

convenient species, by the way, to give to a guest while one is too busy at housework to spare the time for "entertaining."

If you have not already a book for clippings, try one. Even if you do become possessed of a mania for making more, do not be alarmed. There are more foolish fads by far than scrap-bookitis.

Potatoes and Other Vegetables as Food.

(Condensed from Farmers' Bulletin 295, issued by the U. S. Dept. of Agr.)

Although the cereals, being richest in protein, are the most valuable plant foods, the vegetables also hold an important place, as in general they are rich in carbohydrates. Roughly, they may be divided into two classes; (1) the starchy roots, tubers, etc., such as potatoes; (2) the group in which a comparatively large proportion of the carbohydrate is in the form of sugar, or some other non-starchy soluble bodies.

Of the starchy group, the common potato is the most important, both as regards its nutritive value and the extent of its cultivation. It is supposed to be a native of Chile, as when Europeans first visited that country, they found the Aborigines cultivating it, as they had apparently long done. It was subsequently introduced into Europe by the Spaniards, and somewhat later brought to the British Isles by the English, about the time of the Raleigh expeditions.

The potato is particularly rich in carbohydrates, which in it take the form of starch. Its composition is as follows: Water, 78.3 per cent.; starch, 18 per cent.; protein, 2.2; fat, .1; ash, 1 per cent. [From this it will be apparent that as potatoes are very poor in protein and fat, the custom of good cooks of serving potatoes with meat, or preparing them as supper dishes with butter, milk, cream or cheese, is founded on a good scientific reason, the added constituents supplying the fat and protein necessary to good food.]

When peeled, potatoes should be at once put into cold water to prevent them turning brown, but they should not be allowed to stand long in it, as by so doing some of the soluble, nutritive constituents are lost. A similar loss is occasioned by boiling when peeled, especially if the water is cold to begin with. Hence the most economical ways of cooking potatoes are to bake or boil them in their skins. If steaming is practicable, it is also a good method. After boiling, take off the skins at once and serve hot. Served baked potatoes at once, or, if they must stand for a time, break them, to allow the escape of steam, and so prevent sogginess.

Potatoes should be stored in a dry, well-aired place, and kept at a temperature of from 32 degrees to 50 degrees F. Very old, shrivelled and sprouted potatoes, and those which have turned green by exposure to the light, should not be used, as they have developed an abnormal amount of a poisonous substance called solanin.

SOME OTHER VEGETABLES.

Jerusalem Artichoke.—This plant, which belongs to the sunflower family, did not get its name from Jerusalem, but as a corruption of the word "girasole," the Italian name for sunflower. The composition of the tuber is very similar to that of the potato. It contains 78.7 per cent. water; 2.5 per cent. protein; 0.2 fat; 17.5 carbohydrates, but in the artichokes the carbohydrates, instead of being starchy, consist of two substances called inulin and levulin. For this reason, this vegetable is permitted in the diet of patients suffering from diabetes.

The common "succulent" roots, tubers and bulbs, viz., beets, parsnips, carrots, salsify, onions, etc., are all less nutritious than the above-mentioned, but are still valuable additions to the diet, supplying as they do, mineral salts, while contributing to the bulkiness necessary for normal digestion, and for the prevention of constipation. They are, then, medicines rather than foods, as they are relatively low in protein and carbohydrates. When cooking them, steaming is preferable to boiling, as occasioning less loss of nutrients. The addition of butter, cream, or milk sauce, of course, adds to the nutritiousness of all such vegetables. Turnips and onions are both rich in sulphur,

therefore useful, especially the latter, for prevention of constipation. Radishes are often supposed to cause digestive disturbances, but more thorough mastication would probably do away with this trouble, and render this crisp and appetizing vegetable possible for many who like it, but are afraid to partake of it. Onions, by the way, are usually among the foods allowed to diabetics, as is also black salsify, in which carbohydrate is chiefly inulin instead of starch.

Oh What's Cam Ower the Auld Hoose.

Oh, what's cam ower the auld hoose?
There's sic a fearsome din;
There's sic a paidlin' but an' ben,
An noise baith oot an' in.
There's a bairnie in the cradle,
Anither on the floor,
While a toddlin' man wi' curly pow
Keeks in at the door.

There's lassies in the orchard,
There's laddies by the brook;
The peacefu' fish that's swimmin' there
Ha'e learnt tae fear the hook.
The sun seems fairly dancin',
Sae blithe, sae bright an' gay,
Oh, what's cam ower the auld hoose?
It's surely changed the day.

