

#### KITCHEN WISDOM.

both the stove and the occupants of the room. This oxygen is replaced by impure carbonic acid gas, the breathing in of which is highly injurious. Hence the housekeeper has attended carefully for ingress and exit openings for these, and has attained the perfect ventilation for which she boasts her progressiveness.

Let her think for a moment, all this time she places in her oven, light pastry or substantial bread-loaves, carefully closing all oven doors. If she uses the Aerated Oven, their appearance, when removed, will be tempting in the extreme. What produced the heat which acted upon them? Simply the union of oxygen with the carbon in the fuel. The heat, then, must be composed of carbon and oxygen, and other oxygen compounds, and these poisonous ingredients are absorbed by the food in its absorption of the heat. It cannot be otherwise, for the escape was impossible in the old fashioned oven. Then your dainties, ye careful cooks, contain ammonia, carbonic acid gas and other such poisons, carefully disguised by that which makes them extremely tempting to eye and palate, and these you offer to your loved ones. But that, among the more progressive people, is a thing of the past.

