

DOMESTIC RECEIPTS.

Food-Philosophy-Bread.

There is no kind of vegetable food more palatable, healthy, and nutritious than good bread made of fermented wheat flour. And although it is not the most common bread used in every country, yet we believe it is the most highly esteemed by all—Where, or by whom leavened bread was first discovered, is unknown. The earliest history informs us that the most ancient nations of Israel were acquainted with it, but the name of the good housewife who made the first fermented wheat loaf has not been handed down in the olden chronicles. If her name were known, she certainly would deserve the first toast at all public dinners, (and private ones too,) but since this is unknown, we conjecture the discovery was made by accident; undoubtedly it never resulted from reasoning a priori, as no one, naturally, would suppose, that the fermentation of flour was anything but a rotting process, rendering it not only useless, but positively injurious for human food in any form.

A certain quantity of flour is put into a vessel and mixed with a certain quantity of milk-warm water and a little yeast, then kneaded to proper consistency, exposed to a heat of about 65 degrees Fahrenheit for a few hours, when it rises, as it is termed, and is afterwards kneaded again with some fresh flour, then put into an oven and baked; it is then taken out in the form of loaves, called "leavened wheat bread." This is about all that is known, generally, of the philosophy of bread-making.

Chemists differ in opinion regarding the primary cause of fermentation; but it is known that leaven induces this action in dough, and that alcohol and carbonic acid are formed thereby, and flour being decomposed and passing off in the form of these substances. This is the reason why some have decried the use of leavened bread, because, they said, it was formed by wasting "some of the nutriment of the flour." But as none of the nutritious part of the flour is driven off in fermentation, only carbon and hydrogen—respiratory substances—being dispersed, their loss is compensated by the improved healthful quality and pleasant taste of such bread.

Raised bread made of effervescing salts, such as salaratus, is not so palatable, so healthy, nor will it keep so long, as bread raised by fermentation.—The public has oftentimes been cajoled by persons pretending to make bread which contained all the aliment of the flour that passes off as spirit in fermented bread. A moment's reflection will convince any person that, weight for weight, fermented bread must contain the greatest amount of nutriment, because unfermented bread contains a greater amount of respiratory substances—and as a consequence, less of the nutriment.

One part of the philosophy of bread-making—and it is in this feature we wish more particularly to invite general attention—is the maintaining of the heat constantly above the boiling point of water.—The starch of flour is insoluble in water at a temperature below 212 degrees; it has to be well boiled before it becomes soluble, but when moistened with water and exposed for a short time in an oven to a heat of about 300 degrees Fahrenheit, [never below 212 degrees at least.] its nature is changed; it becomes dextrine, which is soluble in cold water.—The heat of every loaf of bread placed in an oven must be exposed to 212 degrees Fahrenheit at least, or it will not be properly baked, and cannot be so easily digested,—heavy, imperfectly baked bread is therefore not only unpalatable, but also unhealthy.

The bakers of Paris have a world-wide celebrity for making beautiful fermented bread. Their skill and science are mostly displayed in managing the temperature of their ovens; they employ thermometers to indicate their heat, and watch them with unceasing attention; their baking heat is maintained from 212 to 400 degrees Fahrenheit.

HAW TOAST.—Boil a quarter of a pound of lean ham, chop it small, with the yolk of three eggs well beaten, half an ounce of butter, two tablespoonsful of cream, and a little Cayenne. Stir it over the fire till it thickens, and spread it on hot toast with the crust cut off. Garnish with parsley.

CREAM TARTAR CAKE.—Half a cup of butter, two of sugar, three of flour, three eggs, two teaspoonfuls of cream tartar, one do. of soda dissolved in one teacup of milk, one tablespoonful of flavoring. Stir together quickly and bake in a quick oven.

A NICK DISH FOR BREAKFAST.—Take one egg and beat it up, add a teaspoonful of salt, pour into it about two-thirds of a pint of water, then slice some bread, dip it in, and fry in a little butter. Serve warm, and you will find it an excellent dish.

