

nate layers with the meat. Season with pepper and salt, and add a tablespoonful of sugar; pour in a little stock, cover with short crust, and bake slowly.

OYSTER PATTIES.—Put a fine puff-paste into small patty-pans, and cover with paste, with a bit of bread in each; and against they are baked have ready the following to fill them with, after taking out the bread: Take off the beards of the oysters, cut the other parts into small bits, put them in a small tosser, with a grate of nutmeg, a very little white pepper and salt, a morsel of lemon-peel cut so small that you can scarcely see it, a very little cream, and a little of the oyster liquor. Simmer for a few minutes before filling; then serve.

LOBSTER PATTIES.—Make them with the same seasoning as for oysters, adding a little cream, and the smallest bit of butter.

PODOVIES, OR BEEF PATTIES.—Shred underdone dressed beef with a little fat, season with pepper, salt, and a little shallot or onion. Make a plain paste, roll it thin, and cut it in shape like an apple-puff, fill it with the mince, pinch the edges, and fry them of a nice brown. The paste should be made with a small quantity of butter, egg, and milk.

VEAL PATTIES.—Mince some veal that is not quite done with a little parsley, lemon-peel, a scrape of nutmeg, and a bit of salt, add a little cream and gravy, just to moisten the meat; and if there is any ham, scrape a little, and add to it. Do not warm it till the patties are baked.

TURKEY PATTIES.—Mince some of the white part, and with grated lemon, nutmeg, salt, a very little white pepper, cream, and a very little butter warmed, fill the patties.

BILLS OF FARE.

The following bills of fare are introduced as a guide to housekeepers in selecting dishes for the table. They can be varied to suit themselves.

SEPTEMBER.

Stewed ducks.

Potatoes. Vegetable marrow.

Roast leg of mutton.

Columbian pudding.

Whipped cream.

Plum tart.

Boiled bacon.

Potatoes. Stewed tomatoes.

Beef-steak pie.

Mustard.

Apple charlotte.

PRESENCE OF MIND AND COMMON SENSE.

If a man faint away, says *Hall's Journal of Health*, instead of yelling out like a savage, or running to him to lift him up, lay him at full length on his back on the floor, loosen the clothing, push the crowd away, so as to allow the air to reach him, and let him alone. Dashing water over a person in a simple fainting fit is a barbarity. The philosophy of a fainting fit is that the heart fails to send the proper supply of blood to the

brain; if the person is erect, that blood has to be thrown up hill, but if lying down, it has to be projected horizontally, which requires less power, as is apparent.

If a person swallow poison deliberately or by chance, instead of breaking out into multitudinous or incoherent exclamations, dispatch some one for the doctor; meanwhile, run to the kitchen, get half a glass of water in anything that is handy, put into it a teaspoonful of salt, and as much ground mustard, stir it an instant, catch a firm hold of the person's nose, the mouth will soon fly open, then down with the mixture, and in a second or two up will come the poison. This will answer better in a large number of cases than any other. If, by this time, the physician has not arrived, make the patient swallow the white of an egg, followed by a cup of strong coffee, because these nullify a larger number of poisons than any other accessible articles, as antidotes for any poison that may remain in the stomach.

If a limb or other part of the body is severely cut, and the blood comes out by spurts or jerks, be in a hurry, or the man will be dead in five minutes. There is no time to talk or send for a physician; say nothing, out with your handkerchief, throw it around the limb, tie the two ends together, put a stick through them, twist it around tighter and tighter, until the blood ceases to flow. But to stop it does no good. Why? Because only a severed artery throws blood out in jets, and the arteries get their blood from the heart; hence, to stop the flow, the remedy must be applied between the heart and the wounded spot—in other words, above the wound. If a vein had been severed, the blood would have flowed in a regular stream, and, on the other hand, the tie should be applied below the wound, or on the other side of the wound from the heart; because the blood in the veins flows towards the heart, and there is no need of so great a hurry.

THE TOILET.

