

THE HOMEMAKERS' PAGE

Conducted by

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This Page will be Open for All Reports of Homemakers' Clubs and Communications of Interest to the Movement.

To the Homemakers' of Saskatchewan

With kind greetings and all good wishes for your health and happiness during the coming year.

*Every morn is a fresh beginning,
Every day is the world made new.*

—Tennyson.

IMPORTANCE OF VENTILATION

By MRS. ARCHIBALD.

THE importance of ventilation is very much under-estimated by the great number of householders and homemakers. It is just as necessary to have good air as good food, and ventilation is as necessity instead of a luxury. Oxygen is the all-important element of the atmosphere and without it we can have neither life, light nor heat. The atmosphere we breathe is composed principally of one part oxygen to four parts nitrogen, together with more or less vapor, and oxygen is the life sustaining quality of the air. There is also present in the atmosphere carbon dioxide, the substance we breathe out from the lungs, which when present in large quantities causes headache and is detrimental to health. There is also poisonous matter thrown into the air or given off by our bodies which is also a source of danger to health. For example, confine a person in a tight enclosure. That person will live as long as there is oxygen to breathe. The oxygen will eventually

be consumed and the person will choke or suffocate, being poisoned by the impurities exhaled from his own body. If our exhalations are poisonous to ourselves, what then may be said of the risk entailed by living or even temporarily occupying crowded rooms such as offices, work-rooms, railway coaches or places of amusement where we are breathing the foul air exhaled from the lungs of other people, some of whom may be suffering from tuberculosis or other diseases, and so contaminate the air with germs of such diseases. This is a fact that should be carefully considered by every thinking person, yet some appear to pay little attention to it and are quite at home and happy in such an atmosphere and have still the old-fashioned idea that if a window is open they will get their death from draughts. Personally, I would prefer the latter form of death.

The need for ventilation has long been felt by physicians, scientists and engineers, and many books have been written on the subject, one of the most authentic American works being that of Dr. John S. Billings, of Washington, D.C., whose book on warming and ventilation is accepted as a standard authority, and would be the saving of a good many doctor's bills if more of us read and practiced it. Besides a great many other books by other authorities that we can get hold of in our libraries if we would take the trouble.

It has been recently stated that within

a certain congested district in the city of New York there are 70,000 consumptives. There is no question but that this terrible showing is due to overcrowded offices, sleeping rooms, work shops and street cars might also be included, where the admission of only a very small percentage of fresh air, according to Dr. Billings, would work wonders in the elimination of the disease.

The average person spends one third of his or her life in the sleeping room, and often we find the windows hermetically sealed, and if not, only a small ventilator in the storm window which is really of very little use. All windows should have a proper sized opening, or arranged so that they will push out, as a great many of our windows in the city do. Without the necessary amount of fresh air to breathe during sleep we cannot relax or rest as we should. Consequently we wake up in the morning drowsy and more tired than when we went to bed and we wonder why it is, besides having a pale, sickly look, the face often having a blotched appearance because the blood has not had sufficient oxygen supplied it to destroy the waste matter it is endeavoring to carry off. Sleeping rooms should therefore be well ventilated and the bed arranged so that no severe draught is felt by the occupants. And there are methods that can be employed by everybody, although the proper method of ventilation is to have a separate pure air supply tempered by heating and a ventilating duct leading from each room to the main ventilating stack of the building.

It is to be hoped that the time will soon come when we will pay more attention to the ventilation than to the furnishing of our homes.

Fortunately in the last few years rapid strides have been made in the methods of ventilation employed in the public school buildings and in many places laws have been enacted which make it imperative that certain forms of apparatus be used to give the school children a proper supply of fresh air, and the school building in the near future without the provision of an adequate ventilating and heating apparatus will be an unheard of thing.

Now let us pay more attention to our homes, and in building a new home let the first question on your mind be the ventilating system, for it remains after all, a great deal with the homemaker the improvements in the house, so let us not fail to see that as well as supplying our families with simple, wholesome food to eat, we will also supply them with pure fresh air to breathe, which God gives to us all free of charge.