BITTER CREAM.—It is generally known that cream becomes "bitter" from standing too long on the milk. This is often the case, but it not unfrequently becomes so when only allowed to remain 24 hours. The best preventive is to place the milk on the stove in a pan as soon as it is strained, and let it almost boil. This will not prevent the cream from rising. Milk thus partially scalded will keep much longer than otherwise. When the whole milk is to be used without skimming, it is preferable to scald it when first received from the milkman. The only exception to this plan, is when the milk will not bear heating without curdling—a circumstance not unfrequent, as those who buy city milk can abundantly testify.

KUHL & KAYSER,

St. Mary, Mills County Iowa.

NEW STORE, NEW FIRM, NEW GOODS.

WE would respectfully announce to the people of Mills and adjoining counties, that we have located ourselves in the new brick store on the corner of Front street and State Avenue, in St. Mary, and now have on hand a full and well selected stock of

New Goods,

- adapted to the wants of this community, consisting of GROCERIES, DRY GOODS, HARDWARE, HATS & CAPS, BOOTS & SHOES, DRUGS & MEDICINES, OILS, CLOTHING, FANCY GOODS, FURNITURE, PAINTS, LIQUORS, WINDOW-GLASS, SASH, &c., &c.

We are determined to sell to cash customers lower than any other establishment in this portion of the State. An examination of our stock and prices will be all that is necessary to convince you of the fact. Look out for the

MAMMOTH BRICK STORE!!!

FRONT STREET, ST. MARY. All kinds of country produce taken in exchange for Goods. KUHL & KAYSER.

IF YOU WANT A GOOD PAPER,

Subscribe for

"The Nation,"

THE most popular Weekly in America, which has immediately upon its issue, sprang into an immense circulation. This rapid success is unprecedented in the history of Journalism, and can only be accounted for by the fact that the Proprietors have employed, without regard to expense, the Star Writers of America. The "Nation" is the only paper which contains the witty, humorous and side-splitting sketches of that Comic Genius, and Unrivalled Humorist, Knight Ross Ockside, M. D., of which series, one sketch alone is worth the whole year's Subscription. The Nation is edited by S. M. Ellsworth and Mrs. E. D. E. N. Southworth, who is well known as one of the most popular writers in America. In addition to the above, we have engaged as Contributors:

- Clara Moreton, Henry W. Herbert, Alice Cary, W. W. Fosdick, Mrs. A. F. Law, C. A. Page, Mrs. E. F. Ellet, Ben. Casselary, Park Benjamin, W. P. Braunan, and numerous others.

TO THE FAIR SEX

We particularly commend our sheet. Their department will be edited with the utmost care, and no expense or labor spared to render the columns devoted to their especial benefit, unusually brilliant, attractive, instructive and ornamental.

The Farmers' and Planters' Corner Will contain Practical Suggestions and Agricultural Hints, contributed and culled from sources life most reliable, and containing information which will prove to them in the course of a single year, of almost incalculable benefit.

The other departments of our paper will receive the attention they respectively demand, being especially and carefully prepared to meet the varied tastes of the several classes of its readers. Among these we may mention Original Stories and Poems, Editorial Ramblings and Sketchings, Spicy City News, Washington Gossip, New York Chat, The Latest Paris Fashions, Practical Receipts for the Household and Toilet, "The Little Ones" Department, Gems, Proverbs and Poetry, Reader's Guide, Historical Sketches, Translations, &c., &c.

The Nation is issued in Quarto Form, (eight pages,) and each number will contain at least two Original Engravings, thus furnishing our Subscribers at the end of the year with a volume containing 416 large sized, beautifully printed pages of unusual novelty, sketches, &c., &c., together with over 100 Original Illustrations.

The Nation is sent at the following remarkably low Subscription and Clubbing Terms: invariably in advance.

