

**Room for Improvement.**--In 1840 the finest ocean steamers plying between this country and England burned 5,291 pounds of coal for each ton of paying freight, the speed--at that time considered fast--being eight and a half knots per hour. At the present day the first-class steamers burn only 551 pounds of coal per ton of freight carried, and realize a speed of fifteen and a half knots per hour. But, although our present steamers are making very fast time, and are very economical as compared with the earlier vessels, it is still a lamentable fact that on the largest and finest of them, furnished with all the latest improvements to secure economy, we can only succeed in putting into the steam about one-tenth of the heat realized in the boiler fire, and the remaining nine-tenths are lost.

**Climate and Consumption.**--A writer in a medical contemporary makes some definite assertions concerning the influence of climate on pulmonary diseases. No zone, he declares, enjoys entire immunity from pulmonary consumption; moreover, the popular belief that phthisis is common in cold climates is fallacious, and the idea, now so prevalent, that phthisis is rare in warm climates is as untrue as it is dangerous. The disease causes a large proportion of deaths on the seashore, the mortality diminishing with elevation up to a certain point. Altitude is inimical to the development of consumption, owing chiefly to the greater purity of the atmosphere in elevated situations, its freedom from organic matter, and its richness in ozone. Moisture arising from a clay soil, or due to evaporation, is one of the most influential factors in its production. Dampness of atmosphere predisposes to the development of the disease, but dryness is of decided value.

**Infinitesimal Fibers.**--The microscope shows a variation in the thickness of human hair from the 1-250th to the 1-600th part of an inch; but, notwithstanding such fineness, it is a massive cable in comparison with some other fibers. Thus the thread of the silkworm is many times finer, being from the 1-1700th to the 1-2000 of an inch. This, however, is nothing to the slenderness of the spider's thread, which has been found in some instances to be no more than 1-30,000th of an inch in diameter. The fibers yielded by the vegetable kingdom are also of astonishing minuteness. Thus every fiber of flax is found to be composed of a bundle of other fibrils which are about 1-2500th of an inch in diameter. Similar fibers obtained from the pineapple plant have been ascertained to be no more than 1-5000th or even 1-7000th of an inch in diameter.

**The Circulation of the Blood Made Visible.**--Dr. C. Hüter, a German *savant* of Griefswald, has devised a simple arrangement which demonstrates the circulation of the blood in the human body by making it visible. Dr. Hüter's method is as follows: The patient's head being fixed in a frame, on which is a contrivance for supporting a microscope and a lamp, his lower lip is drawn out and fixed upon the stage of the microscope by means of clips, the inner surface being uppermost, and having a strong light thrown upon it by a condenser. When these preparations are completed, all the observer has to do is to bring the microscope to bear on the surface of the lip, using a low-power objective, and focusing a small superficial vessel. At once he sees the endless procession of the blood corpuscles through the minute capillaries, the colorless ones appearing like white specks dotting the red stream. Dr. Hüter asserts that, by taking careful note of variations in the blood-flow and changes in the corpuscles, he has derived great advantage in the treatment of medical cases. This is the first instance of the flow of the vital fluid in one person being watched by another.



### BILLS OF FARE FOR THANKSGIVING DINNER.

#### NO. 1.

OYSTER SOUP.  
BAKED BASS WITH SAUCE PIQUANTE.  
CHICKEN PATÉS.  
OLIVES.  
ROAST TURKEY--CRANBERRY SAUCE--MASHED POTATO.  
ASPARAGUS WITH CREAM SAUCE.  
LOBSTER MAYONNAISE.  
PLUM PUDDING--MINCE AND PUMPKIN PIE.  
(ICES AT OPTION.)  
FRUITS--NUTS--COFFEE.

### DINNER FOR A FAMILY PARTY.

#### NO. 2.

SMALL "BLUE POINTS" SERVED ON HALF SHELL.  
VERMICELLI SOUP.  
CELERY.  
BOILED COD WITH OYSTER SAUCE.  
STUFFED TOMATOES.  
ROAST TURKEY WITH CRANBERRY SAUCE--MASHED POTATOES, ASPARAGUS, SWEET CORN AND BOILED ONIONS.  
COMPOTE OF PIGEON (WITH LITTLE PEAS).  
SALAD.  
PLUM PUDDING--MINCE PIE.  
ICES.  
FRUIT--NUTS--COFFEE.

### PLAIN SANITARY DINNER.

#### NO. 3.

SIMPLE CONSOMMÉ SOUP.  
MIDDLE RIBS ROAST OF BEEF--BAKED TOMATOES--MASHED POTATOES--STRING BEANS.  
LETTUCE SALAD.  
EVE PUDDING.  
ORANGES--APPLES--GRAPES--COFFEE.

