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studied. As with the elk its locality must be always penetrated in the face of the wind. The bull moose in rutting season, September and October, is more reckless than any other time of the year and is also extremely curious, so during this period offers the best chance to the photographer.

The bear, with the exception of the grizzly, is seldom dangerous and when met up with will generally take to his heels. The same general rules that apply to the picturing of deer can be followed in its case.

As before stated the taking of pictures of all of the above mentioned animals requires money and plenty of it. But there is a field, equally as large and interesting, among the smaller animals such as gophers, squirrels, muskrats and many other quadrupeds that make their homes in regions fairly easy of access even to the person not favored with extensive means. In addition to these are the many varieties of song and game birds which are to be found in the country even in old settled communities.

Of the game birds the wild geese and ducks are perhaps the most difficult to snap. Migrating as they do annually they cover almost the entire length of the North American continent on this flight which requires rest at various intervals. Always, wherever the stop, are gunners on the lookout. For this reason they have become naturally hard to approach and only long waiting on the damp reedy shores of sloughs, rivers or lakes with special appliances to the camera will secure their portraits.

The field of camera hunting is however wide and varied. To the person whose sensibilities revolt at the cry of a wounded or dying animal but who has at the same time a leaning toward the wild, the camera hunt offers a pleasing substitute for the gun. To the student and lover of the wild things this form of chase will add materially to his knowledge of bird life and animal habits. For often during long waits for some desired picture little peculiarities of the hunted thing, never before noticed, will be brought to the attention. One thing at least is always guaranteed, absolute accuracy and exactness of detail.

A good camera, not too heavy, equipped with a shutter working at any speed from time to 1-1500th of a second, plenty of patience, nerve, knowledge of the wild and the ability to put up with many failures, are the chief requisites for success in producing on paper the creatures of the wild.

## Table Talk From the Kitchen Kemist

Written for The Western Home Monthly by Dr. Leonard Keene Hirshberg A.B., M.A., M.D., (Johns Hopkins)

Not long ago, on my medical rounds, it occurred to me to ask my patients whether they had any scales in their kitchens or in the house for that matter. My reason on that day was to weigh a package of powder that I had with me, but I am now using the information for another purpose. Well would you believe it, I made professional visits that day into thirty-three homes and nary a one of them had a pair of scales downstairs, upstairs, or in my lady's chamber. And although I have written books, delivered lectures and given demonstrations since then to hundreds of patients as to the importance of kitchen scales, with which to weigh foods, it has all been in vain.

There are few housewives indeed who ever weigh samples of their foods, then weigh the scrapings, peelings, and refuse, and the food to be cooked. Still more infrequent, if that is possible, is the weighing of the cooked food just before it is served upon the table. Finally, who in the congregation is there that ever weighed the waste, the bones, and the table remnants? Yet every step thus mentioned, means the health, happiness, and low cost of living to the home circle.

As animal food is cooked it necessarily decreases in weight because of the loss of water, but the vast majority of vegetables, particularly cabbage, sauerkraut, turnips, hominy, corn, and barley increase their bulk by the absorption of water. Four pounds of beefsteak when broiled or boiled loses one-fourth of its weight, when roasted it loses one-third of its

weight, and when baked almost as much. Mutton suffers much more in the same way. Yet meat is less nutritious as well as less sanitary in the uncooked, raw state, so you must pocket your losses accordingly.

Cereals are apt to gain or lose in weight with respect to the pantries in which they are stored. Flour gains three per cent in weight in a damp store and loses three per cent in weight stored in a dry room. One hundred pounds of uncooked cabbage contains less than eight pounds of solid matter and nearly three pounds of these disappear in cooking. Unpeeled potatoes suffer no loss of solids when boiled, but if their jackets are off, good night! The very best as well as most aromatic portions go by the board.

A hundred pounds of spinach contains ninety pounds of water, and only seven pounds of food are left after it is cooked. In other words, for every dollar's worth of spinach you buy, your stomachs only receive seven cents worth—always with the assumption that one cent equals one per cent of the cost price. Celery is about the same as spinach.

On the other hand merely weighing vegetables after cooking without extracting water will show these increases in weight. When cooked one pound of oatmeal becomes eleven and a half pounds; one pound of Quaker oats becomes the same, a pound of Mother's oats becomes nine pounds; one pound of arrow root becomes fifteen pounds, one pound of lentils becomes two and one-half pounds.

The average person in this workaday world needs must eat a pound of sugar and starch, a half-gallon of water, a third of a pound of meat or other protein, a third of a pound of fat, and a thimbleful of minerals to perform a moderate amount of skillful labor in the twenty-four hours. Fats may be increased or decreased at the expense of starches and sugars, for these may occasionally with impunity replace one another. Children and women require amounts more or less according to their age, weight, and physical exertions.

Even the arbitrary average of four or five ounces of daily proteid food may be entirely done away with for short periods without resulting damage. But fats and starches in five times a larger quantity must be substituted for the absent proteids. Then if digestive disturbances appear upon the scene, back to the human hearth must come your meat or other protein. Dr. Harvey Wiley, Professor Atwater and the psychologists under the direction of Professor John Watson of Johns Hopkins University, have shown that muscular as well as sensory efficiency is conspicuously and quickly lowered, if proteins remain away long from the dietary.

Hence too much stress cannot be laid upon the need of proteins in the human economy. Vegetarians obtain proteins in small and insufficient amounts, and thus are able to deceive themselves sometimes for years before serious troubles follow. Sooner or later, however if hard mental or muscular work is necessary, some serious tissue disturbance follows and efficiency decreases. Meat, fish and eggs are then necessary. On the other hand, retired bankers and manufacturers as well as the great host of nondescript individuals who grow sleek and fat and well groomed with less and less physical exertion, become buoyant, jubilant, and active when they espouse the cause of the vegetarians.

For the reduction in their intake of proteins, which is a necessary concomitant of vegetarianism, is a virtue and an aid to their overtaxed liver and lights that comes irrespective of cannibalism or vegetarianism. In a word it is a sane reduction of the amount of fuel shoveled into their banked fires. A fat and under-worked middle aged man, is like a furnace with the fires banked. All of the heat and energy is yet in him, but combustion is faulty, because his bellows are not sending in enough draft. When such an one overeats, he is adding too much fuel to his ashed-in flame. Since overeating means too much protein—for these foods are the true energizers—and too much protein means too much fish, eggs, and meat, hence, if he is no skilled laborer, no man who works hard twelve hours or more a day; if he works like a banker, a plutocrat, a bartender, a politician, a gambler, or a preacher, an excess of protein food means kidney and liver disease, if not worse. For these privileged classes vegetarianism with all its fallacies, is indeed a boon.