COLD CREAM.

Among the usual variety in the Receipt department, we give this month directions for preparing the various kinds of Cold Cream used in perfumery, such as Rose, Almond, Violet, etc. etc.

Rose Cold Cream.—Almond oil, one pound; rose-water, one pound; white wax and spermaceti, each one ounce; otto of roses, one-half drachm.

Manipulation.—Into a well-glazed thick porcelain vessel, which should be deep in preference to shallow, and capable of holding twice the quantity of cream that is to be made, place the wax and sperm; now put the jar into a boiling bath of water; when these materials are melted, add the oil, and again subject the whole to heat until the flocks of wax and sperm are liquefied; now remove the jar and contents, and set it under a runner containing the rose-water; the runner may be a tin can, with a small tap at the bottom, the same as used for the manufacture of milk of roses. A stirrer must be provided, made of lancewood, flat, and perforated with holes, resembling in form a large palette-knife. As soon as the rose-water is set running, the cream must be kept agitated until the whole of the water has passed into it; now and then the flow of water must be stopped, and the cream which sets at the sides of the jar scraped down, and incorporated with that which remains fluid. When the whole of the water has been incorporated, the cream will be cool enough to pour into the jars for sale; at that time the otto of rose is to be added. The reason for the perfume being put in at the last moment

is obvious—the heat and subsequent agitation would cause unnecessary loss by evaporation. Cold cream made in this way sets quite firmly in the jars into which it is poured, and retains “a face” resembling pure wax, although one-half is water retained in the interstices of the cream. When the pots are well glazed, it will keep good for one or two years.

Cold Cream of Almonds is prepared precisely as the above; but, in place of otto of roses, otto of almonds is used.

Violet Cold Cream.—Huile violette, one pound; rose-water, one pound; wax and spermaceti, each one ounce; otto of almonds, five drops.

Violet Cold Cream, Imitation.—Almond oil, three-quarters of a pound; huile cassie, one-quarter pound; rose-water, one pound; sperm and wax, one ounce; otto of almonds, one-quarter drachm. This is an elegant and economical preparation, generally admired

Tubereuse, Jasmine, and Fleur d'Orange Cold Creams are prepared in a similar manner to violet (first form); they are all very exquisite preparations, but as they cost more than rose cold cream, perfumers are not much inclined to introduce them in lieu of the latter.

Camphor Cold Cream (otherwise Camphor Ice).—Almond oil, one pound; rose-water, one pound; wax and spermaceti, one ounce; camphor, two ounces; otto of rosemary, one drachm. Melt the camphor, wax, and sperm in the oil, then manipulate as for cold cream of roses.

Cucumber Cold Cream.—Almond oil, one pound; green oil, one ounce; juice of cucumbers, one pound; wax and sperm, each one ounce; otto of neroly, one-quarter drachm.

The cucumber juice is readily obtained by subjecting the fruit to pressure in the ordinary tincture press. It must be raised to a temperature high enough to coagulate the small portion of albumen which it contains, and then strained through fine linen, as the heat is detrimental to the odor on account of the great volatility of the otto of cucumber. The following method may be adopted with advantage: Slice the fruit very fine with a cucumber-cutter, and place them in the oil; after remaining together for twenty-four hours, repeat the operation, using fresh fruit in the strained oil; no warmth is necessary, or, at most, not more than a summer heat; then proceed to make the cold cream in the usual manner, using the almond oil thus odorized, the rose-water and other ingredients in the regular way, perfuming, if necessary, with a little neroly.

Another and commoner preparation of cucumber is found among the Parisians, which is lard simply scented with the juice of the fruit thus: The lard is liquefied by heat in a vessel subject to a water bath; the cucumber juice is then stirred well into it; the vessel containing the ingredients is now placed in a quiet situation to cool. The lard will rise to the surface, and when cold must be removed from the fluid juice; the same manipulation being repeated as often as required, according to the strength of odor of the fruit desired in the grease.

