

The Farm Home

Domestic Science.

A movement is on foot in the United States for the establishment of a Bureau of Domestic Science in the Department of Agriculture at Washington and in the various State agricultural fairs, colleges and institutions where best methods and appliances for the preparation of food may be presented in connection with best methods and appliances for production. Why should not something be done along this line for the Dominion? A bureau of domestic science would form a valuable adjunct to the Department of Agriculture at Ottawa or to such departments in all the provinces.

The Country Home

A Paper Read by Mrs. F. M. Carpenter
Before the Saltfleet Woman's
Institute.

(Continued from last issue.)

Americans here and there have realized that good fathers, good mothers, good children and good citizens cannot be raised in foul cupboards, which is what many of the cheap tenements in their large cities amount to, and have been investigating Europe's methods in wiping out filthy nests of dwellings and erecting in their places houses which provide comfortable homes for human beings. But here, we in the country, have nothing of that with which to contend. And yet a great deal has been said lately about unhappy marriages and the drudgery of being a farmer's wife. How uncalled for the charge—unless love, the essential of marriage is wanting. But any sensible wife, with the vows she has taken upon her, will accept cheerfully the position of housekeeper and matron, and making a home for her husband and children, whose happiness is her own. As the poet so beautifully expresses it,—

"They are my ain, and dear to me
As the heather bell to the honey bee,
Or the braird to the mountain hare."

Men and women regard too lightly the marriage tie, and too lightly break the bonds. For no cause but one should the bond be broken. Trials of temper and disposition are but part of the discipline of life, and must be met with cheerful boldness and with the strength which comes from above. Mrs. Henry Ward Beecher said, "For the woman who complained of lack of career or of a husband's neglect, she had little sympathy." Husbands might be to blame, but women, she maintained, were equally blameworthy. Home was their kingdom, where they might reign supreme if they held the sceptre with a gentle hand. "The love of kindness in the heart and the word of love on the lips." Mrs. Beecher's

work has by no means been confined to her house. Her sympathies are as wide as the world. Housekeeping and home-keeping were to her the most important work a woman could engage in, and housewives the world over have profited by her writings on the subject.

A woman's daily work should be to her a delight. Work is honorable and duty holy, but when the whole heart is in the work, and when duty is inspired by love, they rise to a higher plane, that of free, joyous activity. As for drudgery and monotony, is there none in man's work? What of the clergyman in his pastoral work, the doctor in his daily rounds, the solicitor always drawing up legal documents in the hideous legal jargon, the artist mixing his colors, the farmer and the laborer? In all walks of life there is a certain sameness day after day; but necessary work should never be drudgery to the worker. Henry Ward Beecher said: "Work is not a curse, but drudgery is when it degenerates into spiritless routine." It is not hard work or lack of money that draws lines in the face and brings the nerves to the surface; it is the way we take it and the circumstances.

"When you think your troubles hit laugh a little bit;
Look misfortune in the face,
Ten to one it will yield its place,
If you have the wit and grit just to laugh a little bit."

The country home is the ideal home. Cowper says: "God made the country, man made the town." In the country we get the pure, fresh air, the lungs are not cheated, and the eye and heart are both gladdened by the beauties of nature. What better company could be found anywhere than awaits us here? The restful verdure of grass and shrub and vine, the fragrant bloom in the garden bed and border, the sheltering trees, the fleecy, wandering clouds, the refreshing breeze, the soothing sounds of insect life, the sweet notes of birds, the butterflies chasing each other from calyx to calyx, the mysterious and incessant whispering and nodding of the leaves! Where else can one discover a scene so full of variety, animation and surpassing interest? Many people find botany a dull study, but in the country home, with the fields around and the woods near by, it will prove a source of perennial delight.

(To be continued.)

Food for Children.

By Anna Virginia Miller.

(Continued from last issue.)

When a baby is nursed it should take nothing but milk for twelve months, and when it is artificially fed this should be remembered also. The important

thing is to attain as far as possible nature's standard. A child is nourished not by what it swallows but by what it is able to digest. Giving too much food, or food in too concentrated a form is never wise. The delicate system cannot stand it, and even the strong system will sooner or later rebel.

After a child is a year old it may be allowed a grated biscuit soaked in milk or a gruel. Barley-water is good. It contains a large proportion of nitrogenous principles besides phosphates which are of great value to the growing child.

Avoid all foods containing cellulose or starch till the child has at least from four to eight teeth, for it is not till the teeth appear that the property in the saliva having the power to act on starch is developed. Cellulose cannot be digested by grown people and should never be given to a young child. A little oatmeal porridge strained, a boiled custard, cocoa, and cracker-crumbs soaked in milk may be given. But remember while the chief occupation of a child for the first few years is to eat, sleep and grow, its little stomach cannot work all the time, and therefore it is wise to feed it at regular intervals. The best proof that a child is doing well is a gain in weight, a good, healthy appearance and cheerfulness.

After the child is eighteen months old a little powdered chicken, mutton or beef broth, baked potatoes with beef juice poured over, toasted bread or crackers, rolled crumbs soaked in broth, simple puddings, as cream of tapioca and arrowroot and a boiled egg may be added to the dietary.

An exceedingly simple diet should be given up to the seventh year. School children should not be burdened with food that they cannot digest, at a time when much strength is called upon to meet mental demands. If on going to the other extreme a child cannot receive the required amount of nutrition it is in no condition to attend school, and the case should be referred for medical investigation.

The following menus will serve as guides to suitable combinations to give young growing children during the first few years of school:

BREAKFAST.		
Oatmeal.	Oranges.	Cream.
	Whole Wheat Bread	
	Butter.	
Baked Fish.	Cocoa.	Stewed Potatoes.
DINNER.		
	Mutton Broth with Rice.	
Broiled Beef Steak.	Stewed Celery.	Baked Potatoes.
Fruit Jelly.	Water.	Grapes.
SUPPER.		
	Cream Toast.	Baked Apples.
Sponge Cake.	Milk.	