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Cooking Vegetables

While boiling vegetables the nutrients soluble in water may be dissolved out and lost. The nutrients liable to be lost include protein compounds, mineral constituents, and sugars. The Minnesota and Connecticut Experiment Stations have conducted interesting experiments in connection with this subject. The first experiments were made with potatoes, which were boiled under different conditions, and the loss determined. When the potatoes were peeled and soaked for several hours before boiling, the loss amounted to 52 per cent of the total nitrogenous matter and 38 per cent of the mineral substance; when the potatoes were peeled and put into cold water, which was then brought to the boiling point as soon as possible, the loss amounted to about 16 per cent of the nitrogenous matter or protein and 19 per cent of the mineral matter; potatoes peeled and placed at once into boiling water lost only about 8 per cent of the nitrogenous matter, although the loss of mineral matter was about the same as in the preceding case; when, however,

potatoes were cooked with the skins on, there was but a trifling loss of matter, either nitrogenous or mineral. In the baking of potatoes there is practically no loss other than the very little which may escape in the moisture given off.

To obtain the highest food value potatoes should not be peeled. When peeled, there is least loss by putting directly into hot water and boiling quickly. Even then the loss is considerable. When potatoes are peeled and soaked in cold water the loss is very great.

It is also been found that considerable losses occur in the boiling of other vegetables such as carrots, beets and parsnips. The loss in the mineral matter is serious, as vegetables furnish mineral materials from which teeth and bone are formed. Vegetables should be boiled in large pieces and in as small a quantity of water as possible.

To prevent the serious loss which occurs when the water in which vegetables have been boiled is thrown out, the water should be boiled down and used in the making of the sauces which are to be served with the vegetables.—F.C.N.

Woman and the Home

An Easter Fancy

In church on Easter morning
The lilies in a row
Uplifted buds of beauty
And cups of fragrant snow.
Between the organ's shadow
And the altar's purple gloom,
I heard them speaking softly
In the language of perfume.
"We are the souls of maidens
Who died in early youth,
Translated by the Saviour
In blossoms white as truth.
Out of the dust and darkness,
He called us, and we came,
In joyous resurrection,
To glorify His name!"

Minna Irving.

On Teaching Sex Hygiene

This subject has been pretty well threshed over the last year or so in both lay and medical literature. It is the consensus of all thinking individuals that sex hygiene should be taught the young more generally than it has been in the past, but the time, place and manner of teaching it have been rocks on which opinions have divided. Physicians, ministers, teachers and educated people in general have been heard from on this matter, but very little from the person most vitally concerned in the child's welfare—the mother herself.

The school is not the place for teaching sex hygiene, but the Mothers' Club would be the place. Only, do come before the mother in a practical way. The scientist is so seldom a good lecturer or teacher for the average non-scientific audience. I have talked with some of the mothers who have attended lectures of this nature. They came away horrified, disgusted, but not practically impressed; nor did they seem to have received the idea that the matter has any connection between them or their duty. To give such a talk to the mothers in the same way as it would be given to a body of medical students is a waste of time. To present the fact is one thing, to deduce instruction and moral guidance is another. Moreover, some mothers will need to be told not merely what to do but how to do it.

Help the mother to understand that the matter is not merely a subject to be suddenly discussed at puberty, but that it must gradually be instilled from the first moment that the baby becomes conscious of and curious about his little body; that the knowledge should not be given all at once, but bit by bit as the child develops; that sexual morality is the base of all wholesome life and can not be suddenly produced at any certain period, but is gradually developed through the emotions, the spirit and the will.

Let the mother understand the exuberance of young manhood, and that physical labor and athletics are better than "purity" books. Indeed, some of these so-called purity books, especially those that take the most awful instances of depravity from medical and legal records and put them in the form of a romance, are eminently unfit to be read by young or old.

It would be difficult to find in the world's literature anything more salacious than certain novels put forth—alas that one should have to say it!—by a woman. A well-meaning woman, no doubt, but fearfully misguided. It would be impossible, in an article like this, even to outline the plot of one of these in particular, so vile and revolting is it; yet this is "purity" literature, indorsed by a certain woman's organization and by "reformers," for circulation among young people.

In dealing with this subject one must be simple, one must be wholesome, one must be true. Any abnormal view of the matter is bad. There is another class of theorists who would make of our girls prudes and Puritans, and that is almost equally bad for the race.

I have given especial consideration to the young girl, because she will be most disastrously affected by any mistake in the matter. And never in the history of our country have our young girls stood in need of such careful protection and guidance as now.

Children and Thunderstorms

Anne Guilbert Mahon

"I am ashamed of myself," confessed a woman, "but I simply go all to pieces in a thunderstorm. I can not help it. I am terrified to death, even though I am in the house with all the windows closed."

Friends who had seen this woman in her hysterical distress during even a mild thunderstorm knew that she spoke the truth and that although she had tried hard, she could not overcome the unreasoning terror and nervousness which possessed her at such times.

"I inherit it from my mother," she explained. "One of my earliest recollections of mother is that she acted in just the same way. She would darken the house and make us children all go into the parlor and sit still. Then she would walk up and down, wringing her hands and crying at every flash of lightning and peal of thunder. We children used to cry, too. Thunderstorms were dreadful things in our house, and I can never outgrow my horror of them."

Inheritance, perhaps, it was of the mother's nervous, fearful disposition which had clung to the daughter all through life, even when she was a grown woman and ashamed of her terror in electrical storms, but it is more probable that the terror, the distress, impressed so strongly on the minds of the little children established a tendency to unreasoning fear of the lightning which affected their whole after lives.



"Nawata Swinley Li Lien," the highest priced Pekingese. A record price for a small dog of the toy variety was paid at Madison Square Garden when Mrs. A. L. Holland bought a Pekingese spaniel, Nawata Swinley Li Lien for \$2,000 from Mrs. M. E. Harby. The dog has been judged the best of his breed in this year's Westminster Kennel Club show, and also won the blue ribbon for being the best "toy" of any breed. It is worth its weight in gold.

What an example of fear, of lack of self-control, of nervous hysteria this mother had given to her children! Instead of soothing whatever terrors they might have had during the vivid flashes of the lightning and the alarming peals of thunder, she not only aggravated their fright, but fostered it, actually inculcating in their impressionable natures an unreasonable fear of electrical storms which they would find it extremely hard ever to get rid of. Few mothers of the present day would pursue such a course. Such incidents we hear of only in the "good old days of long ago," and good it is for the children of the present generation that we do.

There is no need for any child to be taught to fear an electrical storm. Some children are naturally timid and easily frightened. These must be reassured and comforted especially during such a storm, but never should the mother let the child see that she, herself, is frightened. This is one of the occasions where a mother can help to inculcate self-control and courage in her children.

A baby in his high chair, too little to express himself, began to cry as a loud peal of thunder alarmed him. His mother quickly took him in her lap and, little as he was, explained to him quietly and cheerfully (being careful not to show any apprehension of nervousness herself) just what the noise meant. She showed him the sky overcast with dark clouds. Together they watched the clouds "bump together." Then, when the thunder rolled the baby looked up first into the sky, then into his mother's cheerful, reassuring face, and laughed aloud. Nevermore would the thunder be a source of terror to him. It aroused in him interest and,

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