# Good Health.

## Eat Celery.

We notice with satisfaction that celery is becoming more common and cheaper in our markets; its cultivation cannot be too strongly recommended to farmers, as by its production they not only grow a profitable plant, but confer a favor on the community, as the habitual daily use of this vegetable is much more beneficial to man than most people are aware of.

A writer who is familiar with its virtues says: "I have known many men, and women too, who from various causes had become so much affected by nervousness that when they stretched out their hands they shook like aspen leaves on a windy day, and by a moderate daily use of the blanched footstalks of celery as a salad they became as strong and steady in limb as other people. I have known others so nervous that the least annoyance put them in a state of agitation and they were in constant perplexity and fear, who were also effectually cured by a moderate daily use of blanched celery as a salad at meal time. I have known others to be cured of palpitation of the heart. Everybody engaged in labor weakening to the nerves should use celery daily in the season and onions in its stead when not in season."

To this we may add that a prominent New York druggist draws in winter from his soda fountain a hot extract of celery, mixed with Liebig's meat extract, under the name of ox-celery. It is a nourishing drink at lunch time, far better than coffee or tea, and is doing a great deal in this neighborhood to promote temperance. Distilled drinks are no better for a man than a whip is for a horse to make him work; oats are better than the whip, nobody will deny that, and to keep up the strength of a human being ox-celery or beef tea is better than whisky, but this fact many do not appear to know or realize.

But to return to celery. We give it almost daily to our canary birds and it cures them of fits; they are little animals, with very delicate nerves, easily frightened, and therefore they need such a remedy very much, and the relish with which they take it is a proof that their instinct guides them to eat what is good for them.

A manufacturer of perfumery of our acquaintance some years ago commenced to prepare an extract of celery seed, put up in bottles, and intended to give strength to old or exhausted persons, who, by over-indulgences, have reached such a state as to require restoratives.—*Boston Jour. Chemistry.*

## Colored Light as a Cure for Insanity.

Dr. Ponza, director of the lunatic asylum at Alessandria (Piedmont) having conceived the idea that solar rays might have some curative power in diseases of the brain, communicated his ideas to Father Secchi, of Rome, who replied: "The idea of studying the disturbed state of lunatics in connection with magnetic perturbations, and with colored, especially violet light of the sun, is of remarkable importance." Such light is easily obtained by filtering the solar rays through a glass of that color. "Violet," adds Father Secchi, "has something melancholy and depressing about it, which, physiologically, causes low spirits; hence, no doubt, poets have draped melancholy in violet garments. Perhaps violet light may calm the nervous excitement of unfortunate maniacs." He then, in his letter, advises Dr. Ponza to perform his experiments in rooms the walls of which are painted of the same color as the glass panes of the windows, which should be as numerous as possible, in order to favor the action of solar light, so that it may be admissible at any hour of the day. The patient should pass the night in rooms oriented to the east and south, and painted and glazed as above.

Dr. Ponza, following the instructions of the learned Jesuit, prepared several rooms in the manner described, and kept several patients there under observation. One of them, affected with morbid taciturnity, became gay and affable after three hours' stay in a red chamber; another, a maniac who refused all food, asked for some breakfast after having stayed 24 hours in the same red chamber. In a blue one, a highly excited madman with a straight waistcoat on was kept all day; an hour after he appeared much calmer. The action of blue light is very intense on the optic nerve, and seems to cause a sort of oppression. A patient was made to pass the night in a violet chamber; on the following day he begged Dr. Ponza to send him home, because he felt himself cured; and, indeed, he has been well ever since. Dr. Ponza's conclusions from his experience are these: "The violet rays are, of all others, those that possess the most intense electro-chemical power; the red light is also very rich in calorific rays; blue light, on the contrary, is quite devoid of them, as well as of chemical and electro ones. Its beneficent influence is hard to explain; as it is the absolute negation of all excitement, it succeeds admirably in calming the furious excitement of maniacs."

## Health Maxims.

We breathe in sleep about 15 times every minute.

