

RANDOM NOTES FOR BUSY HOUSEHOLDS.

FOOD ADULTERATION.—We all know how destructive the adulterated liquors of our day are. It is almost unnecessary to state that in the vast majority of cases the liquors sold in hotels, saloons and especially in the shops are mere poisons of a deadly character. Hence so much of the havoc made by indulgence in liquor upon the human constitution; hence likewise the alarming multiplication of suicides and cases of insanity. But not only in liquors is there a vile system of adulteration at present; even the delicacies of the table and often the necessities of life are so adulterated that they constitute so many kinds of slow poisons. In this regard we will quote a few remarks of United States Senator William E. Mason, of the Senate Committee on Manufactures, which for six months has been gathering evidence relative to the adulteration of food stuffs. We might remark that much of what the Senator has said concerning the United States finds equal application in Canada. Amongst other things he said: "The United States is the only country that does not protect the consumer of food products. We have not even any laws to prevent the importation of food-stuffs the sale of which is prohibited in the European countries that produce them. For instance, the off-scourings of coffee known as 'Black Jack' cannot be sold in Germany, but is shipped from Germany here by the ton and mixed with our coffee. "The countries which prohibit the use of preservatives in beer, ale and porter (and such preservatives are usually acids dangerous to the public health) permit their brewers to ship such stuff to this country. "This Senate Committee is investigating two classes of adulterated foods. First, that class which is dangerous to the public health, and second, that class of foods adulterated to cheapen the cost and sold to defraud the consumer. "In the first class are the goods that have been adulterated with preservatives such as jellies, jams, etc. These are generally made of glucose and acids, too strong and dangerous to go into the human stomach. "The other class is those foods in which cheapening adulterants are used. For instance take these crackers. (The Senator was lunching at the Imperial on crackers and milk). They may be made of wheat flour, as they are supposed to be, or they may be made of corn flour, a by-product of the glucose factory, which is ground and bleached after all the gluten and sugar have been extracted from it. "Or look at this black pepper. The evidence given before our committee by the man who grind it shows that it is adulterated from 50 to 80 percent, with cocoanut shells. "This butter may be better or it may be something else. This milk may or may not be pure; that depends upon the laws of the local authorities. "This is supposed to be red pepper, but our evidence shows in many cases that it is adulterated with starch and that aniline dyes are used to give it the necessary color. "In fact the amount of adulteration carried on in this country is simply appalling. It was shown before the committee that the flour of the country has been adulterated with flourine, or corn flour, and that thousands of tons of white earth have been used by dishonest millers. I introduced a bill which compels all makers of adulterated flour to get a Government license and stamp their product with Government stamps. Since the passage of that bill over twelve thousand barrels of flour have been confiscated. But a more important result is that it has increased the reputation of our flour abroad, with a consequent increase of exports of 5,000,000 barrels. "Almost every line of this applies here, and now that so many of our Canadian industries are becoming recognized in Europe, it is of paramount importance that our standard should be maintained at the highest and that every species of adulteration should be treated as an offence against the law of the land.

ABOUT THE CARVER.—A carver likes to flourish his blade over the steel before he begins to slice a joint or fowl, but this flourish makes a man who knows smile, as it is of little or no value. "A flat file, not too fine that may be had for ten cents, puts," says this expert, "a finer edge on a carving knife than the most expensive steel sold."

CHEAP MATCHES.—It is a curious sort of economy that makes housekeepers buy cheap matches and ignorance or carelessness that prevents them from teaching every member of their household how to use them properly. The really safe matches are those that can be lighted only on the box, and these should be used. Every child should be taught that a match must never be thrown away while burning, and never shaken to extinguish; it must be held still in the fingers and blown out. Many valuable lives have been lost and property destroyed from the carelessness of dropping on the floor what is as dangerous as a loaded revolver. Matches are so common that their danger is overlooked, but the statistics of every fire department in the country will attest to their deadliness unless carefully used.

GOOD AND BAD SOAP.—There is a good deal of nonsense according to this same authority, about the use of soap. Any good soap that is manifestly not made of rancid oils is efficient and harmless if it is properly used. Almost no soap will ever chafe or roughen the hands if the latter are thoroughly rinsed in clear water. Not one person in a dozen washes his hands properly, because of the neglect of this important part of the operation. Another point about soap is that where it is used it cakes the cake should be rinsed before being returned to the soap dish, dirty soap dishes and cakes of soap with crusts suds upon them can be found in many otherwise neat homes. The best soap dish for cleanliness and economy is a rubber one. This is quickly scoured out every morning, and there is no fear of its clinging to a moist cake of soap and dropping to crack or break an expensive marble bowl, as metal or china may. Powdered soap in a shaker is the most sanitary and economical kind in use in a family. A further desideratum for the washstand is powdered pumice-stone in a common salt shaker. A dust of this on the linings when washing will quickly remove ink and other stains.

