and bake in a slow oven four hours. Hot or cold it is most delicious. Any sauce would spoil it.

SANITARY SCIENCE.—Mrs. Hobart writes to the *Inter-Ocean* as follows: "The wise mechanic, although impatiently anxious to perform quick work and achieve results speedily, will yet take time to put all machinery to be used in perfect order, knowing that the single drop of oil, promptly applied to prevent friction, is a much more economic expenditure than hours of time and an incalculable amount of patience to mend the machine after it is once broken. Many social scientists begin to realize that, better than legislation, prohibitory or penal, better than reformation and repentance, and all of those expensive pounds of cure, is the old-fashioned ounce of prevention. Give us well-ordered homes, universal sanitary knowledge, and cleanly children, and we believe crime as well as suffering will rapidly decrease. Not until we have facts in regard to the number of children starved, abused, or poisoned into crime by poor food, bad management and foul air, can we estimate the importance of sanitary science."

PROGRESS FOR CHINESE WOMEN.—The following is from the Hong Kong *Press* in regard to a startling innovation made by the Chinese Minister. A novel and striking feature in connection with the Chinese Minister's entertainment in London was the new departure taken by his excellency from the established custom of his country in allowing his wife to be present to do the honors as hostess. What will his fellow-countrymen in China say to such a concession to the foreigner, such a deviation from their social system? The higher class of Chinese, like true Orientals, keep their women strictly secluded from the vulgar gaze. Woman's position in China is not an enviable one. She is looked down upon as an inferior, is seldom educated, and is regarded more in the light of an appendage than as a helpmate, counselor and friend. Even as early as her entrance upon life, she receives a chilling welcome. Chinese parents invariably desire sons, no matter how many children they may have.

MARBLE CEMENTS.—A composition of gum-lac, colored to suit the occasion, is sometimes used. The rust cement is also used, composed of hydrochlorate of ammonia, 2; flour of sulphur, 1; iron filings, 16. For coating inside of cisterns: Pulverized baked bricks, 2; quicklime, 2; wood ashes, 2; olive oil to make a paste. For stone seams and joints: pulverized tiles or hard brick, 6; whitelead, 1; litharge, 1; oil to compound. Another cement is as follows: Hydraulic cement, 12; triturated chalk, 6; fine sand, 6; infusorial earth, 1; all mixed with soluble soda glass.

PURIFYING THE BLOOD.

That impurity of blood, says a writer in the *Phrenological Journal*, is the cause of most of our ill-health is well understood by nearly every one; and as evidence of this, we are confronted at almost every step with so-called "medicinal preparations" for cleansing the purple tide of life, and thus restoring the waning powers of the system. So common is the idea that the thousand and one proprietary compounds possess the mysterious power of removing impurities from the circulation, that vast fortunes are amassed in the manufacture and sale of them. From the standpoint of the hygienist the wide-spread belief in the efficacy of these remedies has no foundation in fact, and the money so freely expended for them is worse than wasted.

The only way that we can remedy the consequences of an imperfect and feeble action of the blood-making organs, is to add to the vitality of the system, and thus give to the weakened organs the power of proper functional work; while we promote the highest activity of the organs of excretion, that as speedily as possible they may remove the useless impurities. The only way to avert the effects of morbid and poisonous materials which shall find their way into the circulation, is to give the eliminative organs the best possible facilities for removing the harmful agencies; while we increase the vital power that shall withstand the attack of evil.

We must learn that we cannot by any means at our disposal take from Nature's hands the work of blood-making; or, with our crude devices, improve upon her handiwork. Proper food in proper quantities, pure air and correct habits of breathing, plenty of healthful and vigorous exercise, a clean skin and a clean conscience—these will do more to purify the blood than all the drugs of the pharmacy. We must build up, not tear down; increase the vital forces, not weaken or destroy them; supply good, wholesome, unstimulating food; not drugs or liquors and tobacco. In short, we must always work *through* Nature, not over or *against* her.

THE ADVANTAGE OF A CLEAN SKIN.

The functions of the skin, says a writer in *Sanitarian*, are too important to be ignored. When we consider how large a share of the fluids and solids that enter the body should find their exit by this great emunctory, together with broken cells, morbific waste, and disintegrated tissue, all of which by obstruction of this organ is thrown back to poison the whole man physically, mentally and morally, we have at once the key to much of the misery that afflicts our race.

Suppose, for instance, the conduits that drain our city and remove the waste from its dwellings are obstructed, how long could the occupants remain in the most palatial mansions. They would have to abandon their homes, or be confronted with disease and death. Every person with an obstructed skin is in similar jeopardy, and the obstruction must be removed, or he must retire from the house he lives in. Perspiration is the safety-valve of the heart, and the sewer of the excretions; and hot-air and its accessories, properly applied, are not only the best protection against disease, but they are among the most efficient means of prolonging life, and of protection against unnatural and untimely death; and in the same proportion that we build with intelligence sanitary structures, and employ them, we may dispense with hospitals and invalids; and in the same ratio we shall prolong useful lives.

EATING when tired is very injurious. Always arrange your labor so as to have a short resting-spell both before and after every hearty meal, especially if old or feeble.