

GOOD HEALTH.

When to Get Up.

The Duke of Wellington always slept on an iron camp bedstead eighteen inches wide. "When a man wants to turn over," he said, "it is time for him to turn out."

Rosseter found another contrivance which worked better. The alarm clock struck a match, which lighted the lamp, which boiled the water for Rosseter's shaving.

DOGS AS PROPAGATORS OF DISEASE.—Among the many agents for the spread of infectious diseases, dogs are, it seems, "our domestic pets." For the propagation of fever a dog is sometimes a bad, or worse, than a drain; and a case is referred to in the Sanitary Record, in which scarlet fever was carried from one child to another by a favorite retriever.

ATB REQUIRED FOR RESPIRATION.—The average amount of air inspired and expired at each respiration is 30 cubic inches, and the average number of respirations 20 per minute, so that 500 cubic feet of air pass through the lungs in 24 hours.

MUSIC IN SICKNESS.—A curious little book has just been published, entitled "The Influence of Music on Disease," by a French physician. The pith of this book is found in the practical application which proposes a musical cure for disease; and the learned writer expatiates vivaciously on what diseases it is necessary to fiddle at, and what to play the flute over, and for which symphonies are better, and for which banjo variations.

HEALTHY OLD AGE.—The brains of people advanced in years would be greatly strengthened by habits of study. Old people should have their lessons, their mental culture, like children, to keep their brain in a healthy condition.

QUICK RELIEF FOR BURNS.—Apply a layer of common salt, and saturate it with laudanum. Hold it in position a few hours with a simple wrapper. The colonel says the smearing disappears almost immediately, and the sore gets well with incredible rapidity.

DOMESTIC ECONOMY.

How to Roast Beef.

Somebody recently sent a receipt to the Ohio Farmer for roasting a sirloin of beef. Another correspondent—"An Old House-keeper," takes correspondent No. 1 to do after the following manner: "The receipt furnished by your correspondent of the 9th instant, for roasting a sirloin of beef, is not the way that I or any experienced house-keeper would attempt to cook it."

It is a one way, truly, and it may suit some people who have never eaten really good roast beef; but it will not do for me or my family. Why, beef, to roast in the best manner, should not be tampered with in any way—not even touched with water before putting in the oven.

CANDY.—Two cups of sugar, two large tablespoons of vinegar, and half a cupful of water. Boil together, and add vanilla or lemon for flavor. It must be worked before it is very cold.

English Dishes.

"An English Woman" furnishes the Germantown Telegraph with the following recipes for preparing certain English dishes:—BULLOCK'S LIVER.—Cut the liver in scores, and salt it with two pounds of salt for a fortnight, then let it drain dry for three days, then rub in two ounces of several kinds of spice, according to your judgment, and all sorts of sweet herbs chopped very fine; also a good seasoning of onions and shallots.

FRICASSEED TRIPE.—Cleanse tripe well from the fat, cut it into pieces about two inches broad and four long, put it into a stew-pan and cover with milk and water; let it boil till tender. Slice two Spanish onions and put in a stew-pan with a quarter pound of butter; salt, pepper and nutmeg to flavor, and let them brown; put this sauce with the tripe, add the juice of a lemon, and serve very hot.

WINTER SALAD.—Boil some potatoes and some onions, and when cold cut them into slices, together with some beetroot. Dress as any other salad. The onions should be cut so as to fall apart in ribs.

To Mend Tinware.

Every housekeeper may not know of what they are capable in the line of keeping their tinware in order. For the benefit of such we will say that it is easier to solder such things than to pay a traveling tinker two prices for mending them. Take a sharp knife and scrape the tin around the leak until it is bright, so that the solder will stick. Then sprinkle on a little powdered resin, if you have liquid solder to sell, but resin will do as well; lay your solder on the hole, and with your solder-iron melt it on. Do not have the iron too hot or the solder will adhere to that. After two or three trials you can do a job that you will be proud of. If you do not own a soldering iron procure one by all means; but when hard pressed I have used the knob on the end of the fire shovel, or a smooth piece of iron, or held a candle under the spot to be mended. Anything is better than stopping leaking pans with beeswax or rags. Try it, young housekeepers, and see how independent you will feel. Your pans should be dry when you take them in hand.