### DINNER FOR TWELVE.

#### NO. 4.

"BLUE POINTS" ON HALF SHELL.  
MOCK TURTLE AND CONSOMMÉ SOUP.  
BOILED SALMON WITH PARSLEY SAUCE AND "BUT-TON" POTATOES.  
CUTLETS AND STUFFED TOMATOES.  
STUFFED AND BAKED HAM.  
STEWED APPLES.  
BRAISED DUCKS WITH MASHED POTATO, PEAS AND CRANBERRY JELLY.  
MAYONNAISE OF LOBSTER.  
BREAD AND BUTTER PUDDING--MINCE PIE--PUMPKIN PIE--APPLE AND CRANBERRY TARTS.  
FRUIT--NUTS--COFFEE.

### DINNER FOR AN INVALID.

#### NO. 5.

BOULLON.  
CHICKEN STEWED WITH RICE.  
CRANBERRY JELLY.  
LETTUCE SALAD.  
SMALL CUP PUDDING.  
COMPOTE OF APPLE.  
HOT LEMONADE, OR WEAK TOKAY TEA.

### DINNER FOR DELICATE OR OLD PEOPLE.

#### NO. 6.

TOMATO SOUP.  
WHITE FRICASSEE OF CHICKEN.  
CURRANT OR CRANBERRY JELLY--MASHED POTATO--ASPARAGUS--BOILED ONIONS IN CREAM.  
SWEET-BREADS--SALAD.  
RICE CREAM PUDDING.  
FRUIT--COFFEE.

The first of our bills of fare for Thanksgiving dinners presents only the most ordinary features, and calls for no special remark, except in regard to the dessert, in which ices are put in brackets, and as optional. Ices are so thoroughly and universally understood as an indispensable part of a dinner that makes any pretensions to elegance that it requires some courage to venture to offer a word of caution in regard to placing them upon a bill of fare composed of so much that will tax even a good digestion. Whatever is colder than the natural temperature of the stomach arrests, for the time being, the natural action of the stomach, if taken in any quantity, and the danger is, of course, greater if the digestion is slow and the functional force reduced.

The second dinner begins its courses with the small, delicious oysters known as "Blue Points," served raw, with a quarter of lemon upon each plate. The compote of pigeon may be replaced by any kind of bird or game, and the salad may be a mayonnaise of lobster or chicken, if that is preferred.

The "Sanitary" dinner is one that almost any person could eat, that can eat a dinner at all, without the least disturbance of mind or body; but the simple articles of which it is composed should be perfection in their way, and properly cooked--not made watery, or burnt dry in grease. The meat should be tender and juicy, the potatoes mealy, the beans green and free from stringy fiber, the lettuce crisp, the pudding light, the fruit fresh, and the coffee strong, but in small quantity, and not made leathery by milk and sugar.

The dinner for twelve affords a little more variety, but we have carefully kept within the bounds by which an ordinary cook is limited, and avoided the *entrées* and dishes which can only be accomplished by a professionally trained cook.

The dinner for an invalid, or for delicate or aged people, may afford some suggestions to those who have to cater to the wants of the sick, or dear relatives who are nearing the Valley of the Shadow, and will be found, if care is taken in the preparation, both nourishing and digestible. The following receipts give the formulæ of many of the dishes.

**Roast Turkey.**--Select a plump hen turkey, and when it is clean, lay it in cool water for an hour to draw out the blood and whiten the flesh. Stuff it with bread-crumbs seasoned with pepper, salt, sweet herbs, and either butter or some sweet salt pork parboiled and chopped fine. Rub the exterior with butter, and a ring of sausage may be laid around the neck if liked. Roast in a hot

oven, and baste frequently. Protect the breast, if necessary, with writing-paper from scorch. The turkey should be neatly trussed, and the heart, liver, and giblets, after having been boiled, chopped for the gravy, which should be made of the liquor in which they were boiled.

**Boiled Turkey**—Is prepared in much the same way, except that a pint or more of oysters is put into the dressing, and the sweet herbs omitted. The turkey should be wrapped closely in a towel, and put into a pot of boiling water, and cooked slowly—three hours if it is a very large one; two hours if a moderate size, say ten pounds. Serve with oyster sauce, which is simply "white" sauce into which a pint of oysters has been stirred and allowed to come to a boil.

**Cream Sauce**—Mix a large tablespoonful of flour with two ounces of sweet butter, a spoonful of chopped parsley, and a little grated white onion. When it is well mixed, add pepper, salt, and a pint of boiling milk, which stir into the mixture, and then return the whole to the saucepan, where it should come to a boil. A stick of mace is thought to improve the flavor. This sauce may be used for fish, as well as asparagus.

