

The Farm Home

Chemistry and Science of Cooking.

By Mrs. S. T. Rorer.

Cane sugar may be taken alone without serious injury. Mix it with an acid fruit and subject it to heat, and examine the mixture, and you will not find cane sugar as a result, but in its place two new sugars created from the action of the heat and acid, which are much more liable to fermentation than cane sugar alone. The fruit being attractive, we are enticed to eat more of it than is good for us; fermentation is the result, and this not only destroys the power of the acting digestive secretions upon the fruit and sugar, but frequently contaminates all other foods within range, thus converting the stomach into a fermenting vat rather than a place where food should be properly digested. I am fully of the opinion that all food products now used by man are comparatively wholesome, if not destroyed in combination with other foods or in the cooking, for instance, a person may digest easily meat and potatoes; add a cup of coffee sweetened with sugar and diluted with milk, and a dish of stewed fruit, and fermentation will be immediate. Sour eructations, and probably flatulency, will follow. Any of these foods might have been taken alone, or in proper combinations, without injurious effects.

Nature teaches what to eat, but her rules have so long been violated by artificial living that even those with clear, bright-seeing eyes and of thoughtful mind cannot recognize what nature is, so artificial are we. Foods are made tempting, highly seasoned and spiced, to please the palate, producing gluttons, or a set of people who live to eat rather than eating scientifically to live. These gluttons, strange to say, eat, but really never live, as to live is to be healthy and happy. Our fancies are too often taken into account. He eats what he likes, studies what he chooses, and lives as he can. For instance, he would like to be a stenographer, whether or not he has adaptation for that profession; and many a good blacksmith has been spoiled by being a poor stenographer. Others feel that teaching is a nice, easy, comfortable way of earning one's living; they have no special adaptation in that direction, but they take to teaching. Independent thought in all such cases is lost; the humdrum, everyday book-learning does not produce the highest type of educators.

In my own school days, for instance (if you pardon a personal allusion), people at Aurora were interested in astronomy and algebra. I, joining with my friends, went into both of these studies with more than average enthusiasm. No one suggested chemistry or hygiene; and, upon leaving school, my algebra was of little use in my kitchen. My astronomy I found most entertaining and elevating; but I was sadly at a

loss to know how to boil a potato, to broil a beefsteak, or to make a respectable loaf of bread. Of course, sickness and sorrow always comes to homes of this sort, and I did not escape the penalty of punishment.

'Tis true that a woman's life is made up of many small and irritating duties; not of necessity, but from lack of training, we have made them so. She must be seamstress, laundress, child's nurse, cook and chambermaid. All these professions, separate and individual as they are, cannot be done well by one person. If she loves to sew, she neglects the cooking; if she likes to cook, she neglects the sewing; and I am fully of the mind that laundry work should be a separate profession from either. There was a time when a woman, too old and decrepit to wash, iron, or scrub, took up the profession of nursing. Results correspond to her ability. Who would in these days go back to the Sarah Gamp in preference to the trained, skilled, intelligent hand of the modern nurse? And the time cannot be far distant when cooking will assume the same dignity and standing as nursing. Women of higher mental calibre will find it entertaining, instructive, and lucrative, and naturally drifts into its walks. Laundry work will be done at the village laundry under a skilled and trained laundress; clothing will come back like new, the color not faded but restored, materials not worn out, and flannels not three sizes smaller. I find all housekeepers interested in these subjects. Our shortcomings do not exist from lack of interest. It was announced, during my stay in Hamilton, that I would talk at Stoney Creek on scientific laundering, on Saturday morning at ten o'clock; a busy morn-

ing for a housewife to leave her home; but, on arriving at the little room in which the institute holds its meetings, I found two hundred and fifty energetic, thrifty looking women awaiting me. They were all housekeepers, many of them having families; and not a single one knew anything about the chemistry of the soap that they used three, four, and five times a day. It was soap, and that was the end of it. Washing powders were washing powders; they had no more idea of its composition than they had of the composition of sugar. They had never examined the fibre of muslin or wool under a microscope; consequently, knew nothing about its shrinking capacity or its construction. Now, why should these women do good laundry work?

In looking back over the foundation education in our woman, we feel that many years of our lives have been lost, especially if our allotment is only three score years and ten. We are now, many of us, beginning to study at forty, and our minds are not capable of absorbing and holding new facts as they were perhaps twenty years ago. The consequence is that while now we are trying to do our best to build both body and soul, we find ourselves, at fifty, not in the prime of life, as we should be, but just a little on the other side. What matters it whether our grandmothers put potatoes on to boil in cold or hot water, if it was not the proper thing to do? Let us examine, experiment, watch carefully, and find out for ourselves whether results are better if potatoes are put on in cold or hot water, with or without salt. Our palates are not to answer these questions, but our common sense judgment and results.

The **EXCELLENT RESULTS** got

in **FALL GRAIN** by the use of

ALBERTS'

Thomas-Phosphate Powder

Should encourage every farmer sowing **FALL WHEAT** to use it on, at least, part of his seeding **THIS FALL**, and reap the first benefit next season in **INCREASED YIELD** and much **EARLIER RIPENING**.

The **LASTING** benefits in after crops for several **YEARS** following its use make it an **ECONOMICAL** phosphate **MANURE**.

**BOARD OF TRADE,
TORONTO.**

**THE
THOMAS-PHOSPHATE CO.**