

M. H., Ravenna, Ont., sent \$5.00; "Mayflower" (for kiddies or aged people) \$2.00, and N. L. J. ("Constant Reader of Quiet Hour") sent \$1.00. Many parcels of papers for the "shut-in" have also reached me. As the hospitals are shut to visitors at present, the papers are piling up—though I have sent some by post to parties in the hospital. This is a busy season, but I will try to pass on your gifts in good time for Christmas.

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The Ingle Nook

Rules for correspondence in this and other Departments: (1) Kindly write on one side of paper only. (2) Always send name and address with communications. If pen name is also given the real name will not be published. (3) When enclosing a letter to be forwarded to anyone, place it in a stamped envelope ready to be sent on. (4) Allow one month in this department for answers to questions to appear.

The Cook as a Public Health Factor.

DEAR Ingle Nook Friends.—Last day I mentioned the very strong realization that came to me during Dr. Crane's lectures of the great part that food plays in the "good" health, or otherwise, of us all. You may have noticed yourself that one of the first things the doctor does, in case of illness, is to give instructions in regard to diet. If, then, the kind of food plays such a vast part in the recovery of an ill person, does it not stand to reason that, to some extent at least, it must bear a part in keeping a well person well, or making him more or less ill if it prove to be the wrong kind of food for his especial needs? After all, we are but animals—at least the animal part of us forms the whole medium through which the mental part of us must work. We know that a little pig or calf if not fed properly, becomes weak and "runty" if it survives; similarly a little child that is not properly fed is likely to develop rickets, or some other distressful thing, if it chances to survive. We know, too, that a pig or calf that does not get a good start, never becomes the fine, straight-backed, well-proportioned animal it might otherwise have become; the very same thing is true of human beings.

Is it not easy to see, then, the very important part, not only in the life of the individual child, but in the welfare of the whole nation, that is taken—whether she realizes her responsibility or not—by the woman who works "over the cookstove"? If she knows her business, understands food-values, and how to prepare the raw material so that those food-values shall not be lost but shall be made the most of, she is likely to turn out from her home fine, well-set-up, healthy boys and girls, and men and women who are ready for and capable of taking their full share in the world's work. If she does not understand her business, and either stints and starves, or, on the other hand, clogs digestion by over-rich cookery and ill-balanced menus, she is just as likely to send forth weak, disease-susceptible, or else dyspeptic and grouchy mortals, who die an early death or else go through life contributing much less than their quota in the field of human endeavor and accomplishment.

Indeed, looking into every nook and corner of the question, is it too much to expect that the thoroughly wide-awake and capable woman shall, in the near future, require herself to know, not only how to feed and care for the babies so that they shall be healthy and grow on without "hitch," not only how to prepare attractive and nutritious meals for her family, but also that she shall be so well-informed that she shall know something of what should be done towards change of diet at the first symptom of ailment? Always she should be intelligent enough to insist on finding out from the physician the exact foods necessary, and well enough trained to know how to cook them properly.—Take, for instance, a case in which a member of the family has contracted diabetes. Is it too much to expect that the woman who prepares the food shall understand the danger of giving too much starch to that especial member, and that she shall understand the foods that are listed as starchy? Is it not vastly to her credit if she fully understands the danger, knows the substitute foods in such a case, and is willing to take the trouble to prepare

attractive dishes of them to suit the especial case of the one in need of such care?—Please put especial emphasis on that word "attractive." One of the points touched upon by our lecturer was the "psychic" influence of attractive serving. Not only are we tempted to eat more by attractive food, nicely seasoned and prettily served; the digestive fluids actually respond to such stimulus. "Making one's mouth water" is not only a fact but a help to digestion, because the stomach waters too. In other words, attractive serving is one of the best aids to digestion.

It may be interesting here to note that every stomach contains hydrochloric acid, varying in amount from 0.2 to 0.5 per cent. This acid performs several useful functions. It helps digestion, stimulates peristalsis (the involuntary movement, or "churning" of the stomach) and is also an antiseptic killing germs, for example, typhoid and tuberculosis. However, at times, there is altogether too much of it in the stomach and in the body. Protein foods produce this acid, hence the more meat you eat the more hydrochloric acid you form. Too much acid may cause such diseases as hyperchlorhydria, or "heart-burn," hence the advisability in such cases of being very moderate in eating meat and other protein foods.

Fruit, on the other hand, although apparently "acid," turns to alkali in the body, and alkali, as you know, neutralizes acid; hence the usefulness of the free use of fruit for the great majority of people. . . . Water, it is now said, causes the stomach to secrete more hydrochloric acid, enabling more food to be digested; hence the practice of drinking much water (tea, of course, is water) at meals tends to make thin people fat and fat people fatter. So drink and grow fat.