Pomade of Cucumber.—Benzoinated lard, six pounds; spermaceti, two pounds; essence of cucumbers, one pound. Melt the stearine with the lard, then keep it constantly in motion while it cools, now beat the grease in a mortar, gradually adding the essence of cucumbers; continue to beat the whole until the spirit is evaporated, and the pomade is beautifully white.

MISCELLANEOUS.

TO MAKE LIGHT MATERIALS FIREPROOF.—Fabrics are rendered non-inflammable by being placed in a weak solution of alum. This materially reduces the usual rapidity of combustion in light apparel, and is invariably resorted to by actresses, thus obviating the great danger of ignition by contact with the foot-lights of the stage.

MODE OF EMPLOYING SODA IN WASHING.—Into a gallon of water put a handful of soda and three-quarters of a pound of soap; boil them together until the soap is dissolved, and then pour out the liquor for use. This mode of preparing this detergent for washing will be found far preferable to the usual mode of putting the soda into the water, or of adding, as is usual, a lump to the water in the boiler, in consequence of which so many iron-moulds are produced in many kinds of clothes. In the washing of blankets, this mode of proceeding will be found admirable, and render them beautifully white.

HOW THEY MAKE COFFEE IN FRANCE.—In the first place, it is scorched in a hollow cylinder, which is kept constantly revolving over a slow fire, and not a grain of it allowed to burn; secondly, it is ground very fine; and thirdly, when it is to be used, a portion of this is placed in a finely perforated pan or cup, which exactly fits into the top of the boiler, coffee-pot, or any vessel you wish to use. Boiling hot water is then poured on, and it percolates gradually through, carrying with it all the essential principles of the coffee. As soon as percolation is completed, the pan is removed containing all the grounds, and then boiling hot milk is added to the infusion, and your coffee is made. It is brought on the table in bowls, with a knife and spoon, and a little willow basket of bread. The servant then places by your plate a tea dish, on which are two or three lumps of white sugar, always of a certain size, and you sweeten to your liking. In no instance is your coffee boiled, and this is one reason the *café au lait* and *café noir* are so much admired by all who take them.

GAME PUDDINGS.—Game of any description can be made into puddings, and when partly boned, well spiced with minced truffe or mushroom, mace, and a clove of garlic, and boiled within a light paste, they are very rich, and the paste particularly fine, as it absorbs so much of the gravy; but the boiling deprives the game of much of its high flavor, and a woodcock or a snipe should never be so dressed, as they lose all the savor of the trail.

Or: Make a batter with flour, milk, eggs, pepper, and salt; pour a little into the bottom of a pudding-dish; then put seasoned poultry or game of any kind into it, and a little shred onion; pour the remainder of the batter over, and bake in a slow oven.

A single chicken, partridge, or pigeon may be thus made into a dumpling; Stuff it with chopped oysters, lay it on its back in the paste, and put a bit of butter rolled in flour on the breast; close the patch in the form of a dumpling, put it into hot water, and let it boil for two hours.

TO POLISH PLATE.

FOR polishing plate 'tis essential to get
Some *whitening*, and water to make it quite wet;
Place this on the metal, and when it is dry,
To dislodge the said powder, the hard brush apply.
After this, take a leather—one perfectly clean—
And rub till there is not a spot to be seen.
Having tried many methods, I firmly maintain,
The above is the best of the whole—being plain.

FIFTEEN RULES FOR THE PRESERVATION OF HEALTH.

1. Pure atmospheric air is composed of nitrogen, oxygen, and a very small proportion of carbonic acid gas. Air once breathed has lost the chief part of its oxygen, and acquired a proportionate increase of carbonic acid gas; therefore, health requires that we breathe the same air only once.

2. The solid parts of our bodies are continually wasting, and require to be repaired by fresh substances; therefore, food, which is to repair the loss, should be taken with due regard to the exercise and waste of the body.

