

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, are, it seems, "our domestic pets." For the propagation of fever a dog is sometimes as bad, or worse, than a drain;

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.

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.

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.

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.

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 m-o-s-t-i-f of the farm, or that class of horses adapted to farmer's uses.

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.

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 various domestic products like Beans, Butter, Eggs, etc., with prices and market status.

GENERAL MERCHANDISE.

Table listing general merchandise like Sugar, Flour, Coffee, etc., with prices and market status.

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Home Counsel. Our long experience in obtaining patents for inventors on this Coast has familiarized us with the character of most of the inventions already patented; hence we are frequently able to save our patrons the cost of a fruitless application by pointing them to the same thing already covered by a patent. We are always free to advise applicants of any knowledge we have of previous applications which will interfere with their obtaining a patent.

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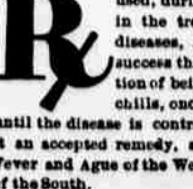
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DOMESTIC ECONOMY.

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 first recommends a joint weighing from fourteen to fifteen pounds from a young and fat beef." Now, everybody knowing anything about good beef would say, "kid and fat beef." Young beef is neither the tender, juicy or rich as old beef, as the fat and the other flesh on the latter is newly put on. The writer goes on: "having laid it in the dripping pan, tender-loin downward, we dredge it slightly with flour." Doesn't this writer know that all "dredging" of beef helps to deteriorate its quality? To go on, the meat is then put down in the pan, in which a little water is poured, and then put in the oven, not to roast, but to stew. The writer then adds: "As soon as the surface of the meat is so browned that the juices of the meat will not readily escape, allow the oven to cool to a moderate degree of heat." This is remarkable. "When the beef is done, sprinkle with salt and pepper. Empty the pan of all its drippings, pour in some boiling water, slightly salted, stir it about and strain over the meat."

CANDY.—Two cupsful of sugar, two large tablespoonfuls 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.