The Bloomfield Gimes.

Tuesday, July 28, 1874.

FARM AND HOUSEHOLD ITEMS

We invite communications from all persons who are interested in matters properly belonging to this de partment.

Philosophy of Cookery.

Mrs. Hale says : Cookery is an art belonging to woman's department of knowledge; its importance can hardly be overestimated, because it acts directly on human health, comfort and improvement. One of the first duties of woman in domestic life is to understand the quality of provisions and the preparation of wholesome food. The powers of the mind as well as those of the body are greatly dependent on what we eat and drink. The stomach must be in health, or the brain can not act with its utmost vigor and clearness, nor can there be strength of muscle to perform the purpose of the will. To preserve the full nourishment of meats and other articles of food, in dressing and cooking, is an art which requires a large amount of scientific knowledge, added to long experience and observation. Without the knowledge derived from this two-fold source, a great part of food is wasted and health injured. It is an established principle in physiology that man is omniverous -that is, constituted to eat almost any kind of food containing nourishment. He can eat and digest them in a raw state; but his health is promoted by their being cooked, that is, softened by the action of fire and water.

Improving Seed Wheat.

A writer in the Rural New Yorker, who has been remarkably successful in the cultivation of wheat as a farm crop says: It has been my practice for the last eighteen years to run my wheat for seed over a very coarse seed screen, so as to sow none but the very largest kernels. By so doing I have improved my wheat so that I have sold my wheat at home for seed. But in 1871 I hit upon a new plan. 1 had a piece of Treadwell wheat that was injured by insects in the previous fall and killed by freezing in the winter, so that there were spots not worth cutting. After harvest I observed a few scattering heads of unusual size. It occurred to me that there was wheat that had withstood the ravages of the insects and the rigor of the winter. I gathered enough to sow one rod square, from which I realized twenty pounds of wheat, of unusually large, even berry, which was at the ratio of over fifty bushels per acre; last harvest I had twenty bushels which weighed sixty six pounds per bushel. It is my opinion that we realize the best crops from the best and most perfect seed in the vegetable as well as the animal kingdom.

Cleaning Wall Paper.

Take a piece of wood the shape of a scrubbing brush, nail a handle on the back, then upon the face nail a piece of dried sheepskin, with the wool upon it; or flax or tow will do, or cotton flannel of several thicknesses will answer very well. Dip this prush into dry whiting, and rub the smoke lightly with the brush, on the upper parts of the room first, protecting the carpets with matting or newspapers, as the whiting is hard to sweep off the carpet. The whiting that remains on the wall is easily brushed off with a soft cloth attached to a stick. It is very effectual if the room is not damp and the whiting is dry.

Aunt Mary's Brown Bread.

Many of the directions for making brown bread require useless labor in stirring the rye into the scalded meal, steaming, etc., and the product is no better than by the following process, which makes the bread equal to the best : Take I quart Indian meal : 1 pint unbolted rye, sifted ; 1 cup molasses; 1 tablespoonful salt; 1 teaspoonful soda; milk enough to make a thick batter; put in an iron kattle, or what is better, an earthen milk dish, well greased; cover the whole with an inverted plate, large enough to prevent its sinking in the batter : bake about three hours. Allowing it to remain in the oven over night im-

Flies on Horses.

The Journal of Chemistry gives the following simple recipe for the prevention of flies on horses : Take two or three handfuls of walnut leaves, upon which pour two or three quarts of cold water; let it infuse one night, and next morning pour the whole into a kettle and let it boil for a quarter of an hour. When cold it will be fit for use. No more is required than to moisten a sponge, and before the horse goes out of the stable, let those parts which are most irritable be smeared over with the liquid, namely; Between and upon the cars the neck, the flanks, &c.

Cutting Timber.

A Canadian woodman says that fence timber should be cut when the tree is in leaf, and then allowed to lie for some days the leaves will have drawn all the sap from the tree and the timber will be more durable. If the butt of a tree cut in this way be insorted in a solution of chloride of zine or of copperas the solution will be drawn into the wood and the timber made very durable.

Chartered March 11, 1870.

U.B.

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