



Home Hygiene.

The numerous healthful "grits" and coarse cereals that flood our markets to-day were unknown in my grandmother's time, but she was never without her corn, rye, or graham bread; barley cakes, hasty-puddings, samp, hulled corn, and a home-made kind of cracked wheat. And how delicious were all these things when served with a generous pitcher of cream which was ever a complement of grandmother's table, at breakfast, dinner or tea. She was sometimes without butter, but the cream was never missing, and more than made up for this lack.

Not long since, I read an able and interesting letter from a standard "M. D." that was certainly very flattering to my grandmother's good sense in her use of cream, advocating it in the place of butter on the ground of greater healthfulness, less labor and economy.

So, sisters, let us all cease to "blow back the cream," when getting the milk from the table. Don't let us skim and skim, hoarding every globule as though it would be wasted unless turned into butter. Have you ever calculated how much butter a pitcher would make, and how much labor also, in the skimming, preserving, churning, rinsing, salting, working, "working over," and packing down? From the ordinary cream-pitcherful not enough for an individual butter-pat, but in its natural state it would supply a family of three or four for a meal of potatoes and pudding.

Most children would "love" cream on their bread and potatoes; would prefer it to butter or greasy gravies; so would many grown people; and, as the "M. D." has said, how much more healthful, simple and economical. I emphasize this last point because to many it will prove the most potent in inducing them to make the change, for some can set before their families the most indigestible and laborious compounds, without a tremor of conscience, who would feel they had committed an unpardonable sin had they lacked in the matter of economy.

Whenever I hear a woman bragging of the quarts of milk she sells (from one cow) to this one and that, of the cream she furnishes a small boarding-house, of her "butter exchange," etc., I know she is robbing her own family, and making indigestion and doctor's bills! Such an one warms up her potatoes in milk of an ethereal hue, with possibly a few molecules of butter as a bait; or, these proving unpalatable, even to throwing away, fries them in lard or drippings. She believes in "pies" and fried cakes, instead of puddings and simple, wholesome cookies or cake. She makes biscuit of baking powder, lard, "skim milk" or water, instead of the thick, sour cream. She gives her family milk most zealously skimmed for coffee and tea, for fruit and cereal puddings, and for drinks. Her family, soon have poor appetites, crave something stimulating, and possibly gratify these unnatural desires by eating highly-seasoned food, or indulging in alcoholic drinks and resorting to the pipe, quid or cigar. When her children have asked for bread she has given them a stone, and principally because she felt she must be, and thought that she was, economical.

But you see back of all this was this woman's ignorance of the "chemistry" of food and the true relation of food to the human body. Because she could not see how a lard-soaked doughnut could make a "strike" in the "internal workshop," she believes it does not, and lays all her ills to the weather or Providence.

Of course, cream is not a necessity for healthful living, but I am pleading with those who, having milk and cream, use it so skimpily or laboriously, as in butter.

Grandmother had her opinions on the matter of table drinks, also. Coffee and "store tea" were occasional luxuries only. Pure water and rich milk, with home-made coffee, sage and mint teas were our staple drinks. There is dire need of our reforming in the matter of table drinks as well as in those offered over the bar. We do not realize how responsible are the tea and coffee so freely given our growing children for their intemperate and other bad habits; but that their influence is demoralizing to the entire physical system doctors have long conceded, and recent investigations are emphasizing. Let us learn to deny them these destructive pleasures, and, better still, deny ourselves.

Another health measure of my grandmother's was the careful rinsing of the mouth in the morning before eating and the taking in of a good breath of fresh air. Dear grandmother, would that I could perpetuate this and all your valuable health maxims!

Written for the LADIES' PICTORIAL WEEKLY

A Brave Deed.

The following historical sketch may be interesting to our readers, as it is relative to the names of two streets in our city, *i.e.* Roncevalles and Sauroren Avenues, Toronto.