3. The fluid part of our bodies also wastes constantly; there is but one fluid in animals, which is water; therefore, water only is necessary, and no artifice can produce a better drink.

4. The fluid of our bodies is to the solid in proportion as nine to one; therefore, a like proportion should prevail in the total amount of food taken.

5. Light exercises an important influence upon the growth and vigor of animals and plants; therefore, our dwellings should freely admit the solar rays.

6. Decomposing animal and vegetable substances yield various noxious gases, which enter the lungs and corrupt the blood; therefore, all impurities should be kept away from our abodes, and every precaution observed to secure a pure atmosphere.

7. Warmth is essential to all the bodily functions; therefore, an equal bodily temperature should be maintained by exercise, by clothing, or by fire.

8. Exercise warms, invigorates, and purifies the body; clothing preserves the warmth the body generates; fire imparts warmth externally; therefore, to obtain and preserve warmth, exercise and clothing are preferable to fire.

9. Fire consumes the oxygen of the air, and produces noxious gases; therefore, the air is less pure in the presence of candles, gas, or coal-fire than otherwise; and the deterioration should be repaired by increased ventilation.

10. The skin is a highly-organized membrane, full of minute pores, cells, bloodvessels, and nerves; it imbibes moisture, or throws it off, according to the state of the atmosphere and the temperature of the body. It also "breathes," as do the lungs (though less actively). All the internal organs sympathize with the skin; therefore, it should be repeatedly cleansed.

11. Late hours and anxious pursuits exhaust the nervous system, and produce disease and premature death; therefore, the hours of labor and study should be short.

12. Mental and bodily exercise are equally essential to the general health and happiness; the efore, recreation and study should succeed each other.

13. Man will live most healthily upon simple solids and fluids, of which a sufficient but temperate quantity should be taken; therefore, strong drinks, tobacco, snuff, and opium, and all mere indulgences, should be avoided.

14. Sudden alternations of heat and cold are dangerous, especially to the young and the aged; therefore, clothing in quantity and quality should be adapted to the alternations of night and day, and of the seasons. Drinking cold water when the body is hot, and hot tea and soups when cold, are productive of many evils.

15. Moderation in eating and drinking, short hours of labor and study, regularity in exercise, recreation and rest, cleanliness, equanimity of temper, and equality of temperature, are the great essentials to that which surpasses all wealth—health of mind and body.

VERY NICE AUTUMN DINNERS FOR FAMILIES.

AUTUMN soup, roast fowls, smoked tongue, lima beans, squashes, sweet potatoes; sweet potato pudding, apple-pie.

Italian pork, roast ducks with apple sauce, squashes, egg-plant, lima beans; peach pie, gelatine custard.

Oyster soup, roast beef, sweet potatoes, squashes, egg-plant, lima beans; quince pudding, bread fritters.

Sea-bass with tomatoes, boiled ham, pigeon pie, sweet potatoes, stewed red cabbage, lima beans; squash pudding, preserved peaches.

Ham pie, sweetbreads with oysters, sweet potatoes, lima beans, egg-plant; boiled lemon pudding, preserved quinces.

Rabbit soup, roast beef, cold-slaw, lima beans, tomatoes, sweet potatoes; sago pudding, preserved tomatoes.

Roast pork with apple sauce, sweet potatoes, lima beans, egg-plant; sweet potato pudding, fritters.

Boiled ham, roast fowls, stewed red cabbage, turnips, sweet potatoes, lima beans; squash pudding, apple-pie.

Roast fillet of veal, cold ham, broccoli, turnips, lima beans, sweet potatoes; baked rice pudding, preserved peaches.

Stewed pork with sweet potatoes, fried rabbits, onions, turnips, lima beans; peach pudding, custards.

Roast goose with apple sauce, smoked tongue, onions, turnips, lima beans, sweet potatoes; Eve's pudding, floating island.

Oyster soup, chicken pie, beef-steaks, onion sauce, tomatoes, turnips, sweet potatoes; sweet potato pudding, preserved peaches.

