## THE TIMES NEW BLOOMFIELD, PA. MAY 29, 1877.



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Save the Old Paper.

Never throw away old paper. If you have no wish to sell it, use it in the house. Some housekeepers prefer it to cloth for cleaning many articles of furniture. For instance, a volume written by a lady who prided herself on her experience and tact, says: "After a stove has been blackened, it can be kept looking very well for a long time by rubbing it with paper every morning. Rubbing with paper is a much nicer way of keeping the outside of a tea kettle, coffee pot, and tea pot bright and clean than the old way of washing them in suds. Rubbing with paper is also the best way of polishing knives, tin ware and spoons; they shine like new silver. For polishing mirrors, windows, lamp chimneys, &c., paper is better than dry cloths. Preserves and pickles keep much better if brown paper instead of cloth is tied over the jar. Canned fruit is not so apt to mould if a piece of writing paper, cut to fit the can, is laid directly on the fruit. Paper is much better to put under a carpet than straw. It is warmer, thinner, and makes less noise when one walks over it."

Making "Gems."

"What are you reading, aunt Tabitha ?"

"An old book that belonged to your gran'ther-Bread which strengtheneth man's heart." Now, child this is the kind of bread to have: the kind that gives strength. A missionary's wife once told me that the Armenian women refuse to eat potatoes, saying " that they did't make strong;" and that these kind of people had a great deal to say about the food that gave them strength.

"Get the magnifying glass and we'll examine this wheat. I've two parcels. The first one I rubbed out with my hands, the second was threshed with a machine. It all grew together, but what a difference there is in it. This that is rubbed out is perfect; but the machine-threshed is scratched and some of it is broken. I should think that the breaking of the enamel would injure its vitality-it lets the air in. It will grow, but I should think that it would not have the same strength and vigor as this which has not been injured.

" To make the bread which strengtheneth," I want clean, good, plump wheat ; not that which has sprouted but with the life in it. I don't like it killed in grinding either. I don't imagine that the two women grinding together at the mill," turned their burrs quite as fast as a steam engine of fifty horsepower. Sometimes the flour gets very hot. Flour ground at the little creek mills ran by water-power has more life in it.

"Chemists tell us that a grain of wheat

tender, or they can be made with buttermilk, or sour milk and soda. Some persons put in eggs, and some a little more fussy put in sugar or molasses." "O Auntie! I forgot to put in any

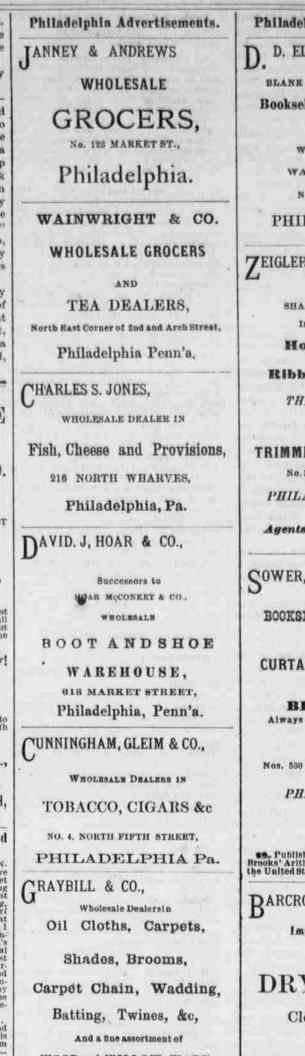
salt." "I never do in this kind of bread.-Nothing but pure unbolted flour and water. You can make this flour into light bread by using a sponge, like we do for fine flour. I sometimes make a loaf by taking a cup of yeast, half-cup of molasses, mixing it up with sour milk and soda, stirring it up with a spoon quite stiff, and putting it immediately into the steamer and steaming for three hours, and then browning in the oven." "O, Auntie ! my gems are puffed up,