The fate of the Spanish Peninsula was settled at Vittoria, where the French army, under Joseph Bonaparte, was utterly defeated. Marshal Soult was instantly despatched by Napoleon to arrest the torrent of invasion, which then threatened the sacred French soil. From Vittoria the Duke of Wellington had chased the French to the defiles of the Pyramids, where Soult, with an army of 75,000 men, soon established a formidable base of operations. On the 25th of July, 1813, his dispositions for an advance having been completed, he attacked the position of Roncevalles (a name celebrated in song and story in the middle ages) and launched the right and left wing of his army upon General Byng, who held the pass with 5,000 men, the French being 40,000. The fourth division, under Sir Lowry Cole, hastened to his assistance, but, after several hours of desperate fighting, Byng and Cole were compelled to retire before overwhelming numbers. New ground was taken on the 27th, when Soult despatched a heavy column during the night, by a circuitous march, with the object of turning the British position. In the grey dawn of a summer's morning this column commenced the ascent of a hill in the direct line of march, the French officer in command little dreaming that there was a lion in his path. Wellington divining that the attempt would be made on the same night, posted a force of Cadorens, commanded by Walter O'Hara, of the 47th, who was also an officer in the Portuguese army, on the top of the hill. O'Hara's sentries perceived the approach of a dense column of the enemy just at the dawn of day. Instantly forming his men, he dashed down the hill at the head of 150 fixed bayonets, as opposed to 4,000. The French column did not see that they were almost thirty times as strong as their assailants, and supposing that the whole British army was on their front, fled with precipitation and the attempt of Soult was baffled. Captain O'Hara was for this act of reckless daring promoted to the Majoralty on the field to take part in the combat of Sauroren next day, the battles of Sauroren and Roncevalles being designated by the Duke as "fair bludgeon work." A famous general once said that the courage he admired was the three o'clock in the morning courage. The above was that kind.

M. O.

[The streets mentioned, Roncevalles and Sauroren were named by Captain O'Hara in commemoration of these engagements].

EDITOR.

TEN days per annum is the average amount of sickness in human life.

A VIENNESE professor says that the figure of the average human male is much nearer perfection than that of the female.

THE oyster is one of the strongest creatures on the earth. The force required to open an oyster is more than thirteen hundred times its weight.

A FRENCH scientist declares that the domestic pets of the world carry at least thirty per. cent. of the common contagious diseases from house to house.

A GRAIN of fine sand would cover one hundred of the minute scales of the human skin, and yet each of these scales in turn covers from three hundred to five hundred pores.

AT Macedonian weddings the groom leads the bride into her new home by a halter, and when she enters he knocks her head against the wall, as a warning of what she may expect if she does not behave well.

INVENTOR Edison is a vegetarian. Novelist H. Rider Haggard is a vegetarian. Professor Swing is a vegetarian. Sir Isaac Newton was a vegetarian. All the Greek philosophers, sages, and seers ate no flesh.

DYSPEPSIA is said to be one of the causes of premature baldness, and massage as a preventive is highly recommended. The scalp must be gently moved backwards and forwards to excite circulation, while the hands remain in one position.

IN each respiration an adult inhales one pint of air; a healthy man respire sixteen to twenty times a minute, or twenty thousand times a day; a child, twenty-five to thirty times a minute. While standing, the adult respiration is twenty-two times per minute; while lying down, thirteen.

ONE of the many curiosities now added to the British Museum collection is a Chinese bank-note issued during the reign of the Emperor Hung-Wu, A. D. 1368-99. This is the earliest specimen of a bank-note known to exist in any country. It is 300 hundred years earlier than the establishment of the first European bank which issued notes.

THE tea-gown which fair woman most approves is modelled, though she does not know it, after the death-robe in which the Queen of Scots laid her head upon the block. Would anybody suppose there were such associations joined with the long robe "spangled with gold," with its train, and its borders of feathers, and its angel sleeves, and its wide Medici collar of lace, and its chain of "sweet smelling beads?"

AUNT CLARA. "Well, Danny, have you been a good boy at school this month?"

Danny (undecided). "I couldn't say, Aunt Clara. The teacher hasn't given us our reports for the month yet."



ADVERTISER

YOU CAN

MAKE NO

MISTAKE IN

USING THE

Ladies' Pictorial Weekly

SWORN CIRCULATION

OVER

19,000

No Other weekly in Canada

Gives Sworn Evidence

of Circulation.

WRITTEN GUARANTEE

PLACED ON

EVERY CONTRACT.

FOR RATES, ADDRESS

ADVERTISING DEPARTMENT,

LADIES' PICTORIAL

192 King St. West, Toronto, Ont