**Eve's Pudding**—Half a pound of grated bread, half a pound chopped greening apples, half a pound of chopped raisins, quarter of a pound of granulated sugar, quarter of a pound of chopped suet (after it is chopped and sifted), half a nutmeg, salt-spoon of salt and one cup of sweet cider.

Mix all the ingredients. Boil in scalded bag or buttered mold three hours, or steam four, and serve with hot lemon sauce.

**Lemon Sauce**—Mix two ounces of butter with a tablespoonful of flour, add half a pint of powdered sugar, an egg, and the rind and piece of a lemon. To this put half a pint of boiling water, and when mixed, pour it upon the pudding.

**Pumpkin Pie**—Take the half of a large pumpkin, remove the seeds, cut in pieces, peel, and steam it until perfectly tender. Then strain through a colander, and to a quart of the thick pulp allow four eggs and a quart of rich milk, a large cup of sugar, a teaspoonful of salt, a dessert-spoonful of ginger (if strong), and a large nutmeg grated. Line your dishes with a nice light pastry, crimped upon the edge. Then pour in the mixture until it is an inch thick. Bake until it becomes a light brown.

**Baked Tomatoes**—Take large tomatoes; pour boiling water upon them in order to remove the peel. Drain them, halve them, butter a baking dish, and lay them in, after removing the seeds; fill the interiors with bread-crumbs seasoned very highly with grated onion and pepper and salt; put the halves together, cover the whole with a layer of bread-crumbs, sprinkled with bits of butter, and bake.

**Plum Pudding**—Eight eggs, one pound of bread-crumbs, one pound of stoned raisins, one pound of Zante currants dried and cleaned, half a pound of suet chopped fine, quarter of a pound of shred citron and lemon mixed, a gill of rich currant or lemon syrup, a large cup of sugar, half a pint of new cider, a nutmeg grated, and a small spoonful of salt.

Beat the eggs, mix the suet with the bread-crumbs, and afterward the fruit and candied rinds. Add the salt and sugar, and to this dry mixture put the cider and the fruit syrup, adding the eggs last. Beat all thoroughly together, and boil in a buttered mold four hours. Serve with a rich liquid sauce.

**White Fricassee of Chicken**—Clean two chickens weighing at least three pounds each. Lay them in cold water for one hour, and afterward cut them into neat joints, which stew gently in just

water enough to cover them until done. Then remove them. Mix a half cup of flour with a pint of cream and some salt, thyme, and chopped parsley; pour it to the liquid remaining, and which has been thoroughly freed from scum, fat, etc., and bring to a boil with a pat of butter. Put the chicken back in the sauce, and let it come to a boil. Serve with the sauce poured over it.

**Compote of Pigeons**—After the pigeons are cleaned and scalded, place in the interior of each a slice of sweet salt pork, and lay in a stew-pot, in which is sufficient real stock (boiling) to cover them. Cover them down tight, and let them stew till perfectly tender. Then take the pigeons and put them on a dish; skim the liquid remaining, and when cold, it will make a jelly, which must be cur in pieces, to garnish the dish.

**Bread and Butter Pudding**—Cut slices of thin bread and butter, lay them in a dish with currants or marmalade between them, and covered with a thin custard rather sweet; bake about half an hour. This is excellent cold.

**Sauce Piquante for Fish**—Make a brown sauce by frying a chopped onion in a little butter, adding a large teaspoonful of flour and a tumbler of stock. Simmer a little, strain, and put in a teaspoonful of vinegar, one of chopped cucumber pickle, and of capers.

**Orange Cream**—Make a custard with the yolks of eight eggs, four ounces of pounded sugar, a quart of milk, and the thin rind of two oranges. Stir it in a *bain marie* till it thickens. Dissolve one ounce of gelatine in a little warm water, and add to it the juice of one orange; add this to the custard, strain, put it into a mold, and place it on ice to set.

**Marmalade Pudding**—Take half a pound of bread-crumbs, six ounces of beef suet very finely chopped, mix the two together with three tablespoonfuls of marmalade, three tablespoonfuls of loaf sugar, the grated rind and juice of a lemon, and a teaspoonful of carbonate of soda, then gradually stir into the mixture three eggs beaten up; pour into a plain mould, and steam it for three and a half hours. Serve with marmalade sauce.