If the bowels are loose lie down in a warm bed, remain there and eat nothing until you are well.

Do not allow yourself to read a moment in any reclining position, whether in bed or on a sofa.

Never swallow an atom of food while in a passion, or if under any great mental excitement, whether of a depressing or elevating character; brutes won't do it.

The importance of wholesome water and good sewerage to every single dwelling cannot be over-estimated, and any city neglecting this vital matter must expect to suffer at all times, and particularly when an epidemic of any kind sweeps over the country.

To be able to lie down at night and fall to sleep within ten minutes, and to know no dream or waking until the morning comes, and then to bound out of bed full of health, freshness and good humor, is a blessing well worthy the warmest outgushings of a thankful heart towards Him who giveth us all things richly to enjoy.

The great regulator of sleep is exercise; it is the best anodyne in the universe, and it is the only one that is always wholesome and natural. If you cannot take much exercise, take a little, and every second hour increase the distance, and soon you will be able to walk a mile more easily than you walked the first hundred yards.

If an action of the bowels does not occur at the usual hour eat not an atom until they do act, at least for 36 hours; meanwhile drink largely of cold water or hot tea, apd exercise in the open air to the extent of a gentle perspiration, and keep this up until things are righted; this one suggestion, if practiced, would save myriads of lives every year, both in city and country.—*From Dr. Hall's Maxims.*

A Doctor, on calling upon a gentleman who had been some time ailing, put a fee into the patient's hand, and took the medicine himself which he had prepared for the sick man; he was not made sensible of his error till he found himself ill and the patient getting better.

Shampooing (Scalping). — An intelligent writer in the Chicago *Tribune* protests against the practice of shampooing. He says this repeated application of stimulating washes destroys the hair, and is almost equivalent to scalping. He is surprised that there are any men with full heads of hair left, and advises all young men to discontinue this pernicious practice.

Put some extra bedding on the foot of the bed at night to give the feet added warmth, and to be drawn up higher if needed before morning. The feet need special attention, as one of the best rules of health is to keep the head cool and the feet warm. Don't encourage cold feet by wearing shoes a size too small, for this will check the circulation.

# Useful Information.

## Things Which it is Well to Know.

Irish stew is a dish never seen in Ireland.

Cat-gut is not the gut of cats, but of sheep.

Kid gloves are not kid, but are made of lamb skin or sheep skin.

Arabic figures were not invented by the Arabs, but by the Indians.

Tube-rose is no rose, but the tuberous palianth *(Palianthes tuberosa)*.

Salad oil is not oil for salads, but oil for cleaning callets or salades—i. e., helmets.

Slave means noble, illustrious; but the term is now applied to the most ignoble and debased.

Black lead does not contain a single particle of lead, but is composed of carbon and iron.

Turkish baths are not of Turkish origin; nor are they baths at all. They are hot air rooms.

Salt is not salt at all, and has long been wholly excluded from the class of bodies denominated salts.

Cleopatra's Needle was not erected by Cleopatra nor in honor of that queen, but by Rameses the Great.

Prussian blue does not come from Prussia, but is the precipitate of the salt of protoxide of iron with prussiate of potassa.

Brazilian grass does not come from Brazil, or even grow in Brazil; nor is it grass at all. It consists of strips of palm leaf, and is chiefly imported from Cuba.

Whale-bone is no bone at all; nor does it possess any properties of bone. It is a substance attached to the lower jaw of the whale, and seems to strain the water, which the creature takes up in large mouthfuls.

Sealing wax is not wax at all; nor does it contain a single particle of wax. It is made of shellac, venice turpentine, and cinnabar. Cinnabar gives it the deep red color, and turpentine renders the shellac soft and less brittle.

Burgundy pitch is not pitch, nor is it manufactured or exported from Burgundy. The best is a resinous substance, prepared from common frankincense, and brought from Hamburg; but by far the largest quantity is a mixture of rosin and palm oil.