In large doses soda neutralizes acid, hence the practice, in cases of very sour stomach, of giving half a teaspoonful to a teaspoonful of soda at a dose. . . . As remarked in a previous article, fats decrease the amount of hydrochloric acid in the stomach, hence the use of olive oil in case of irritated or ulcerous stomach.

Now, after this little digression, let us come back to the woman in the kitchen and in the home.

Our lecturer gave us many points in regard to the feeding of children, but, merely pausing to remark how imperative it is that every mother should know, not only how to feed the child from the beginning, but also that she should be quick to recognize when it is not thriving and ready to consult a doctor about it at once, we shall here pass over those points. Instruction has been given, and will be given further in these papers.

In regard to this part of the subject I shall pause to touch upon but two or three of the many points dealt with by our lecturer.

1. That he spoke highly of Dr. Emmett Holt's book on the "Feeding of Children," which some of you who are mothers already may own. 2. That teething must not be blamed for convulsions in babies, as they may occur at any time in an unhealthy child, especially in cases of rickets. 3. That excessive fat in a baby is not a good "sign." The fat is largely water, and the too-fat baby can't stand infections as well as the more normal one. Mothers, indeed, should be trained not to make babies extra large by "stuffing" them. 4. That it is never safe to let children of any age drink raw cow's milk. Cows that look perfectly well very often react to the tuberculin test, and the result of feeding their milk to children may result in enlarged glands, hip disease or other tuberculous trouble. Indeed the most up-to-date science recommends pasteurized milk for everyone. It used to be thought that the boiling killed the life-helping vitamins, but, after much experiment, this is not now asserted so confidently. If, however, there is any doubt on the subject, the remedy is, not to go back to raw milk, but to supply other foods rich in vitamins, in addition to the cooked milk. Among these orange juice is especially recommended for a baby. In general, for older folk, ripe fruits of all kinds are recommended, also raw vegetables. It used to be thought that cabbage and turnips were among the least desirable, because of this lack of starchy nutriment; it is now known that they are especially rich in vitamins, hence worthy of a place of honor on any table.

This brings us directly to the feeding of older children and adults, but, as our space has been already consumed, discussion of this very important subject must be left over for the present.

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By the way, I want to forestall the usual questions about the new books that come to me about this time of the year. If you want to keep in touch with them subscribe for "The World of Books," a little magazine edited by Donald G. French, 23 Toronto St., Toronto. It is only 50 cents a year, prepaid; it comes every month and cannot fail to be very valuable to anyone who is helping to build up a home or community library.

A Happy New Year to you all.
JUNIA.

Worth Thinking Over.

"We should think of the world, not in terms of national life, but of humanity."—Canon G. F. Scott.

"Power and responsibility naturally go together. Power that is not balanced by a sense of responsibility is dangerous both to the possessor and to others."—L. W. Rogers.

Mid-Winter Cookery.

Celery Soup.—Nice for supper. Use the roots and tops of celery. Simmer with 1 pint water, a slice of onion, salt and pepper to taste, till all is a pulp. Strain and add a pint or more of rich milk; thicken slightly with flour, letting boil until the flour is thoroughly cooked. When serving add a little whipped cream to each plateful if you wish. Serve with toast or hot biscuit.

Chicken Patties.—Press good pie crust into ordinary gem-pans and bake. Fill with chopped cooked chicken, cover with cream sauce nicely seasoned, and set in the oven for a moment to become very hot.

Stuffed Onions.—Slightly cook, until just tender, some large onions. Scoop out the centers and fill with a good bread-crumbs stuffing. Brown in the oven and serve with fowl or meat. The scooped-out onion may be saved and mixed with a white sauce or with gravy for next day's dinner.

Spiced Apples.—Choose large, rather hard apples. Peel and quarter them; make a thick syrup of 1 pint cider vinegar and a heaping cup of sugar boiled down with a tablespoonful of whole spices. Put in the apple quarters and cook until tender, but remove before they break.

Drop Sponge Cakes.—Two eggs, $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ cup flour, $\frac{1}{4}$ teaspoonful baking-powder, $\frac{1}{4}$ teaspoon grated lemon rind. Beat yolks of egg until thick, add sugar and lemon rind. Sift flour and baking-powder three times, add to first mixture, fold in the stiffly-beaten whites of the eggs. Drop a spoonful in each muffin ring and bake quickly.

