

The Farm Home

A Carefully Regulated Dietary.

By Mrs. S. T. Rorer.

It is the constant working out of new problems like these that keeps up our progress. Forty years ago an agricultural college, such as I am now within, would have been the laughing stock of the whole country. Imagine one of the oldtime farmers, who thought the only thing that ever could be in the line of farming was a simple rotation of crops. The constant growing of corn in the State of Illinois, from the same soil and even without fertilization, would have startled him. Look over the country; study the training tables carefully under the care of our various colleges, and watch the muscles of the teams. Do you think for a moment that Cornell won the race against Harvard because her men were better trained? No. They probably were more sensibly fed; their physiques were better without a doubt, even if their structures were smaller. A little change in the diet of an athlete will produce most marked results. His assignments will be carried out with less fatigue, less strain on the body, and less serious after results than the man who simply loads himself with nitrogen, wins, and takes the after consequences. In nature's arrangement, which, of course, is the perfect idea, there is a storehouse in the body for fuel, a safeguard against freezing or rapid starvation. The results of both are much the same—the reducing of the temperature of the body below the point necessary to sustain life. In the summer, growing around us, we find large quantities of succulent vegetables. Upon examination, we find these vegetables to contain salts and acids necessary for our comfort and the cooling of the blood. In the winter we have an entirely different supply, and still even educated people will can tomatoes, peas and succulent vegetables growing in the summer and eat them in the winter, as though nature had made a mistake, which they must correct; a very expensive way too of living, not only from a money standpoint, but from the standpoint of physical economy. Such people are obliged to wear sealskin sacques and heavy fur coats; they are constantly reducing the temperature of the body, and so must wear a non-conducting material to keep the little warmth they have, within. Those who buy canned goods are unthinking indeed. Take, for instance, a can of peas; analysis shows it to contain, we will say, a little mineral matter, about a teaspoonful of sugar and a pint of water, for which you pay eighteen to twenty cents; at the rate of about five dollars a pound for poor nourishment.

We have dwelt upon the necessity

for a carefully regulated dietary; of equal importance is the care of the body. The excretory organs must always be kept clear. The skin, being one of the most important of these, makes a daily bath of cold or warm water, according to the constitution, an absolute necessity. There is little danger of taking cold if the skin is kept in good healthy condition, all excretory organs open and clear, with a properly arranged dietary. The weather may be what it pleases, and the changes severe, you are prepared for it.

Mending Tinware.

It is not always convenient to mend tinware, or always even feasible, but there are times when it is almost imperative to have a utensil to use, and we find that a tiny hole spoils its utility. For the one who lives in town this does not signify, for it is very easy to get the utensil mended or to buy a new one, as the case might be, for tinware is so inexpensive in these days that it hardly pays to get it mended. There is a kind of soldering material on the market that claims to do its work without an acid, but this is not always just what it is said to be. I have tried it, and certainly with a very unsuccessful success to use a contradictory phrase. It is a simple matter to mend with a soldering iron, although to one unaccustomed, and who does not know just the *modus operandi*, it seems like one of the black arts.

The first essential is a soldering iron weighing about two pounds; the next essential is an acid, which is made from muriatic acid with zinc dissolved therein. A nickel's worth of the acid is enough for a start, and this should be put into a wide-mouthed bottle; into this bits of zinc are dropped and allowed to dissolve or be eaten up; these are added until the acid will not act on any more, and then it is ready for use. This is very corrosive, and should be kept carefully out of the reach of the inquiring fingers of little folks, and it should always be used with respect, care being taken not to get it upon the flesh or upon the clothing, as it will eat either one with great avidity. A stick of solder is the next requisite.

The tin should be scraped till it looks bright, all soot or dirt, or foreign matter being removed. Having the soldering iron heated, dip it into clear water, then on the stick of solder. If the solder does not stick, then file the iron a little; this may roughen it enough to make it hold the solder. A few trials will show you just how to manage. Having the iron heated, and so it will hold the solder upon its end, the leak is brushed over with the acid and the solder applied.

This will, or should, run freely and cover the hole immediately. This sounds like considerable work, but it really takes very little time in the operation and it is well worth while to learn this simple method of mending one's tinware. I said a two-pound soldering iron, but one of lighter weight would do.—*Rose Seelye Miller.*

Eggs as Food.

Would it not be wise to substitute more eggs for meat in our daily diet? About one third of an egg is solid nutriment. This is more than can be said of meat. There are no bones, no tough pieces that have to be laid aside. A good egg is made up of 10 parts shell, 60 parts white, and 30 parts yolk. The white of an egg contains 66 per cent. water, and the yolk 52 per cent. Practically an egg is animal food, and yet there is none of the disagreeable work of the butcher necessary to obtain it. The vegetarians of England use eggs freely; and many of these men are 80 and 90 years old, and have been remarkably free from sickness. Eggs are best when cooked four minutes; this takes away the animal taste, which is so offensive to some, but does not harden the white or yolk so as to make them difficult to digest. An egg, if cooked very hard, is difficult of digestion, except by those persons possessed of stout stomachs; such eggs should be eaten with bread and masticated very finely. Fried eggs are much less wholesome than boiled ones. An egg dropped into hot water is not only a clean and handsome, but a delicious morsel. Most people spoil the taste of their eggs by adding pepper and salt. A little sweet butter is the best dressing. Eggs contain much phosphorus, which is supposed to be beneficial to those who use their brains much.—*Exchange.*

"Can you tell me what sort of weather we may expect next month?" wrote a subscriber to the editor and the editor replied as follows: "It is my belief that the weather next month will be very much like your subscription." The inquirer wondered for an hour what the editor was driving at when he happened to think of the word "unsettled." He sent in the required amount next day.

Unavoidable delay—"It's three-quarters of an hour since I ordered that turtle soup," snapped the angry guest at the restaurant.

"Yaas, sah," said the waiter, with an obsequious bow, "but de turtle done make his 'scape, sah, and dey had to chase him 'bout a mile, sah."—*Detroit Free Press.*