- Single Copies, \$2.00 per annum. Two (to one address,) \$3.50. Three " " " " " 5.00. Six " " " " " 9.00. Ten " " " " " 15.00.

And one copy free to the getter up of the Club of TEN.

All those sending us subscriptions from the British Provinces, must enclose in addition to the subscription price, 25 cents for each subscriber, as we are compelled to prepay the United States postage.

All letters containing money should be registered, and directed plainly; and they will come at our risk, otherwise we are not responsible for them.

Specimen copies will be sent free to Post Masters, Agents, and all who wish to get up a club; to all others, on receipt of four cents in stamps. The expense of registering is only 5 cents.

Address CROFUT & BIGELOW, 83 Dock St., Philadelphia, Pa.

Among the hundreds of complimentary notices we have received from newspapers in every section of the country, we quote the following extracts from:

"The Nation appears in clear large type, on snow white paper, and is richly adorned with illustrations."—[N. Y. Sun.]

"It will attain to a high position in the literary world."—[Philadelphia Daily News.]

"It is one of the best weeklies now published, and we take pleasure in bringing it to the notice of the reading public."—[Harrisburg, Pa. Herald.]

"The talent and energy of the proprietors, its original and interesting contents, and the beauty of the typography, cannot fail to secure for it a general circulation."—[Williamsburg, Pa. Independent Press.]

"As a literary and family journal, we have no hesitation in pronouncing it the best among our exchanges. We advise the ladies to procure it without delay."—[Fulton, Pa. Repub.]

"We dislike puffing city emanations, but in this case we are bound to give way to merit. Unlike many city cotemporaries, the Nation is composed of sound, substantial and useful matter, and is filled up with an overflow of crack-brained authors."—[Eric City Dispatch.]

"It has the most beautiful engraved head we ever saw, and its contents are deeply entertaining, truly delicious and soul-absorbing."—[Williamsburg, Va. Gazette.]

"There is room for just such a paper, and it has secured two as true heads and hearts to control its columns as the literary and social world holds."—[Wellsborough, Pa. Agricultor.]

"It will soon become a leading paper at the fireside."—[Boonville, Mo. Observer.]

"We seldom endorse northern papers, but in this instance we are forced to overcome our prejudice, and commend the Nation to our readers."—[Wray, Ala. Bulletin.]

PROSPECTUS FOR 1857,

SATURDAY EVENING POST.

Established August 4th, 1851.

The publishers of this old and firmly-established paper take pleasure in calling the attention of the public to their program for the coming year. Satisfied with politics, the claims of literature will be more than ever appreciated by the reading world. We have therefore already made arrangements with the following brilliant list of writers—

William Howitt (of England), Alice Cary, T. S. Arthur, Mrs. Southworth, Augustine Duganne, Mrs. M. A. Denison, the author of "Zillah," &c.

We design commencing, in the first number, in January next, the following original Novels—

Tallentage, or the Sparrows' Home—By William Howitt, author of "Rural Life in England," "Homes of the Past," &c., &c.

This is a Scotch Australian Tale. Mr. Howitt having visited Australia expressly with the object of acquiring himself with the novel and romantic aspects under which nature and society present themselves in that singular region.

The following Novels will then be given, though probably not in the exact order here mentioned—

The Story of a Country Girl—By Alice Cary. An original Novel, written expressly for the Post.

The Withered Heart.—An original Novel, written expressly for the Post, by T. S. Arthur.

Lichstone Island.—An original Novel, by the author of "My Confession," "Zillah, or the Child Medium," &c., &c.

The Quaker's Prolegomena.—Original Novel, by Mrs. Mary Denison, author of "Mark, the Sexton," "Home Pictures," &c.

Original Novel.—By Augustine Duganne, author of "The Lost of the Wilderness," &c., is also in course of preparation for the Post.