Rye Bread.—One pint of boiling water, and $\frac{1}{4}$ teaspoonful of salt, 2 tablespoonfuls of sugar, 1 tablespoonful of fat, 1 yeast-cake and 3 cupfuls of rye flour. Add sugar, salt and fat to boiling water cool until tepid, and add yeast softened in a little warm water. Beat in the rye flour, then add enough rye flour to make soft dough. Let rise until double in size, knead again with little white flour until all bubbles are out of dough. Place in greased bread-tins, bake in moderate oven about 45 minutes.

Home-Made Sausage.

To every 14 lbs. lean and fat pork chopped very fine, mix together $\frac{1}{4}$ lb. salt, $1\frac{1}{2}$ oz. best black pepper, $\frac{1}{4}$ teaspoonful cayenne pepper, and as much powdered dried sage as liked. Work thoroughly through the meat. The meat may be put in crocks, packed in muslin bags dipped in melted lard, or in skins, for winter use. If put in crocks cover with 2 or 3 inches of boiling lard. If put in skins proceed as follows: Empty the intestines of the pig, turn inside out and wash well. Soak in salt water a day or more, wash again, cut in convenient lengths, and scrape on a board with a blunt knife, first on one side, then on the other until clean and clear. Rinse, tie up one end of each length, put a quill in the other end and blow up. If clear they are clean, but if there are thick spots scrape them off. Throw in clean salt water until used. Sprinkle the meat

lightly with water, work through it and stuff the skins. Tie in links as you go by pressing away the meat and crossing one skin around the other.

Sausage for summer use should be canned as follows. Make into small cakes and cook about two-thirds enough for use or until the water is out. Pack sizzling hot into sterilized jars, fill with boiling lard and seal at once. When used pour off the fat as soon as melted, and finish cooking.

Some mix beef and pork for making sausage.

The following recipe for sausage seasoning, with the sage left out, is given in *Scientific American*: Cayenne pepper, 1 oz.; cummin, 1 oz.; cassia, 1 oz.; nutmeg, 2 oz.; pigments, 6 oz.; black pepper, 6 oz.; salt, 8 oz.; mix.

Serial Story

"His Family."

BY ERNEST POOLE.

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CHAPTER XIV.

A few hours later Roger awakened. His lower berth was still pitch dark. The train had stopped, and he had been aroused by a voice outside his window. Rough and slow and nasal, the leisurely drawl of a mountaineer, it came like balm to Roger's ears. He raised the curtain and looked out. A train hand with a lantern was listening to a dairy man, a tall young giant in top boots. High overhead loomed a shadowy mountain and over its rim came the glow of the dawn. With a violent lurch the train moved on. And Roger, lying back on his pillow, looked up at the misty mountain sides all mottled in the strange blue light with patches of firs and birches and spines. In the narrow valley up which the train was thundering, were small herds of grazing cattle, a lonely farmhouse here and there. From one a light was twinkling. And the city with its heat and noise, its nervous throb, its bedlam nights, all dropped like a fever from his soul.

Now, close by the railroad track, through a shallow rocky gorge a small river roared and foamed. Its cool breath came up to his nostrils and gratefully he breathed it in. For this was the Gale River, named after one of his forefathers, and in his mind's eye he followed the stream back up its course to the little station where he and Deborah were to get off. There the narrowing river bed turned and wound up through a cleft in the hills to the homestead several miles away. On the dark forest road beside it he pictured George, his grandson, at this moment driving down to meet them in a mountain wagon with one of the two hired men, a lantern swinging under the wheels. What an adventure for young George.

Presently he heard Deborah stirring in the berth next to his own.

At the station George was there, and from a thermos bottle which Edith had filled the night before he poured coffee piping hot, which steamed in the keen, frosty air.

"Oh, how good!" cried Deborah. "How thoughtful of your mother, George. How is she, dear?"

"Oh, she's all right, Aunt Deborah." His blunt freckled features flushed from his drive, George stood beaming on them both. He appeared, if anything, tougher and scrawnier than before. "Everything's all right," he said. "There ain't a sick animal on the whole farm."

As Roger sipped his coffee he was having a look at the horses. One of them was William, his cob.

"Do you see it?" inquired his grandson.

"What?"

"The boil," George answered proudly, "on William's rump. There it is—on the high side. Gee, but you ought to have seen it last week. It was a whale of a boil," said George, "but we poulticed him, me and Dave did—and now the swelling's nearly gone. You can ride him to-morrow if you like."

Luxuriously Roger lit a cigar and climbed to the front seat with George. Up the steep and crooked road the stout horses tugged their way, and the wagon creaked, and the Gale River, here only a