SELECTED RECIPES

RAISIN BREAD—Raisin bread will take the place of cake on the table and in the lunch basket for the children, as they are very fond of it; and for afternoon tea, also, it is more appreciated than a great many of the cakes passed around which are often poorly made and indigestible. A supply can be made with a small amount of effort which will keep fresh for at least ten days in a tin box. Those of you who have been following our recipes for a yeast mixture, which we keep on hand, can proceed at once to make it, and for the benefit of others I will repeat the recipe given last week:

8 large potatoes, mashed.
1-2 cup flour.
1-2 cup sugar.
4 quarts water, luke warm.
2 Royal Yeast cakes.

This mixture we put together and let rise until light and foamy, in a warm place and then put away in the cellar until required. To make our raisin bread use the following proportions:

1 quart yeast liquid.
4 tablespoons sugar.
4 tablespoons shortening.
1 tablespoon salt.
1-2 lb. raisins.
1 egg (if desired).

Flour to make a stiff dough.
Method—Put sugar, salt and shortening in mixing pan and melt with a little hot water, pour in yeast mixture, add flour to

make a batter and add egg and raisins, beat, then add enough flour to make a stiff dough that will not stick to hands or board. Allow to rise like white bread and put in pans, let rise again and bake slowly.

BACHELOR'S BREAD—(With baking powder) Nearly every one makes baking powder biscuits, even the bachelors on the homesteads become very proficient along this line, as they are quickly and easily made, and this of course, appeals to our male cooks on the prairie, who haven't much time to devote to the culinary art. For a change instead of cutting out the same shape biscuits why not shape the dough into a loaf instead which will slice nicely for the table and keep a great deal longer than the small, round shapes.

A good standard recipe is as follows:

1 quart flour.
2 tablespoons lard or butter.
2 tablespoons sugar.
2 teaspoons salt (level)
2 cups sour milk.
1 teaspoon soda.

Method—Sift flour, salt and sugar into a basin, rub in shortening lightly, stir soda into milk then add to flour, mix slightly, then turn out on floured board and knead lightly until smooth, shape into loaves and let stand thirty minutes, then bake in slow oven 45 minutes.

The Milestone Homemakers' Club

The Milestone Homemakers' have held nine meetings from December, 1914, to December, 1915. In place of holding a meeting in May they gave a tea to raise money for club delegates, in July it was rainy and disagreeable and in September a Mystery Lunch was given to raise money for the Red Cross.

The membership for the year totals 87, and the attendance for each month was as follows: December, 28; January, 46; February, 52; March, 43; April, 51; June, 41; August 41; October, 33; Nov. 27.

The work the club has undertaken for the year has been the treatment of Lucille Hire, at the Orthopedic Hospital, Toronto the sum of \$500.00 being raised in fourteen months to pay for her treatment in the hospital.

At the June meeting of the club it was decided to dispense with the club exhibit at the Regina Fair and do Red Cross work instead. Sixty yards of flannelette was donated to the Patriotic Fund, \$50 realized by serving the Mystery Lunch, and \$100 raised by giving a box social and dance have been sent to the Red Cross.

At one of the meetings it was decided to endow a bed in the Saskatchewan Field Hospital. The Hospital Fund closed before the contributions were all collected and the amount which was \$30.20 has been divided between the Patriotic and Red Cross Funds.

At the November meeting it was decided that \$10 be sent to the Belgian Relief Fund.

The relief work of the year embraces clothing amounting to 878 lbs. given for provincial relief, with other clothing valued at \$507 for local, provincial and Belgian relief.

The following officers were elected for the ensuing year:

President, Mrs. O. E. Windrum; Hon.-Pres., Mrs. A. J. Bradley; Vice-Pres., Miss H. Cameron; Sec.-Treas., Mrs. H. E. Greer, Milestone, Sask.; Club Reporter, Mrs. A. J. Bradley; Directors, Mesdames Ruddy, A. Ross, Heywood, McClelland, A. Bradley, and F. Schuffner. Refreshment committee, Mesdames Ewart, Long, Ruddy, and Miss Waddell. Program committee, Mesdames Thompson, Turner, and Miss G. Renwick. Librarians, Mesdames Stewart and Cunningham.

(Miss) MAYSEL UNDERWOOD, Secretary of Milestone Homemakers'.

The Cut Knife Homemakers' Club

The annual meeting of the Homemakers' club was held at the home of Mrs. Nelson. The meeting was called to order by Miss A. Kennedy, president, and the usual

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