Petroleum as a Lubricant for Turning Tools.—Considerable comment has appeared of late in foreign mechanical journals relative to the use of petroleum as a means of facilitating the action of turning tools in operating upon very hard alloys. A writer in *Les Mondes* states that a mixture of seven parts zinc, four copper and one tin, resisted all tools even when the latter were tempered to extreme hardness. As soon, however, as the cutting edges were moistened with petroleum, the alloy immediately yielded and was turned without difficulty. It is also said that, by using a mixture of petroleum and turpentine, steel annealed to straw yellow can likewise be turned. We know of no direct practical confirmation of this, but should be glad to hear from any of our readers who may test the suggestion. Meanwhile we shall experiment for ourselves, and note the result as soon as perfected.—*Scientific American.*

Buttons from Pebbles.—Immense quantities of buttons, manufactured from pebbles, are produced in Paris, and sent to almost every part of the globe. These pebbles, which are of crystallized feldspar, containing as little clay and lime, or lime salts as possible, are reduced to powder by heating them to cherry red and then plunging them into cold water. The powder is separated from its impurities by being passed through a wire gauze sieve, and is next well stirred in water. The residuum is treated with a quantity of hydrochloric acid, varying from three to 10 per cent., to free it from the oxide of iron, which would give the buttons a reddish hue in the baking process. One hundred pounds of powder are mixed with two of chloride of sodium and four of flour paste, dissolved in five quarts of water; the whole is then passed through the sieve, and dried to a proper consistency for molding.

Brightening Iron.—When taken from the forge or rolls, the articles are placed in dilute sulphuric acid, (1 to 20,) then washed clean with water and dried with sawdust; they are then dipped for a second or so in nitrous acid, washed carefully, dried in sawdust, and rubbed clean. It is said that iron goods thus treated acquire a bright surface, having a white glance, without undergoing any of the usual polishing operations. It is stated that the action of the sulphuric acid is increased by the addition of a little carbolic acid, but it is difficult to see what effect this can have.

To Take the Rust off a Plowshare.—Take a quart of water and pour slowly into half a pint of sulphuric acid. The mixture will become warm from chemical action; put it on the iron and let it remain there until it evaporates. Then wash it again. The object of this is to give the acid time to dissolve the rust. Now wash with water, and you will see where the worst spots are. Apply some more acid, and rub on those spots with a brick. The acid and the scouring will remove most of the rust. Then wash the mold-board thoroughly with water to remove the acid, and rub it dry. Brush it over with petroleum or other oil, and let it be till spring.

Glass Cement.—A cement to stop cracks in glass vessels, to resist moisture and heat, is made by dissolving casein in a cold saturated solution of borax. With this solution paste strips of hog's or bullock's bladder, softened in water, on the cracks in the glass, and dry at a gentle heat. If the vessel is to be heated, coat the bladder on the outside, just before it has become quite dry, with a paste of a rather concentrated solution of soda and quicklime or plaster of paris.

Black Pepper is made by grinding the dried berry of a climbing vine native to the East Indies. White pepper is obtained from the same berries freed from their husk and rind. Red or cayenne pepper is obtained by grinding the scarlet pod or seed vessel of a tropical plant that is now cultivated in all parts of the world.

Indian or Chinese Ink is formed of carefully purified lampblack and size, or animal glue, with the addition of perfumes, not necessary, however, to its use as an ink.

# The Dairy.

## How to Improve the Herd.

The *Record-Union* makes the following observations concerning the improvement of dairy stock:

