

## Step Saving Devices

Alie C. Ferguson, York Co., Ont.

There is a feeling in some places that to be found seated at a piece of work when you could stand at it is sheer laziness. I write to explode that theory. I believe in the economy of motion. In the strenuous life we live these days, restfulness is necessary if the physical machinery is to accomplish all we require of it. My motto is, "Never stand if I can sit; never sit if I can lie down; never run if I can walk," i.e., in connection with my work. And I do not think anyone, with any degree of truth, could call me lazy. Let the head save the feet.

It is so easy to come in, take off our wraps, lay them down, and afterwards when necessity needs must, pick them up and put in their places. Try putting them away—when possible—at once, and save the extra motion of picking up, and feel the thrill of satisfaction in one good deed accomplished.

How many people stand at the ironing table till feet and back are tired (too tired for the next task), when they might sit down and work equally well? I have found a high chair, without arms, a comfort, a high stool, or if neither is convenient, put a box on a chair—anything so that the weight does not rest on the feet. There are some articles that you feel you must stand up in order to iron well, but very many can be ironed quite as well if

you sit on this high chair, with the feet simply touching the floor.

Have easiers on your table, wheel it over near the kitchen range (except in hot weather), sit down at your ironing, and finish feeling fresh for getting dinner. This same high chair is a comfort in many ways. Sit down on it while drying dishes, while paring potatoes (or in preparing many food stuffs at the table). Even at cutting out small articles of clothing, the chair can be used to rest you and keep you high enough to work. A woman requires a high chair frequently for reaching to the tops of windows, to hang curtains, and pictures. Whether you have a piano and six rocking chairs or not, have a high chair or stool.

A dumb waiter is a step saving device which pays for itself in a short time. How tired we become running up and down the cellar stairs while preparing a meal or taking away the remains. A dumb waiter built at the correct spot may save many a trip. A dumb waiter need not be an expensive article.

A dinner-wagon is a luxury in some homes. It is a sort of open cupboard on wheels or casters. If dishes are to be carried a distance, fill up the wagon and take all on one journey. These are only a few of many such devices. Practice economy of motion and live easier.

Don't forget seeing your friends and having them join in for a club of subscribers to Farm and Dairy.

## Bread Making

The object of making bread is to convert flour into a form in which it is convenient for use, palatable, nutritious and easily digested. This is accomplished by somewhat separating the particles of flour through the agency

## Vegetables, Fruit and Honey

One of the most comprehensive and interesting bulletins published by the Women's Institutes of Ontario, through the Ontario Department of Agriculture, has just come to hand. It is entitled "Uses of

Change the form of bread occasionally and add variety to the daily bill of fare.

## Finger Rolls Made from Bread Dough

Of yeast, by moulding the dough into shapes that are convenient to handle, and by baking it when in the raised condition so that the porous structure may be maintained, in order that when eaten the digestive juices of the body may readily penetrate the mass. Every step in the process of making bread produces changes in the composition of the raw materials, and the baker's success depends upon his ability to control these changes.

## INFLUENCE OF TEMPERATURE.

Of the most important essentials for the rapid growth of yeast germs is a favorable temperature, and the temperature recommended is 80° F. To secure the best results dough should be kept at about this temperature during the time the yeast is working. A low temperature—about 70° F.—will suffice when the long fermentation process is allowed, i.e., when the dough is allowed to rise over night. The difficulty in many households is to properly control the temperature. Frequently dough is made without any definite determination of the temperature of the materials, and it is placed to "rise" where it is hoped the conditions will be satisfactory. The commercial baker does not take any such risks. He determines the temperature of the flour and then makes the water warm enough to raise the whole dough mass to the desired point, and seeks to control the temperature during the fermentation period. He recognizes that the temperature is one of the factors he must control in order that he may get uniform results.

The great difficulty has always been that the home breadmaker has no means of controlling the temperature, and has been forced to cover the dough and allow it to stand over or beside a radiator, register, or stove, and trust to luck that the temperature required would be maintained. It may become too hot or too cold, but it would not be known, unless the baker has sufficient experience to tell from the appearance and feel of the dough, and "luck" is blamed for the failure.

Dough will recover from a very severe chilling if it is brought back to the proper temperature and is allowed to stand long enough to rise properly. Chilling does not destroy the yeast germs, but it retards their development, and time must be given them to do their work. An experienced baker has an advantage over an inexperienced one in knowing when the dough has risen sufficiently. Too high temperature may destroy the germs altogether and thus prevent the dough rising.

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Vegetables, Fruit and Honey." The matter taken up in this bulletin consists of the value of these products as food, the cooking of vegetables, both green and dry, including all the different kinds of foods. A similar treatise is given of the different fruits, and the method of preparation for desserts of all kinds. A great many recipes are given in this bulletin, which every housewife will be glad to have. Salads are also taken up, and recipes given for these. In fact, our women readers will do well to write to Toronto to the Department of Agriculture for a copy of Bulletin No. 184, which is the number of the bulletin described above.

## What Family can Beat This?

Some time ago, Farm and Dairy published an illustration of Mr. and Mrs. Daniel Hogarth, of Durham Co., Ont., and their 98 descendants. This illustration aroused so much interest that we have since heard of a number of other large families.

Mr. Albert Tamblin, of Orono, Ont., has 87 cousins living. His grandfather, Mr. Thomas Tamblin, had 16 children and raised ten. Mr. Tamblin's father was Mr. C. R. Tamblin, of Orono.

Mr. Tamblin's mother was the daughter of Mr. Geo. Milson, of Hope township. She was married twice and raised nine children. Altogether Mr. Tamblin had 17 uncles and aunts, who raised 87 to 90 children, almost all the children lived. One aunt raised 12 children. Have any of our readers any larger connections than this?

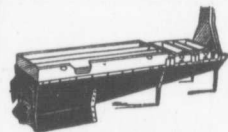
## Bitter Tea

It is a long accepted fact that all things are an injury if taken in excess, and the same in moderation a benefit. If tea is properly made no injurious qualities are drawn out; if boiled or "steeped" the resultant tannin is surely not a good food for man. A very safe rule to follow is that if tea is bitter it is unwholesome; whether that be the result of malnutrition of the plant, or of an improper method of making which has brought out the tannic acid.

Coffee taken as a stimulant keeps one awake by stimulating the heart action, but does not act on the brain perceptibly, while tea acts solely as a brain stimulant if taken in quantity and very strong.

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