**Mayonnaise of Fowl**—Carve skillfully a roasted fowl into small joints, and trim each of them neatly; put them into a basin with a good sprinkling of pepper and salt and salad-oil and tarragon vinegar, a couple of slices of onion, and two or three cloves; let them remain in this for a couple of hours, turning them over occasionally. Make a foundation of shred lettuce on a dish, dispose on it the pieces of fowl heaped up, and mask them with Mayonnaise sauce. Cut some hearts of cabbage lettuce into quarters, dispose them round the pieces of fowl, with hard-boiled eggs cut into quarters, beet-root cut in small oblong squares, and olives boned, all arranged in some sort of order or pattern.

**Canned Asparagus**—Melt a tablespoonful of butter in a saucepan, and blend with it a tablespoonful of flour; to this put a cup of boiling water; to this put the asparagus, cut up in small pieces, and let them cook gently till tender. When done, take from the fire, stir in half a gill of cream; have slices of thin toast, cut in squares and buttered, ready, and pour the asparagus upon it.

**Thanksgiving Chicken Pie**—Cut up two chickens as for fricassee, and partly cook them in as little water as possible, but with a thick root of chopped celery. Take them out upon a platter, and to the liquor add a seasoning of pepper and salt. Strain a quart of oysters, butter a baking dish, and over the bottom lay a layer of butter-crackers, then a layer of oysters, then a layer of chicken, then more oysters and more chicken, a

few split crackers (buttered) between, until the dish is full. Bake with a puff paste cover, after having poured over the strained and seasoned liquid in which the chicken has cooked. Bake in a moderate oven a full hour or more, covering the crust if necessary.

**Mince Pies without Meat**—Mince very finely some beef suet, and of this take one and a half pounds; pick some currants, stone and chop finely some Malaga raisins, and take one and a half pounds of each. Peel and core a quantity of apples, and weigh out one and a half pounds of these; mince them also finely, and mix these four ingredients, adding to them one pound of sugar, half a pound of mixed (orange, citron, and lemon) candied peel, also finely minced. Squeeze the juice of a lemon in the mixture, and, lastly, put in half the thin rind of it, chopped as finely as possible. Work the mixture with a spoon for a little time; put half a tablespoonful of salt into half a tumblerful of sweet pickle juice, and add to it a tumblerful of sweet cider boiled down with sugar or maple syrup, and put in hot. mix with spice according to taste; add this to the mince, work it a little more to get it well mixed, and put it by in a covered jar. It should remain seven or eight days before being used, and it will keep for several weeks.

**Mince Pies with Meat**—Two pounds of fresh roast beef chopped fine; four pounds of chopped greening apples; two pounds of chopped raisins, one pound not cut, one pound of finely chopped suet, one pound of sugar, a quart of sweet pickle with juice; a pint of maple syrup boiled with one quart of cider down to half; tablespoonful of cinnamon, dessert-spoonful powdered cloves, and a grated nutmeg; salt.

**Lobster Mayonnaise**—Cut the flesh of one or two lobsters into convenient pieces. Pour into a border mold a layer, a quarter of an inch thick, of light-colored aspic jelly just melted; when it begins to set, arrange round it a portion of the pieces of lobster and a few tarragon leaves, filling up gradually with aspic. Put the mold in a cold place; when the border is set, turn it out on a dish, and fill the center with shred lettuce, mixed with the remainder of the lobster, slightly seasoned with oil, tarragon vinegar, pepper, and salt. Heap the mixture well up, and mask it with Mayonnaise sauce laid on very evenly; then ornament both the heap of salad and the top of the mold with truffles in slices, the trimmings chopped up, and lobster spawn, hard-boiled eggs in slices, quarters, or chopped up—yolks and whites separately—and with capers, stoned olives, tarragon, chervil, and garden cress finely minced.

**Mayonnaise Sauce**—Carefully strain the yolks of four eggs into a basin; place it in a cool place, or, if necessary, on ice; add a teaspoonful of salt, mix well; then proceed to pour in, a few drops at a time, some salad-oil, without ceasing to stir the mixture. When one spoonful of oil is well incorporated with the yolks of eggs, put in, in the same manner, a teaspoonful of tarragon vinegar; keep on adding oil and vinegar in these proportions until the sauce becomes of the consistency of very thick cream; then add white pepper to taste, and more salt if necessary.

**Stuffed Tomatoes**—Take large, smooth tomatoes; take out a little of the inside at the top, and stuff with a forcemeat made thus: Fry some minced onion in butter, and add some bread-crumbs, some cold chicken chopped very fine, some chopped parsley, and a little stock to moisten, and pepper and salt; mix well; take from the range, add raw yolk of egg, stuff the tomatoes, and bake them in the oven. Broil your chops nicely, butter them hot, and arrange them around a platter with the stuffed tomatoes in the center.