We have also the promise of a short and Condensed Novel, by Mrs. Southworth, to run through about six or eight numbers of the Post.

In addition to the above list of contributions, we design continuing the usual amount of Foreign Letters, Original Sketches, Choice Selections from all sources, Agricultural Articles, General News, Humorous Anecdotes, View of the Medical Profession, Markets, the Philadelphia Retail Markets, Bank Note List, Editorials, &c., &c., our object being to give a complete Record, as far as our limits will admit, of the Great World.

Engravings.—In the way of Engravings, we generally present two weekly—one of an instructive, and the other of a humorous character, most novel and interesting.

The Postage on the Post to any part of the United States, paid quarterly or yearly in advance, at the office where it is received, is only 25 cents a year.

TERMS (Cash in advance) 1 copy \$2 a year, 4 copies, " " " " " 8 " " " " " " " 8 " (and one to the getter up of the Club) " " " " " 10 " " " " " " " 13 " (and one to the getter up of the Club) " " " " " 15 " " " " " " " 20 " (and one to the getter up of the Club) " " " " " 20 "

Address, always post-paid, DEACON & PETERSON, No. 66 South Third street, Philadelphia.

Sample Numbers sent gratis to any one who requests.

To Editors—Editors who give the above one insertion, or condense the material portions of it (for the use of some one), please send them for their editorial columns, shall be entitled to an exchange by sending a marked copy of the paper containing the advertisement or notice.

PROSPECTUS OF THE

NEBRASKA FARMER,

A JOURNAL OF AGRICULTURAL AND RURAL AFFAIRS.

EDITED AND PUBLISHED MONTHLY BY R. W. FURNAS, BROWNVILLE, NEBRASKA COUNTY, NEBRASKA TERRITORY.

"To Improve the Soil and Mind."

THE object of the "Farmer" is proclaimed in its motto; faithful to this end, it will aim to take rank with the Agricultural periodicals of the day, and pursue such a course as will render it a welcome visitor to every Farmer in Nebraska. The Publisher deems it unnecessary to enter into an argument to convince the farming community in this Territory of the importance of such a work. The natural adaptation of our soil and climate to Agricultural pursuits, known to all who have examined it, thought to be a sufficient apology for entering upon this enterprise. We have made arrangements for regular contributions from a number of practical Farmers and Horticulturists, in Nebraska, and will continue to secure others to such an extent as warrants us in saying that the "Farmer" will prove a depository of a mass of important facts in relation to agriculture, rarely to be met with, and at a cost which places it within the reach of all.

Horticulture.—Special attention will be given to the writing of a selection of smaller contributions to the culture of all kinds of Fruits, Flowers and Vegetables, adapted to this soil and climate, accompanied by numerous Engravings with full descriptions.

Ladies' Department.—This Department will be devoted to Household affairs, and will be conducted by a lady of ability and experience, assisted by able and corresponding writers.

Plan and Size.—The "Farmer" will be published on the 1st of each month, printed on new type and good paper; each number will contain eight pages of reading matter, three columns to the page; size of page, 10 by 13 inches, illustrated with cuts of Domestic Animals, Implements, Trees, Fruits, Houses, &c.

Terms.—Single copy, \$1.00. Seven copies, \$5.00. Twenty copies (and one to the person getting up the club), \$15.00. The volume will commence March 1, 1857. Every Postmaster and Farmer in Nebraska are desired to act as Agents. Additions can be made to clubs and back Nos. furnished at any time during the year. Clubs need not be confined to one Post Office, but will be sent to different offices if desired.

Persons in the States who are "looking Westward" and desire agricultural information from Nebraska, could find nothing better than the "Farmer" to "post them up."

Address "Nebraska Farmer," Brownville, Nebraska County, Nebraska Territory.

Brownville, N. T., December 1st, 1856.