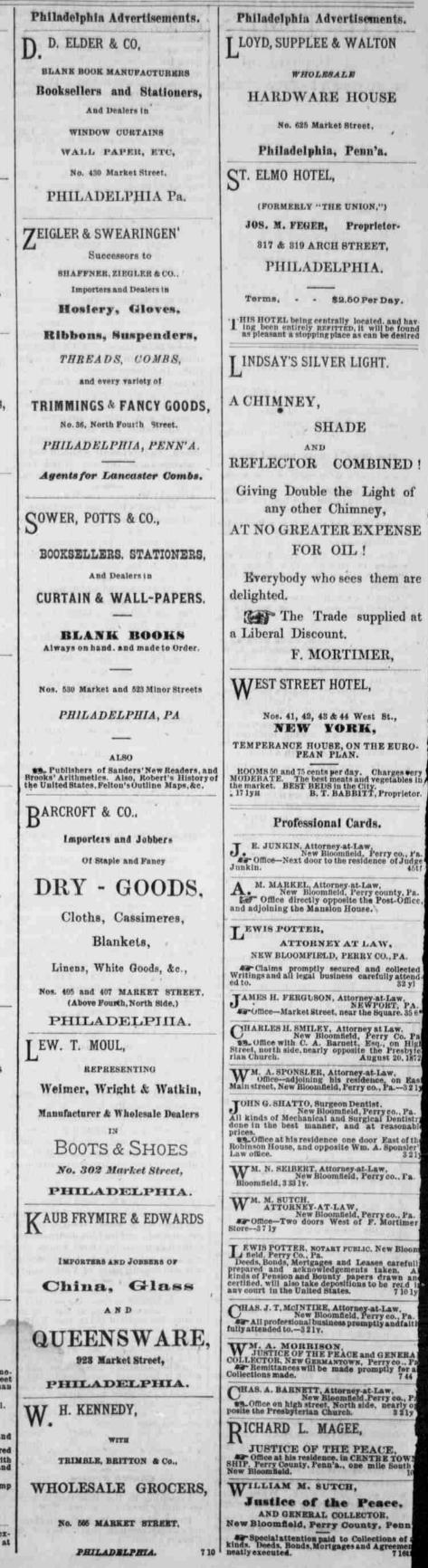
and of such a beautiful brown. They don't look at all like some soggy things I once saw called gems."

"They were misnamed, child; they should have been called 'fraud' in lieu of 'gems.' Now you know how, see that you always give your family good, sweet, digestible bread. No woman can be a Christian and give her family hard, sour bread."

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has all the elements that are found in our bodies and in the same proportion. And why shouldn't we eat it then just as our Creator mixed it ? When we use only the finest particles, accepting only that which passes through the boltingcloths, we lose many of the ingredients that our systems require. We need the bone, and sinew, and brain food that is sifted out. Can this be the reason why so many brains fail their masters-become useless for want of nourishment? The farmer feeds his pigs on bran and milk to make bone and fat, and gives his children fine flour and butter. Is not the full developement of a man or a woman of more consequence than a pig ? To be sure, if he looses his teeth he can buy some more, or if his hair comes out he can get a wig, but where can he buy brains? and a man without brains is no man at all."

"Auntie, Auntie, I thought you were going to teach me how to make the bread that strengtheneth ; but instead of doing it you are preaching."

" Make up a brisk fire, and we'll bake some in a jiffy. Now, don't have the top of your stove red-hot, to warp it out of shape, but have a fire with a blaze, to run over the oven. Set the gem-pans on the stove to heat, while you are stirring up the gems. It takes three cups of Graham flour, and two and one-half of water to fill these pans. Measure out the flour and pour the water into it, and stir it up quickly dropping it from the end of a spoon into the pans.'

"Shall I grease the pans, Auntie, with this little rag-broom that is in this basin of lard ?"

"Yes, I find that little broom very handy. Let your pans stand on the top of the stove until they are baked on the bottom, I see by the rim around the edge that they are baked enough; now put them in the upper part of the oven. You can tell by experimenting how much flour to use for my gem-pans," so as not to have any left. If they are mixed with milk the crust will be mo

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