

every preparation of milk, thickened with cornstarch, and variously colored, according to the other ingredients. It is a valuable food for the convalescent, as beside the milk there is a certain amount of nourishment in the corn flour. Recipes for making come on the package in which it is put up.

The ingenious cook will devise many variations. A well-beaten egg can be added to each cupful of milk used to increase the nutriment. If coconut is liked, and can be digested, a dessert-spoonful can be used to each cup of milk. Grated chocolate, or cocoa, is frequently added.

IRISH MOSS, ETC.

Irish moss is a seaweed. Iceland moss is a lichen, and when dried, is said to contain more starch than potatoes, and more flesh-forming material than oatmeal or corn. Ceylon moss is also a seaweed used for food, but is seldom seen in this country. They all may be utilized in the preparation of delicate dishes for the invalid.

To make Irish moss blanc mange, soak a quarter of a cupful of the moss in two cups of milk, having first washed it in cold water. Add a very little salt, as much sugar as desired, and flavor with lemon, or vanilla, if preferred. Some persons like the peculiar flavor of the moss without any addition.

Irish moss jelly is made by soaking the same quantity of moss in cold water until soft. Put it in one cup of boiling water and simmer until it is dissolved. Flavor with lemon juice, and sweeten. Strain through cheesecloth into a mould. Cream may be eaten with any kind of blanc mange. If the invalid can take it, whipped cream makes the plainest dish more appetizing.

TAPIOCA.

Tapioca jelly is much liked by some persons. It is made by cooking a quarter of a cup of pearl tapioca in one pint of milk or water until it is entirely dissolved. Sweeten it, and flavor to taste with lemon, vanilla, or almond. A beaten egg can be added to the milk before it is cooked. Farina, rice, and arrowroot, can be made into jelly, or blanc mange, in the same way.

It should be remembered that tapioca, which is made from the root of the cassava, a South American plant, and rice and arrowroot are composed chiefly of starch, and, therefore, require the addition of milk, cream, or eggs, to make them of much nutritive value. Starch furnishes heat and energy to the body, but cannot supply the flesh-forming material. Starch is of great value in its proper place in the diet.

OATMEAL.

Well-prepared oatmeal, served with milk or cream, is an ideal food for the convalescent. Put one cup of oatmeal in a double-boiler with a little salt and three cups of boiling water. Do not stir, and let it cook for three hours. A short time before removing it from the fire, take off the cover to let the steam escape. All cereals require long cooking; even the steam-cooked cereals should be cooked at least twice as long as is directed on the packages.

A double-boiler can be improvised by setting a tin pail, or tin can with a tight cover, in a saucepan of boiling water.

Corn meal and barley flour can be used to make porridge and give variety to the diet. Farina is made from wheat, and is delicate and delicious if properly cooked.

Figs, prunes, and dates, stewed until soft, can be cut in pieces and mixed with any of the cereals before serving them.

CURDS.

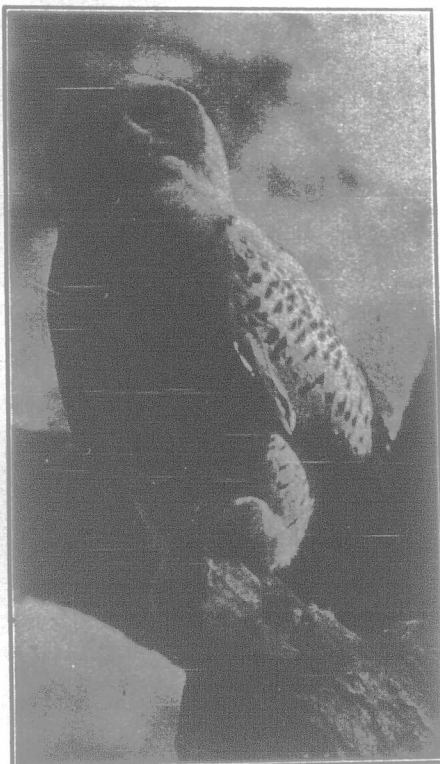
Milk contains an element called casein, which is coagulated, or rendered firm, by rennet, a substance prepared from the lining of a calf's stomach. It is sold either in liquid or tablet form.

To make curds, or rennet-custard, warm a pint of milk until just lukewarm, if too hot the rennet will not act on it. Sweeten it slightly, and flavor with vanilla if liked. Add half a tablespoonful of liquid rennet, or half a rennet tablet. Pour it into the dish in which it is to be served, and let it stand until firm. It should be eaten with a little cream.

EGG JUNKET.

To render curds still more nourishing, eggs can be added. Separate two eggs, beat the whites until stiff, and the yolks until they are thick, add them gradually to the whites, beating constantly. Heat one pint of milk lukewarm, with two tablespoonfuls of sugar and any flavoring preferred, vanilla, lemon, cinnamon, or nutmeg. Pour this over the beaten egg and stir in half a junket tablet dissolved in cold water. Serve cold.

It will be seen that many nourishing dishes can be prepared for the invalid with comparatively little trouble. He need not be offered plain bread and butter, with jam, or cake added, when there is such an abundance of more suitable food to choose from.



A Visitor from the North. Arctic Snowy Owl.

The Windrow.

A \$100,000 hotel in El Centro, California, is to be named "Barbara Worth," after the heroine of Harold Bell Wright's novel, "The Winning of Barbara Worth."

All nations have been invited to participate in the celebration that will mark the end of the century of peace between Great Britain and the United States:



The Egret in a South Carolina Forest.

It is stated that moving-picture houses are driving saloons out of business in parts of the United States.