Note.—It is hoped every person to whom this Prospectus is sent, will feel the importance of the establishment of an Agricultural paper in Nebraska, and make an effort to obtain as many subscribers as possible, and forward their names to the Publisher. A slight effort only, on the part of every one, will accomplish the object. If time or inclination will permit you to act as desired, please hand this to some one who will act energetically in the matter. As fast as you procure a number of names forward to me. Let no Prospectus be later than February 1st, in reaching the Publication Office.

What we now want is names to the Prospectus—ask no Money until you receive the first No., when the money must be remitted promptly or the paper will not be continued. In giving names and addresses, write the name and residence in full, and give Post-Office, County, and Territory or State.

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AMERICAN AND ORIGINAL,

THE KNICKERBOCKER MAGAZINE.

EDITED BY LOUIS GAYLORD CLARK.

THE number for January, 1856, begins the Forty-Second Volume of the Knickerbocker Magazine.

Since the price of subscription has been reduced from five to three dollars a year, the circulation of the Knickerbocker has been increased nearly four to one. In many places it is taken where there was but one before, and through the year it has been steadily increasing. It is now offered as cheap as any of the Magazines, all things considered. Instead of making new and prodigious promises, we submit a few extracts from notices of late numbers, which we might extend to a number of pages.

"Those familiar with the Editor's Monthly 'Gossip with his Readers,' have doubtless the same to be comforted for the loss of their old dear home."—[Courier, Burlington, Vt.]

"The great care exercised in the selection of articles that adorn its pages, is a sufficient guarantee that no contribution meets the eye of the reader but those which are known to be worthy of his perusal. When storms and wild tempests are sweeping over our hill-side villages in these chill winter hours, and is drear and desolate without, we ask for no more agreeable companion than the 'Knick' to sit by the fire, while its contents impart valuable information, its satiries of import are a sovereign specific for all fits of the blues or attacks of the horrors, and time passes merrily on."—[Democrat, Doylestown, Penn.]

"The Knickerbocker has been and will be a fact of its own; a genuine living thing, all the more desirable now that the new crop of magazines, filled with articles pirated from English authors, makes fresh incursions more conspicuous and welcome."—[New York Christian Inquirer.]

Rev. F. W. Shelton, Author of Letters from 'Up the River,' etc., will be a regular contributor.

The best talent in the country will be enlisted, and no expense or effort spared to make the Knickerbocker more than ever deserving of the first position among our original American Magazines.

TERMS.—Three dollars a year, strictly in advance—there will be no deviation from this condition. Two copies for \$5.00; Five copies, and upwards, \$2.00 each. Booksellers and Postmasters are requested to act as Agents. Those who will undertake to procure subscribers will receive favorable terms. Specimen numbers will be sent gratis on application, post paid.

INDUCEMENTS FOR CLUBBING.—The Knickerbocker and Harper's, Putnam's, Graham's or Godey's Lady's Book will be sent one year for five dollars; the Knickerbocker and Home Journal for four dollars a year.

POSTAGE.—Two cents per number, prepaid in Western Iowa, which in addition to our Summer stock of GROCERIES, &c., on hand, makes it one of the most desirable stocks of GOODS in the Western Country. Glenwood, Iowa, Oct. 23, 1856.—1f

Wholesale and Retail Store, Glenwood, Iowa, Iowa. The undersigned beg leave to call the attention of the People of Mills and adjoining Counties to the fact that they have received their

FALL AND WINTER GOODS, which for price and durability are unsurpassed in Western Iowa, which in addition to our Summer stock of GROCERIES, &c., on hand, makes it one of the most desirable stocks of GOODS in the Western Country. Glenwood, Iowa, Oct. 23, 1856.—1f

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CHEAPEST

MAGAZINE IN THE WORLD.

BALLOU'S DOLLAR MONTHLY.

Encouraged by the unprecedented success which this popular monthly has met with, and the rapidity with which it has increased its circulation, the proprietor has resolved to make it still more worthy of the patronage of the public. That this admirable work is a "Miracle of