RICE JELLY.—Boil one pound of flour with half a pound of loaf sugar in a quart of water until the whole becomes a glutinous mass, strain off the jelly and let it stand to cool. This is nutritious and light.

THE HORSE.

What Horses Shall Farmers Breed?

This question is constantly coming up among those farmers who are seeking to breed a class of horses that shall sell for high prices to gentlemen wanting a stylish team, or a fast road horse. The consequence has been that those who do not make breeding a specialty have been breeding to everything new that was sufficiently puffed; as Black Hawks, weedy thoroughbred, etc., breeding away from the necessities of the farm, or that class of horses adapted to farmer's uses, in hopes that now and then they might succeed in getting a \$400 or \$500 horse for fancy use. Thus the stock for farm and general purposes has constantly degenerated, until you can buy all you want of these classes for from \$45 to \$85 each; and with this class of horses it will take three to do the work that two stanch, muscular horses ought to do.

Let us look a moment at the importance of farm horses as compared with those of other classes. There are about 2,800,000 farmers in the United States. If each farmer required an average outlay of the labor of two horses, there would be needed for the uses of the farm 5,600,000, or fully 60 per cent. of the whole number of horses in the United States. Now, the farmer well knows that a stout, able, muscular horse, weighing from 1,200 to 1,400 pounds, is one too heavy for the various labors of the farm; neither are they too heavy for general utility outside the farm, as omnibus and team horses in cities; for dray, and other classes of medium and heavy work, they are all right. Why not, then, begin now to breed such?

The Western Rural has asked this question more than once in its past, and has advised how this may be done. It will perhaps bear repetition: Select only males, not less than from 1,100 to 1,300 pounds weight, and as near to good models of muscular development as may be; then, if stylish in action, so much the better. Select no mare unless she is intelligent, gentle, and well-broken, if she has been worked at all. If she has not been broken, reject all that show a skittish, nervous temper, for this can seldom be bred out, without great trouble and pains; and as it costs but little, if any more, to begin right than wrong, it certainly will pay to select carefully.

Give up all false ideas, if any such have been entertained, of breeding fancy horses. The breeding of such can only be accomplished successfully by men who have capital and experience in the business; and, here, again, a dozen fail where one makes a fortune. If you want extra heavy horses of say 1,400 pounds and over, breed these large, roan, selected mares to some good, full or half-bred Percheron or fine Norman, the cross of half-bred, to have been on some large, fine mare, and if with a good dash of thorough blood, so much the better.

If you want a 1,200 or 1,300 pound horse, that shall be stylish, active, muscular and enduring, then select the best large, staunch thoroughbred you can find, as the sire for your colts; or, in lieu of this, a muscular horse, the produce of a large thoroughbred upon some large, fine mare.

Importation of Norman Horses.

E. Dillon & Co., breeders and importers of Norman horses, write us as follows: "We arrived in New York March 21st, on the steamer Canada, with four Norman stallions and five mares, direct from Normandy, France; had a rough voyage of 19 days on the Atlantic. Stock are in fair condition; will rest a few days in New York, then ship to our stable at Normal, Ill. This has been an unfavorable winter for shipping stock across the Atlantic. Out of a lot of ten head of stallions shipped from Europe but five arrived in New York, and those in very poor condition. We have made six importations from France—thirty-five stallions and ten mares; we have lost but one head of Norman stallions and mares, as fine a herd as there is in the world."

S. F. MARKET REPORT.

DOMESTIC PRODUCE.

Table listing market prices for various domestic products including wheat, flour, sugar, and other commodities. Columns include item names and prices.

GENERAL MERCHANDISE.

Table listing market prices for general merchandise including various oils, beans, and other goods. Columns include item names and prices.

LEATHER.

Table listing market prices for various types of leather. Columns include item names and prices.

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