

final drying. In the olden days green tea used to be colored with Prussian blue or dried in copper kettles, but this has been done away with. The chief difference now is in the fermentation, which renders the tannin insoluble. Tea should never be boiled, but always made as an infusion. Pour boiling water over the tea and let it stand five or six minutes—not longer, or too much tannic acid will be extracted. The practice of allowing tea to boil, or of using leaves twice, with a small additional supply for the second pot, cannot be too strongly condemned. After the tea has stood five or six minutes the liquid should be poured off the leaves into a hot teapot, so no more tannin will be extracted. It can then be kept hot for any length of time.

Tea in itself has no food value. It is, however, a stimulant to the nervous system. Taken in moderate quantities it is not harmful. Where the mistake is made is either by taking too much or by drinking tea which has not been properly prepared.

Coffee, like tea, has to be cured by heat. It is a berry which has to be roasted to produce either odor or flavor. Coffee affects the nervous system much the same as tea, the stimulant being caffeine. It is said by some that a cup of strong coffee will relieve headache. This is due to the stimulating effect of the large amount of caffeine extracted in the preparation, and the nerves are over stimulated to renewed action. Later a feeling of lassitude will be felt, as coffee is a heart depressant as well as a nerve tonic. When first taken the heart beats more forcibly and rapidly, but this soon changes, and a heavy, stupid feeling is the result.

Cocoa was first taken to European countries from America, Columbus having carried it from Mexico in 1520, before either tea or coffee had been introduced into Europe. Cocoa is prepared from the seeds of a fruit which resembles a cucumber in appearance. These seeds, like black tea, are allowed to ferment, and are then roasted. This produces a dark color, and takes away the bitter taste of the seeds. They are then passed through hot rollers, which melt the seeds and removes part of the fat. The chief difference between chocolate and cocoa is that the fat is not removed from the chocolate. Cocoa has considerable food value, and has no injurious effect on the nervous system.

Of milk, we cannot take too much. Too often those who have to buy it think of it as a luxury which they can afford to take only in limited quantities. This is a mistake. It is one of the cheapest animal foods we can buy. In regard to its nutritive value, milk stands very high, and its worth is not appreciated as it should be, especially when we compare its cost with its value as a food. There is as much nourishment in a quart of milk or buttermilk as there is in a quart of oysters or a pound of beef.

No home-made beverage is more wholesome and delicious than those made with fruit syrups, and every housewife should provide a few jars of each in the season of small fruits. From analysis it has been proven that apples, berries, and stone fruits furnish a rich pure blood that nourishes strong muscles and a clean physical economy. It is perhaps not interesting to the average housewife to learn the amount of carbon, starch, albumen, and sugar this food contains. What she does wish to know is the best nourishment for the brains and bodies of those of her household and how to serve it so as to be healthful and attractive. Beverages made from our fresh fruits are both nourishing and refreshing. Properly made and stored, they keep as well as canned fruits, and, besides making delicious drinks, these fruit syrups are fine for flavoring ices, creams, and other desserts. The fruit syrups require more sugar than jellies and should be made from perfectly ripe fruit. Use granulated sugar, earthen or graniteware vessels, and wooden or silver spoons. When done, they can be bottled, but are more convenient when kept in pint size fruit jars.

For currant syrup.—Wash, drain on a cloth, and stem the currants; mash thoroughly and set in a warm place for twenty-four hours, or until fermentation begins (this destroys the pectin contained in the fruit, and prevents the juice from jellying). Drain the juice through a cheesecloth bag that has been wrung out of hot water; measure and allow two pounds of sugar for each pint of juice. Set over a slow fire and stir constantly until every particle of sugar is dissolved. As soon as it is boiling hot take from the fire, skim, and when cold pour into jars and seal. Make

cherry, raspberry, or a combination of raspberry and currant syrup in the same way. Use about a quarter of a glass of syrup to a glass of cold water.

For strawberry syrup.—Put four pounds of sugar over the fire in five cups of cold water. Stir constantly until the sugar is dissolved, measure, return to the stove, and boil steadily until a little dropped in cold water can be rolled between the thumb and finger. Have strawberries mashed and strained as for currant syrup; add one pint of juice for every quart of syrup, stir well, let come to a boil, skim, and seal hot, filling the jars to overflowing. Make pineapple and gooseberry syrup in the same way. We might mention that the juice of the pineapple is highly valued on account of its digestive qualities.

Delicious lemonade can be made from lemon syrup. Grate the yellow rind from six lemons, being sure that the lemons have been well washed, and mix it with three tablespoons of powdered sugar. Squeeze the juice from one dozen lemons and strain out the seeds. Boil the sugared rind for five minutes in two cups of water, add the juice, and for every cup of liquid allow one and one-fourth cups of sugar; stir until the sugar is dissolved, boil five minutes, skim, and seal hot.

Strawberry vinegar.—Wash, drain and hull ripe strawberries; put in an earthenware vessel, and nearly cover with cider vinegar, and let stand one or two days. Scald and strain; allow one cup of sugar for each cup of juice; stir until sugar is dissolved, then simmer for fifteen minutes. Skim often and seal hot. Currants, raspberries, or cherries are nice made in the same way.

Orangeade is nice made in the same way as the ordinary lemonade, substituting the juice of the orange for that of the lemon; or the following recipe makes a delicious orangeade, and is always ready: Grate the rind and squeeze out the juice from six oranges; add four pounds sugar, one quart of water, and three ounces of citric acid; let stand twenty-four hours, strain and seal. Use two or three tablespoons of the liquid to a glass of water. The citric acid of this recipe sounds much more indigestible than it really is, as it is simply the acid of lemons, limes, and other fruits, and is generally prepared from lemon juice.

For iced cocoa.—Boil half a cup of cocoa, three-quarters of a cup of sugar, and one cup of water to make a rich syrup. Put this in a jar on the ice, and it is ready to serve at a minute's notice by simply adding a large spoonful to each glass of cold milk.

Grapes are so prized for their medicinal value that I must add a word in their favor. Their free use has a salutary effect on the system, diluting the blood, and dispersing scrofulous humors. The juice of the grape, swallowed slowly, has a healing influence on the tonsils, and is curative in bronchial inflammation. Grapes have also a tonic effect on the liver and kidneys. To make unfermented grape wine put ten pounds of crushed grapes in a porcelain kettle with one quart of water and bring to a boiling point; strain through a jelly bag, add three pounds of granulated sugar, boil for a moment, and seal while hot.

Keeping Boys on the Farm

MRS. W. R. SWAIN, of the Val-entia Branch, Women's Institutes, contributes some valuable advice on this subject.

That this paper may be practical, I write these few thoughts more especially to the members of our Institutes, who have their little boys around them, as it depends very much on how they are brought up whether they are fond of home.

Boys seem to grow away from a mother's care so much earlier in their lives than our girls do. For this reason we need to lose no time in instilling into their young minds thoughtfulness. To do this we must not deceive them. They will have their little troubles, but let us help them out of them, let them feel that mother cares.

Starting to school will be their first getting away from home. Our children should be our most important work, and the effect of our work and care will last throughout eternity. How important then that we instill right principles into their young minds.

Order seems to be one of the chief essentials. To make our homes attractive let the boys have a place to put their belongings, and see that they are kept there. It will save much con-



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