Roast fowls, corned beef, stewed red cabbage, turnips, tomatoes; apple custard, preserved tomatoes.

Boiled rock-fish, roast pork with apple sauce, sweet potatoes, turnips, tomatoes; baked apple pudding, fritters.

Oyster soup, venison steaks, tomato sweetbreads, turnips, sweet potatoes; pumpkin pudding, preserved tomatoes.

Venison pie, smoked tongue, broccoli, sweet potatoes, turnips, winter-squash; Eve's pudding, fritters.

Roast venison, oyster fritters, turnips, sweet potatoes, winter-squash; apple-pie, boiled custard.

Ochra soup, roast fowls, smoked tongue, sweet potatoes, turnips, broccoli; pumpkin pudding, baked pears.

THE TOILET.

COLD CREAM.

Almond Balls.—Purified suet, one pound; white wax, one-half pound; otto of almonds, one drachm; otto of cloves, one-quarter drachm.

Camphor Balls.—Purified suet, one pound; white wax, one-half pound; camphor, one-quarter pound; otto of French lavender or rosemary, one-half ounce.

Both the above articles are sold either white or colored with alkanet root. When thoroughly melted, the material is cast in a mould; ounce gallipots with smooth bottoms answer very well for casting in. Some venders use only large pill-boxes.

Camphor Paste.—Sweet almond oil, one-half pound; purified lard, one-quarter pound; wax and spermaceti, camphor, each one ounce.

Glycerine Balsam.—White wax, spermaceti, each one ounce; almond oil, one-half pound; glycerine, two ounces; otto of roses, one-quarter drachm.

Of the remedial action of any of the above preparations we cannot here discuss; in giving the formulæ, it is enough for us that they are sold by perfumers.

Rose Lip Salve.—Almond oil, one-half pound; spermaceti and wax, each two ounces; alkanet root, two ounces; otto of roses, one-quarter ounce. Place the wax, sperm, and oil on to the alkanet root in a vessel heated by steam or water bath; after the materials are melted, they must digest on the alkanet, to extract its color, for at least four or five hours; finally, strain through fine muslin, then add the perfume just before it cools.

White Lip Salve.—Almond oil, one-quarter pound; wax and spermaceti, each one ounce; otto of almonds, one-half drachm; otto of geranium, one-quarter drachm.

After lip salve is poured into the pots and got cold, a red-hot iron must be held over them for a minute or so, in order that the heat radiated from the irons may melt the surface of the salve and give it an even face.

Common Lip Salve is made simply of equal parts of lard and suet, colored with alkanet root, and perfumed with an ounce of bergamot to every pound of salve.

A FRAGRANT BREATH.—There are various ways of scenting the breath; the simplest is by chewing orris root or any other fragrant substance, Tooth-powders, lozenges, and tincture dentifrices, however, are preferable in many respects, as they can be easily used, and yet leave the mouth free for "chatting." The following is a good domestic receipt for a highly scented tincture to perfume the breath: Take either white wine, such as sherry, or any alcoholic spirit, a quarter of a pint; broken cloves and grated nutmeg, of each one drachm (one-eighth of an ounce); cinnamon, a quarter of an ounce; caraway seeds, bruised, a quarter of an ounce. Place all these dry substances into the wine, or spirit, in a half-pint bottle, and let them stand together for several days, agitating them every night and morning to accelerate tincturation, for at least a week. Then strain off the tincture through linen to get it bright. Then add about ten drops of otto lavender, and, if you can afford it, five to ten drops of otto of rose also. Although the receipt is complete without it, yet this latter substance greatly improves the formula. A few drops of this tincture put on to a lump of sugar, and masticated, will scent the breath. It may also be used with advantage on the tooth-brush, in lieu of tooth-powder, or, mixed with water, it can be used as a gargle. Either way will secure "a breath of flowers."

MISCELLANEOUS.

