

**The Huntingdon Journal.**  
Peabody Medical Institute.  
No. 4 Bulfinch St., Boston.  
**THE SCIENCE OF LIFE.**  
OR SELF-PRESERVATION.  
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Gold Medal Awarded to the Author by the "National Medical Association," March 11, 1910.

JUST published by the Peabody Medical Institute, a new edition of the scientific, medical, and practical work on "THE SCIENCE OF LIFE, OR SELF-PRESERVATION." It covers, in a concise, readable, and authoritative manner, the most important and latest scientific knowledge in the fields of anatomy, physiology, hygiene, pathology, and therapeutics. It is a work of great value to the general public, and is especially recommended for the use of students of medicine and the laity. The author, Dr. W. H. Peabody, is a distinguished physician and a leading authority on the subject. The book is published by the Peabody Medical Institute, No. 4 Bulfinch Street, Boston, Mass.

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Formerly Pastor of Bowdoin Square Church, Boston.

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**Farm and Household.**  
Household Hints.  
RISQUIT PUDDING.—Graft three large biscuits pour over them one pint of boiling milk; one teaspoonful of baking powder, mixed with two cups of sifted flour. Bake as cake, and cut with squares as follows: One pint of boiling water; one cup of brown sugar; half a cup of butter; four to five cups of flour; vanilla or orange. Boil a few minutes.

**TO SHAPE ROLES LIKE THE BARKERS.**  
Roll out the risen dough when it is exceedingly light and fluffy, and cut into rounds with a tumbler. Put a feather into some melted butter and rub it lightly over the rounds, then fill them into a half-pint, prick them on the top, and lay on a flat tin to rise. When they are very light, bake in a hot oven about 20 minutes. The oven should be so hot you cannot hold your hand in it and count over twenty.

**MINCE PIES.**—Boil a fresh beef tongue tender, let it get cold, then chop it fine, with one pound of suet, one half peck of apples, two pounds of currants, pickled and washed very carefully; one pound of citron sliced, half an ounce of each of powdered cloves, allspice, cinnamon, and ginger; three pints of sweet cider, one pint of Madeira wine, half a pint of brandy, with enough sugar to sweeten to your taste. This will make a large jar full.

**OATMEAL AND COCOANUT.**—Oatmeal mixed with grated coconut produces a very attractive cake to both old and young. Take three heaping teaspoonfuls of grated coconut, or two of the prepared desiccated coconut, add to it half a pint of the finest oatmeal and two heaping teaspoonfuls of sugar, stir it into one gill of boiling water and mix it thoroughly together; turn out on the rolling board, well floured, and roll it as thin and cut it out as for common crackers; put a bit of citron and a half dozen currants into each, sticking them into the dough. Bake in a slow oven and water carefully lest they brown a shade too deep. To make them crisp, let them stand a day in an uncovered dish.

**DRIED PUMPKIN.**—To prepare dried pumpkin for use in quiches, add salt, pepper and nutmeg to taste, and grate it in a coffee-mill. When wanted for use, stir the pumpkin meal into boiling milk, and prepare pies in the usual way.

**TO WASH HAIR BRUSHES.**—Do not use soap. Dissolve a teaspoonful of saleratus in tepid water, and dip the brush up and down in it till it is white and clean. Place it in the warm air to dry, with the bristles down, and it will be as firm as a new brush. Harshness in tepid water is quite as efficacious, but not quite as convenient.

**TO CLEAN BLACK KID GLOVES.**—A good way is to take a teaspoonful of salad oil, drop a few drops of ink in it, and rub it over the gloves with a tip of a feather, then let them dry in the sun.

**TO TELL GOOD FROM BAD EGGS.**—Put them in water enough to cover them. All that lay flat, as they would out of water on a smooth surface, are good; those of which the big ends rise are bad. The vessel used should have a smooth, level bottom.

**Chemistry of the Fattening Process.**  
A lean cow or ox is in a very different condition, chemically considered, from fat animals of the same kind. In the first place the poor animal consists of about two-thirds water, the fat one only half, that is in total weight. A fat animal is in a dry condition, a poor animal is like some of our bog meadows, very wet. When the fattening process begins, water commences to disappear, and fat or suet takes its place; and the increase in bulk during the process is largely of adipose matter. It is a curious circumstance that, during fattening, the proteins, or nitrogenous compounds, increase only about seven per cent, and the bone material, or inorganic substance, only one and a half per cent.

The cost to a farmer of fattening an ox is much greater at the close of the process than at the commencement; that is, increase in bulk or dry weight at that period is much more costly. If it costs three cents a pound for bulk for the first month after a poor animal is put in the fattening stall, it will cost five cents the last month. If, then, a farmer consults his money interest, he will not carry the increase in fat beyond a certain point, provided he can turn his partially fattened animals to fair advantage. Farmers have, perhaps, learned this fact from experience and observation, and hence comparatively lean beef abounds in our markets. While this is of advantage to the farmer, it is very disadvantageous to consumers of the beef, for the flesh of a fat animal in every case is much richer in fixed, nourishing material than that of the lean, and it is never good economy to purchase lean beef. It is better to purchase the poorest parts of a fat animal than the best of a lean one. The best piece of a fat ox (the loin) contains from twenty-one to twenty-eight per cent. more fixed material than the corresponding pieces in a lean one, and curiously enough the worst piece in the lean animal (the neck), is the richest in nourishing material. The flesh of the neck improves very little in fattening, hence economy considered, it is the best portion to purchase, as its value is in a measure a fixed one—*Journal of Chemistry.*

**KEEP MANURE UNDER COVER.**—Manure in the barnyard properly preserved under cover is worth twice as much as that which is left exposed to the elements, its best constituents being washed away before its application to the crops.

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