"The United States cannot compare with Great Britain in the rate in which it is reducing its national debt. While the annual budget which Mr. Lloyd-George has to provide is nearly one billion dollars, out of this \$60,000,000

is put aside every year to reduce the debt. Fifty years ago it was \$4,100,000,000, while now it is \$3,800,000,000. At the present rate, it will take fifty-five years to extinguish the debt, if there is no war."—The Independent.

Mrs. Julia Ann Henson Wheeler, daughter of Rev. Josiah Henson, the original of the character "Uncle Tom," in Harriet Beecher Stowe's story, "Uncle Tom's Cabin," died at Flint, Mich., recently, at the age of seventy-two years. Mrs. Wheeler spent most of her life at Chatham, Ont.

At the last International Anti-tuberculosis Conference held in Brussels, Belgium, the belief seemed to be very general that children are most susceptible to infection by tubercle bacilli, and that a large percentage of infections take place in childhood, even though the disease may not develop until adult life. It was pointed out that the conditions which predispose an individual to tuberculosis are want of proper food and air, unhealthy trades, and the like, which prevent the individual from producing a sufficient quantity of good blood to nourish the body and defend it against the bacilli. Dr. Bruck, of Berlin, also called attention to the fact that bad teeth, which impede the absorption of food, and adenoid growths in the nose, which prevent proper breathing, both contribute to infection by tuberculosis, particularly in children.

The word that stands at the center of what has to be done is a very interesting word indeed. It has hitherto been supposed to be a word of charity, a word of philanthropy. This word is "service." The one thing that the business men of the United States are now discovering, some of them for themselves, and some by suggestions, is that they are not going to be allowed to make any money except for a quid pro quo; that they must render a service or get nothing, and that in the regulation of business the Government must determine whether what they are doing is a service or not. Everything is business, and politics will be reduced to that standard. The question is, "Are you giving anything to society when you want to take something out of society?" A large part—too large a part—of the fortune-making of recent decades has consisted in getting something for nothing. I do not include brains in the category of "nothing." A man is entitled to the earnings of his brain. I want to declare for my fellow citizens this gospel for the future, and the man who serves will be the man who profits.—Woodrow Wilson, President, U. S. A.

dining-table, and the farmer can afford to be generous in giving away thistleseed. As eaters of weed seed, the finches are joined by some fourteen species of sparrow. To you, oh healers of our plague, is hereby tendered the gratitude of our spud and us! For, from our attention to the new and lusty weeds, we cannot well spare time to shape these notes to the dignity of an article. Without our helpers, we should be—under the weeds.

And then to the insect-eaters. If we were a poet we might begin:

I've seen grubs crawlin',
Full many a fall in,
Their wicked way squirming o'er wood-
land and lea—

But we're not a poet. It won't do. Still, the "varmints" are there. There would be more of them without vermivorous birds. There would be fewer if we had more birds.

To name a few of our insectivorous birds, first, in the fields, are the sparrow tribes again, the meadowlark and sandpipers; in the orchard and woods, the chickadees, nuthatches, woodpeckers, and thirty-three species of warblers, the waxwings, orioles, and six species of vireos. These are but examples from long lists, for we have many birds, and practically all are insectivorous, even to the owls in straits; seed-eaters feed their babies on insect and worm-meat. Then, man has some feathered guardians of his person to thank. These may also be called housemaids, who, however, do their work out of doors. Not to be mysterious, they are the swallows, the nighthawk, and whip-poor-will, that dine upon the ants that are such abiding visitors if once they reach the cupboard, the house, and other flies, and those maddening musicians, the "muskitties"!

For the mice, the much-abused owls and hawks are willing to do good service if unmolested. Justice is done to them by C. W. Nash, in a book that travelled out to us some time ago. Wholesome, in brown-paper covers, it is numbered, like a convict or an automobile, 173. This is "The Birds of Ontario in Relation to Agriculture," and is one of the few good things one gets gratis. We are indebted for it, of course, to the Ontario Department of Agriculture, Toronto.

But with all these protecting birds, we and our farms are not protected. Perhaps we are ashamed of the reasons. We allow our birds to be killed, or, not content with that, we take an active hand in the slaughter. They have enemies among themselves; of these, the cowbird, that bird without morals, deserves the least mercy, it would seem. But apart from themselves, we find blame laid on the domestic cat—a convenient article, always, to lay blame upon. But the worst of all bird enemies is the domestic cat that sallies forth in winter millinery of gorgeous plumage and stuffed birds. Statistics are shocking affairs sometimes; shockingly tiresome, you may say. When, in four months, New York dealers were supplied with 20,000 birds from a single village, don't you think it would be an active pussy that would keep pace in butchery with feminine vanity? The estimates of millions of dollars annually to different Provinces where insects have gained the upper hand, are believed by thoughtful persons to be too low. Common sense must come to the rescue, either in our laws or our women, or better, in both. Farmers' wives, with the butter-fat test purses, cannot afford birds in their hats at the price of grasshopper-eaten pastures. The study of birds, besides being of hard-cash farming value, is fascinating. One spring we became so enthusiastic over it that in our dreams we chased a wonderful bird, which, on being cornered, resolved itself into a mild form of barn-yard hen. Ornithology will lead naturally into entomology. In the latter study, also of vital interest to the farmer, we are not astoundingly learned, though some of us may have a glimmering idea that sawflies and cutworms, on which so many of our birds sharpen their appetites, may or may not belong to the same genus as swordfish.

But how are we to protect the birds? Plant trees near the house; keep cowbirds' eggs out of the nests that may be built there. Keep the cat in the barn at nesting-time. Keep our wives and

Wild Birds, Their Relation to the Farmer.

"A canary a-tilt on a thistle is fit for a poet's dream." To a farmer with eyes to see he is more. That farmer will say, "Go ahead, my boy; there's a streak of yellow in you, but it's pure gold." For, you see, the thistle is the gold-finches' combination orchestral chair and