RED ANTS.—To get rid of these pests, wash your shelves clean, and while damp rub fine salt on them quite thickly; let it remain on for a time, and they will entirely disappear.

TO SAVE THE LADIES FROM BURNING UP.—By adding to the starch used in preparing their dresses, a table-spoonful of common alum in a powdered state; the alum makes the dress far stiffer, and prevents it bursting into flame when placed in contact with any burning substance.

UTILITY OF GAS TAR.—A discovery, which is likely to be of great advantage to agriculture, has recently been reported to a French agricultural society. A gardener, whose frames and hot-house required painting, decided on making them black, as likely to attract the heat better, and from a principle of economy he made use of gas tar instead of black paint. The work was performed during the winter, and on the approach of spring the gardener was surprised to find that all the spiders and insects, which usually infested his hot-house had disappeared, and also that a vine, which, for two years preceding had

so fallen off that he had intended to replace it by another, had acquired fresh force and vigor, and gave every sign of producing a large crop of grapes. He afterwards used the same substance to the posts and trellis-works, which supported the trees in the open air, and met with the same result, all the caterpillars and other insects completely disappearing. It is said that similar experiments have been made in some of the vineyards of the Gironde with similar results.

PARCHMENT GLUE.—Take half a pound of clean parchment cuttings, and boil it in three quarts of soft water till reduced to one pint. Then strain it from the dregs, and boil it again, till of the consistence of strong glue.

COVERING FOR CORKS.—The odor of a cologne bottle, or of any other scented liquid, may be prevented from escaping by keeping the cork and the neck of the bottle covered with a finger-end or thumb of an old kid glove, cut off, for the purpose, at a suitable length and breadth, and stretched or drawn down closely and tightly. This is more convenient than the usual kid-leather covers, that must be untied and tied again whenever the bottles are opened.

FINE YELLOW COLORING FOR WALLS.—Procure from a paint-shop one pound of chrome yellow, and three pounds of whiting. Mix and grind them thoroughly together; and then add a quart of boiling water, and stir it well in. Next boil a quarter of a pound of glue in a quart of water, and when completely dissolved, add it immediately to the mixture and stir the whole very hard. Thin it with more water till you get it of the desired consistence. It will be a beautiful yellow, approaching to lemon color.

TO GET A BROKEN CORK OUT OF A BOTTLE.—If in drawing a cork it breaks, and the lower part falls down into the liquid, tie a long loop in a bit of twine, or small cord, and put it in; holding the bottle so as to bring the piece of cork near to the lower part of the neck. Catch it in the loop, so as to hold it stationary. You can then easily extract it with a cork-screw.

POWDER FOR CLEANING GOLD LACE.—Of burnt roche-alum, powdered as fine as possible, take two ounces and a half. Mix, thoroughly, with it, half an ounce of finely-powdered chalk. Take a small, clean, dry brush; dip it into the mixture, and rub it carefully, on gold lace, or gold embroidery, that has become tarnished. Finish with a clean piece of new canton flannel. Keep a box or bottle of this mixture, that it may be ready to use on occasion. It is equally good for silver lace, and for jewelry.

TO KEEP BRITANNIA-METAL BRIGHT.—Dip a clean wool-len cloth into the best and cleanest lamp oil, and rub it, hard, all over the outside of your Britannia-ware. Then wash it well in strong soapsuds, and afterwards polish with finely-powdered whiting and a buckskin. The inside of Britannia vessels should be washed with warm water, in which a little pearlash has been dissolved. They should then be set, open, to dry in the sun and air. If not kept very nice, this metal will communicate a disagreeable taste. There is so much copper in its composition, that tea-pots or coffee-pots of china, or white-ware, are far preferable to Britannia metal.

TO CURE BEEF RED, LIKE HAM.—Two ounces of salpêtre, one ounce of bay-salt, one ounce of sal prunella, a few grains of cochineal, a quarter of a pound of coarse sugar, and plenty of coarse salt. Rub and turn it every day for a month. To be cooked in dripping, with a paste over it.