There is a great difference in the value of cows for the dairy. In the recognition of this difference and in the measures adopted to get rid of the poor cows and secure a uniformity of good ones consists one of the surest roads to successful dairying. Some dairymen place their reliance in the breed of the cows, but the fact that some prefer one breed and some another is pretty good evidence that the quality of the cow for a dairy does not depend altogether on the breed. The practical and successful dairyman, however, does not place much confidence in breed, except so far as to recognize the general characteristics. He depends more upon individual selection. When he proves a cow to be a good milker, for the purposes he wants milk, he keeps that cow, whether she be a thoroughbred short horn, a Jersey or a common scrub. And when he proves a cow to be a poor milker, he with equal promptness marks that cow for the butcher, and turns her into his fattening head, to be turned into beef at the first opportunity. The successful dairyman raises his own calves and breaks his own heifers to milk. The first point he makes in breeding dairy stock is to secure a bull that is descended from a strain of good milkers. The best dairymen, we would not be understood as saying, give no preference to stock. We only say that while they recognize the general superiority of thoroughbred cattle they insist on and practice upon the more important law of selection, and they apply this law of selection to thoroughbred as well as to common stock—to males as well as to females. There is no doubt this is the correct practice as to all domestic animals. Look to the breed first and adopt that which, for the general purposes for which the stock is wanted, has the most favorable points, and then exercise a keen discretion in the selection of the individual animals. In this way a great improvement of a herd of dairy cows can be effected, even in two or three generations of the animals, and much greater in the generation or lifetime of a man. If all the dairymen of California would adopt and practice this plan thoroughly for the next 50 years, we have no doubt that the standard of our dairies could be raised, not only much above their present status, but above those of any other State in the Union.

### The Position Well Taken.

The position, which the *Record* assumes with reference to the profitability of breeding dairy stock by intelligent selection within the herd, is well taken. It is the method already in practice among the best dairymen. It is only unfortunate that all do not appreciate the possibility of building up the productiveness of their herds in this way. We recall a case of this kind of practice which came under our observation in New York. Mr. C. M. Morgan, of Allegany county, drew as his dividend from a cheese factory for milk delivered during the season of 1874, $1,449.45. This milk was the yield of 16 cows, and consequently the average return per cow was $90.59. This was the largest yield per cow reported for the year. To show how it compares with the average return of other herds, we will state that reports were received from upwards of 90 factories receiving milk from more than 36,000 cows. The average per cow of all the number was $39.57, and the poorest average per cow was $14 50. Thus it appears what a difference there exists in the productiveness of different herds. We were interested to discover how Mr. Morgan succeeded in so far leading the cheese dairymen of New York. The following was the method: Mr. Morgan is a good judge of a cow, and he does not believe that one cow is as good as another for his use. He practices a sort of natural selection in his herd, and thus improves it continually. He subjects each animal to a systematic test of milking, and his object is more milk. The amount he gained in 1874 is greater than ever before. He breeds for usefulness rather than name. He never sells anything but a poor cow, and will buy nothing but a good one, even if he has to pay more, because his experience has taught him that a good cow will yield him a better percentage on a large investment than a poor cow will upon a small one.

Thus, by a case of actual practice, we would enforce the observations of the *Record*. There's millions in careful, intelligent and useful breeding if the dairymen will study closely the deeds of his cows, and aim always to reproduce the best.—*Rural Press.*

# The Swine Yard.

## The Farmer's Hog.

Edwin Clarke read an essay on 'The Farmer's Hog" before a farmers' meeting in Iowa, which contains points which are worth the attention of swine growers everywhere. He writes: I commenced 10 years ago with Chester White which was then in fashion, and raised and fed them for two years. They require more age than I thought I could afford to give my hogs, not fattening readily until about 18 months old. The next hog that came in fashion was the Poland-China or Magee. This breed with me had neither of the faults of the Chesters; fattening at any age, remarkably docile and quiet, and splendid feeders, but poor mothers and nurses; especially is this the case with old sows If it was not for this fault this breed of hogs would be, in my estimation, "par excellence."

The next on the programme is the Berkshire This distinguished foreigner is at present attracting the attention of farmers in general, and fine stock men in particular. His compact, neat built, muscular frame, short nose, small, erect ear, and black, glossy skin makes him a perfect beauty. Their fine, muscular development makes them the especial favorite of shippers; the sows are splendid mothers and nurses, scarcely ever overlaying their pigs, as does the Poland China; but, with all their fine qualities, they have one fault. His high strung, nervous temperament causes him, when allowed to roam at will, to be uneasy and restive, and consequently renders him unfit to be raised on pasture. This trait or disposition is inherited from his ancestor, the wild hog of England; but having been bred and fed at the swill tubs of Great Britain, he is decidedly the gentleman's hog, being finely adapted to the pens and close range of our city cousins. The course of breeding and feeding which he has undergone for generations is what unfits him for the farmer. He will in a few generations deteriorate and become the cat-hammed, bow-backed, long bristled, savage dispositioned wild hog of England, having no resemblance, except in color, to the neatly built, swill fed, gentleman's Berkshire which you see in the pens of the fine stock men.