The last time I ganged by it
The door was shut up tight,
The window blinds were a' pu'd doon,
The floor was unco white;
'Twas owned by maiden ladies,
Both prim and grim and gray,
Noo bairnies sweet hae ta'en their place,
An' they hae gane away.

Now thro' the open doorway
I see the print o' feet,
And blossoms strewn by baby haunds
Hae made the place sae sweet;
The place is nae sae clean noo,
But happiness is there,
An' love fills up the auld hoose,
An' sanctifies the air.
Quebec. JUANITA.

Little Queen.

She was as beautiful and graceful as a deer—the most beautiful Jersey heifer we ever raised at the old farm. Indeed, she greatly resembled a deer in her markings, her movements, and many of her traits. Nor is it wonderful that the belief prevails among country people, despite all that the stock books say to the contrary, that Jersey cattle are descended from a mixed breed in Europe, which centuries ago interblended with the red or fallow deer of that continent. Little Queen—that was what our girls called her—was a true Princess of Jerseys, the daughter of Molly 2nd, which was the first Jersey cow we had at the old squire's, and the first one brought into that town.

This was in 1867. Our Jerseys are now well-nigh as quiet and easily controlled as Durhams or Holsteins; but a wilder, more skittish creature than Molly 2nd was never kept in a barn. She was the daughter of Molly 1st, which was imported direct from either Guernsey or Jersey.

Every one knows how a pretty Jersey heifer looks, and I will not stop to describe Little Queen further than to say that in her case all the Jersey markings were strongly accentuated: the slim, straight legs, the delicate light fawn shades about the eyes, nose and ankles, the alert, sensitive ears, curved, clean, black-tipped horns, and lovely clear, full, limpid eyes.

She ran with the other young cattle till the spring when she was three years old. Then one night in May Little Queen failed to come home with the rest. We guessed the cause, but were unable to find her that evening; nor did a careful search of the pasture the next day result in discovering her whereabouts. On the day following, Addison, Halstead and I looked for her through the woods adjoining the pasture, with no better success.

At that particular time we were very busy with our farm work. Three or four days passed, and then Willis Murch, one of our young neighbors, came to us with a rather improbable story of our missing heifer. Willis had been trout-fishing up the brook which flowed down through "the great sheep pasture," a partly cleared tract of a hundred acres or more to the north of the old squire's

cattle pasture. He had his dog Jack with him; and the dog, questing about, ran snuffing into a thicket of low hemlock a few rods back from the brook.

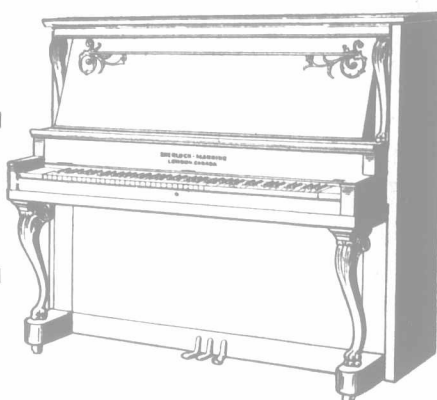
Suddenly Willis heard a crash and a rumpus among the hemlock. Jack barked, then yelled; and turning, Willis saw his dog in the air, flung from out of the thicket! A wild-looking Jersey heifer, whose movements, he said, were

"quicker than lightning," dashed out in pursuit, and actually tossed the dog again, this time into the brook, before it could escape her.

Willis himself was standing beside a bush, fishing, a little farther up the brook. He watched till the heifer had gone back into the thicket; then stealing silently round to the other side, he parted the boughs slowly and peeped in.

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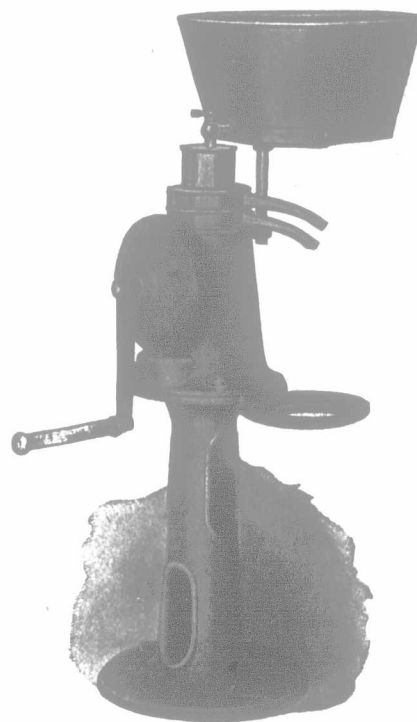
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