### Crossing.

I have now looked at some of the objections I have found to three of the popular breeds of hogs; I shall now advance a theory which I have been experimenting on for three years past, namely, the crossing of different breeds in order to get a hog suited in all respects to the wants of the farmer. I have crossed my Poland-China sows with a grade Berkshire with excellent results. The only reason that I would ever introduce a drop of Berkshire blood into the Poland-China is to make them better mothers and nurses, and the reason for using a grade instead of full blood is that the first cross of any two breeds of hogs does not tend in the direction desired, as the pigs of that cross will have the appearance of one or the other of the parents, being either Berkshires or Poland-Chinas, while we desire them to be both combined in one. The next cross of one of these grades with the full blood Poland-China gives almost invariably the desired result, having an animal with all the good qualities of the Poland-China and also good nurses and mothers.

I shall now take up the

### Management of Hogs.

And give the course I follow. The hog is not a native of the Arctic regions, as some farmers seem to think, and consequently requires shelter from the inclemency of our climate. Some, also, seem to think that the sunny side of a straw pile or manure heap is a place good enough for a hog, but I must beg the privilege to differ with them. The hog wants a dry nest, not too warm, but warm enough to be comfortable, and with means for a good ventilation. Where the farmer does not feel able to build a hog house with all the necessary fixtures, a shed can be built at a cost of $3 or $4, that will shelter from 40 to 60 hogs.

Set three rows of posts in the ground, eight feet apart north and south, and six feet apart east and west. Have the outside rows four and a half feet high, and the middle row six feet high. Board up the sides with 16-feet lumber and the north side with 12-feet lumber. Cover with slough hay, and fill up with earth eight or 10 inches to keep the water from running into the nest. Throw in some straw. This should be cleaned out once in two or three weeks and replaced with new. I should have doors so constructed that I could close the open side of my shed during stormy or very cold weather, leaving only an open space near the top for ventilation. Give your hogs plenty of range during winter, especially brood sows. These should not be allowed to nest in large lots after one-half the period of gestation has passed; four or five are all that should nest together during this period.

# Sheep and Wool.

## Tanning Young Lamb Skins.

In a report of a recent meeting of the New York farmers' club, we find the following: A letter from Mr. T. C. Peters, of 209 Macon street Brooklyn, Long Island, under date of Oct. 25th, 1875, addressed to S. E. Todd, and intended to be read at a meeting of this club, respecting the saving and tanning of lamb-skins with alum, for profit, by farmers and stock-raisers, was handed to me with a request to investigate the matter, and I therefore beg to make the following statement. The sample of dressed lamb-skin that accompanied Mr. Peters' letter compares exactly with the French skins that are imported to this (New York) market, and used for children's jackets and glove-lining. The dressed skins, imported, are worth, in this market, from 9 to 11 cents each. The raw dried skins are worth from four to eight cents each. The above prices are wholesale. Furriers, however, differ in their estimates as to the wholesale price of the raw dried skins. One party estimates them at from seven to eight cents each, while another, of equally good authority, holds them as low as four and a half cents each. It would be safe, therefore, to estimate the value (at present) at from four to eight cents each, according to quality.

### Process of Drying.

When the skin is taken off the lamb fresh, the skin of face, ears, eyes and legs is cut off, and the skin of the legs is left four inches long. When thus cut and trimmed, it is stretched with three small sticks, (as boys' kites are stretched,) and hung on a line in the shade. When the skins are thus dried, they are baled and sold to traders. The value of the skin is regulated by its condition, the peculiar breed and the quality of the wool. It is not likely that the producer could realize more than three or four cents on each skin. The demand and sales in this market are limited. From all I could ascertain, the sales do not exceed 75,000 skins per annum. It is questionable that if the farmers in the Central and Eastern States, who seldom have more than 100 or 200 sheep at a time, would find it worth their while to save their lamb skins, as it is not likely that, on a well regulated farm, under the supervision of an experienced stock raiser, the loss of lambs would be three or four per cent., at most it should not exceed five per cent., while on the other hand, the great wool-growers in the Western and Southwestern States, like those in Kansas, Colorado, New Mexico and California, would be likely to make it worth their while to allow their shepherds to save their skins on shares, by way of a perquisite. The only objection to this arrangement would be the possibility of unprincipled shepherds neglecting the lambs for the sake of the perquisite. On the whole, it does not appear that the producer would find it very profitable to either save or tan the skins for market, unless skilled shepherds could be interested in the saving of the skins, which in the Western States would be attended with difficulty owing to the want of shade and the roaming nature of the flocks on the plains.

## The Mohair Business.

Buffum & Stockton write as follows: We shipped our mohair, through Bailey & Co., to New York on our own account; received 85 cents, unassorted, and expect to ship in the same way this season. Finished shearing the 24th of last month; have a splendid lot of mohair—we suppose about 2,000 pounds. Think it advisable to place on the New York market as an advertisement to our business, and show those wool buyers we have the mohair for sale, and we will soon have purchasers here looking after it. We have some very heavy fleeces this year. I saw Gilmore's statement in the papers, showing up G. B. A., and weight of fleeces, and concluded to take note of some of our fleeces. His heaviest fleece was six and a half pounds. These are the weights of some of our best:

| EWES. | | WETHERS. | |
|---|---|---|---|
| 0 grade, | wt. of fleece. | 1 sheared | 9½ lbs |
| 1 15-16 | 6 | 1 sheared | 9 " |
| 1 15-16 | 6¼ | 1 sheared | 7¼ " |
| 1 31-32 | 6¾ | 1 sheared | 7½ " |
| 1 31-32 | 7 | 1 sheared | 7 " |
| 1 63-64 | 6¼ | 1 sheared | 7¼ " |
| (This is a yearling, wool fully one foot long) | | 1 sheared | 8¼ " |
| | | PURE BUCKS. | |
| 1 pure | 7 | 1 sheared | 7½ lbs |
| 1 pure | 6½ | 1 sheared | 6½ " |
| 1 pure | 6 | 1 sheared | 6 |
| 1 pure | 5¼ | | |

Our heaviest fleece from grade kid was four and a half pounds. You will see our grades, that is the best of them, shear full as well as our pure breeds, and the wethers beat all of them. This shows us what we can do in California if we will only labor for it in the right way.

# Domestic Economy.

## Vegetables.

All green vegetables should be as fresh as possible. Put them into cold water with some salt in it, for about ten minutes, to clear from soil or insects. If not quite fresh let them remain in the water some time longer; drain in a colander and put them into a pan with plenty of boiling water, adding salt and a small piece of soda; cover the pan till boiling, but not afterward; then boil quickly, and carefully remove any scum which may rise. Do not allow them to remain in the water after they are done, but immediately drain them in a colander and finish each kind, as directed in recipes. Peas and spinach do not require so much water as most other green vegetables, but only just sufficient to cover them. Cauliflowers and brocoli require especial care in boiling, as the flower is easily broken and their appearance spoiled; boil them quickly for a few minutes, and then moderately till tender, which may be easily ascertained by trying the stem with a fork. All vessels used in cooking vegetables should be particularly clean. Soft is preferable to hard water in cooking all kinds of vegetables. Potatoes are in universal use, and yet how few know how to cook them well! "A well boiled potato is a thing purely ideal—it has never come out of the pot, in the experience of living man." This is too strong; but there is very much room for, and need of, improvement in the *science of cooking a potato*. To do it *well*, the matter must be *studied*, and not performed by routine. They differ very much, even those grown in the same field and from the same seed. A good potato, well cooked and served up, is a luxury, which, unfortunately, few people know how to accomplish, or will not give themselves the trouble to do.

## Choice of Milk.

Cow's milk differs greatly in quality, some being rich and other thin and watery. In choosing a family cow it is well to bear this in mind, and select only those that are healthy and give the very best milk. They should also be fed on the best of food and allowed pure soft water to drink. The practice of feeding cows on garbage, swill slops, distillery feed, and of keeping them confined in close, filthy, unventilated stables, is one which seriously deteriorates the milk and should ever be avoided.

Those who live in cities cannot of course keep cows, and so they must depend on the market for their supply of milk. In such cases insist on having the best article and refuse to use that from distillery-fed cows, or that diluted with water. A little attention to this subject will enable any one to secure a good article. It is the laxity of purchasers of food in not demanding the best that makes it so easy for the dealer to palm off adulterated and inferior articles upon thoughtless people. If the poor would do this it would improve their own and their children's health wonderfully. The milk supply of a city has a great deal of influence for good or evil on the health of the children. In England this question is getting to be a very important one. The *Food Journal* says that "perhaps the most serious and destructive change in the nutrition of the poor is their almost total privation of milk. Infantile sickness and mortality depend largely on this want." There the occupation of mothers in factories and work shops deprives many thousands of infants of their natural food—breast milk.

French Household Economy.—The French butcher separates the bones from his steaks, and places them where they will do the most good. The house wife orders just enough for each person, and no more, even to the coffee. If a chance visitor drops in, somebody quietly retires, and the extra cup is so provided, but nothing extra by carelessness of intention. When the pot has boiled, the handful of charcoal in the little range is extinguished, and waits for another time. No roaring stoves and red-hot covers all day long for no purpose but waste. The egg laid to day costs a little more than the one laid last week. Values are nicely estimated, and the smallest surplus is carefully saved. A thousand little economies are practised, and it is respectable to practice them. Cooking is an economical as well as a sanitary and gustatory science. A French cook will make a franc go as far as an American housewife will make three, and how much further than the American Bridget nobody knows—we should probably be greately astonished, could the computation be made, how much of the financial, recuperative power of France is owing to her soups and her cheap food; better living, after all than the heavy bread and greasy failures of our culinary ignorance.—*Springfield Republican.*

A good cook is not the one who uses the most and richest ingredients, regardless of the expense; but she who studies economy, and is able to concoct a delicious meal from scanty materials.

Egg Sandwiches.—Boil fresh eggs five minutes; put them in cold water, and when quite cold peel them, and after taking a little of the white off each end of the eggs, cut the remainder in four slices. Lay them between bread and butter.

California Olive Oil.—One of the New York dailies remarks that it may not be generally known that a considerable quantity of California olive oil is finding an appreciative market there, and is coming into quite general use in hotels and restaurants. Samples of the oil were recently submitted by a prominent restaurant keeper to a party of his patrons, who were good judges of the article, for an opinion. After critically testing it, they unanimously reported it a first-class article, and were much astonished on being informed that it was of California production. The article is put up by parties at Los Angeles in cans and cases, and is sold in New York at a slight reduction from the rates of imported oil. Owing to the prejudice against home products, the agents have been obliged to label it Plagniol, a well known French brand.

Engineering on the Farm.—George W. Wood, of Sugar Loaf, Ind., came very near losing a valuable mare a few days ago. The animal walked out of a barn door directly into a well 20 feet deep. Considerable engineering was brought into play to rescue it. Mr. Wood filled the bottom of the well with hay, which he pounded down so as to make a solid footing for the mare, and continued increasing its hight until he had got her within two and a half feet of the top, at which juncture she sprang out uninjured, except the partial rubbing of her tail, and a slight cut in her breast, caused by a stone. The falling of animals into wells is not an unusual occurrence, and the above method of rescuing them is worthy of note. The whole process occupied two hours.

Fine Gold will melt at 2,016 deg. Fah.; pure copper at 1,994 deg; fine silver at 1,873 deg.; and pure spelter at 773 deg.