SMALL HAND TOWELS for use in the average family are to be recommended, says a writer in the New York Post. Many housekeepers take great pride in their store of towels, each a yard long and three-quarters wide, more or less, but this is an imposition on the washerwoman unless an elaborate establishment is kept up. For the average family, where one, or, at most, two girls do the work of the household, it is obviously unfair to increase the weekly washing in this way. No towel should be used by any one more than once, certainly never by two persons; if the family supply is in the shape of small towels, perhaps twenty by twelve inches in dimension, this rule can be enforced without burdening the laundress unduly. As a rule these small towels, are apt not to be of as good quality as housekeepers like, but any dealer will have them made to order for any customer at a trifling increase of cost. The kitchen roller-towel should be abandoned, and in its place plenty of small cheap towels provided. It is a good plan to have those intended for kitchen use banded with a certain color, which will insure their always being kept for that service. Add too, to the equipment in the kitchen and in the family bath-room a fast-cleaner attached to a clean and fastened conveniently near the wash-bowl. To care for her nails is the last thing that occurs to the average kitchen-maid, but this hint brought to her notice every time she washes her hands will, after a while, be taken by even the most careless of maids. These nail-brushes and chains can be had of dealers who supply the state.

OUR FARMERS' COLUMN.

POULTRY RAISING.—In our last issue we gave a portion of Mr. A. G. Gilbert's evidence before the Select Standing Committee on Agriculture and Colonization during the last session of Parliament at Ottawa. As we stated, Mr. Gilbert is the poultry manager of the Central Dominion Farm, and he has had a number of letters from various sections of the country, bearing upon the question of Poultry Raising. Some of these letters we published last week; we now add a few more to the list, and also give Mr. Gilbert's own deductions from experiments, experience, and results. Mr. Gilbert continues to read as follows: "Another Nova Scotia letter, from Mr. W. H. Woodworth of Barrington, says, 'I have sold 1,200 birds treated

Some of the best doctors are found in hospitals. They are called upon to treat many different diseases, and they undoubtedly do great good to suffering humanity. But they seldom understand the diseases of women. The same thing is true of regular practicing physicians. They do not have time to study the causes of female weakness. They are apt to be mistaken and treat the sufferer for the wrong complaint. The case of Mrs. Henrietta Brennan shows this. The hospital doctors could not help her. They failed to see that her troubles were located in the distinctly feminine organs, and that is why they did her no good. Read this letter from Mrs. Brennan herself: "I am now and have been for several years a sick nurse in the city of Montreal, Canada. For eleven years I suffered from nearly every complaint common to my sex. Four years ago I became so run down that I was unable to do my work. I suffered from bronchitis, constipation and kidney complaints, and during five years spent much of my time in bed. I have been under the care of several physicians, and received hospital treatment. I was nervous; could not sleep at night; was a desyncetic, and suffered from rheumatism. I felt I must die. I heard of Dr. Coderre's Red Pills, and began taking them. After taking four boxes I experienced much relief. I kept it up until I was strong enough to do all my work." (Signed.) MRS. HENRIETTA BRENNAN, 8 Roy St., Montreal, Canada. Women and girls ought to know that they can't be cured by ordinary medi-

White Leghorns in the North-West gave the best results in a regularly constructed house to that described in the letter I have just read. I shall next read a letter from Mr. T. B. Lowery, of Trenton, Ontario. He writes: "I have closed all accounts for the year and with a small flock, 45 hens. All feed was bought on the market and at a very high price, I find my fowls have netted me \$1.57 each. No fancy prices received for eggs or stock, everything being sold on a glutted market. For good results I have to thank you and the Reliable Poultry Journal. I trust the fattening station will not pass Trenton as there are a number interested in the cranning process here." Here is a letter from a farmer in Glen Buell, to show the demand for thoroughbred eggs by farmers. He says: "I have only five Rock hens out of eggs got from you for two seasons. I bought a cockerel this spring, west, and hardly have an egg set from them myself, as others want them faster than they are laid." In connection with your novel experimental work in feeding, we carried on an experiment last winter, in accordance with the desire expressed by some members of the committee last year, to find out the difference in the number of eggs laid in winter by pullets and old hens. I may state that I labored under the disadvantage that I had to use hens for hatching and my pullets, as a result, were hatched at different times of the year. Had I an incubator I might have had all the pullets of the same age, and obtained in consequence a more exact and satisfactory experiment. But at any rate, I will state what I have learned, and I have learned some very useful results that I hope will be interesting to the country. A choice was made of eight White Leghorn pullets, eight Black Minorcas, eight Langshans, eight Barred Plymouth Rocks, and eight White Plymouth Rocks, and eight Brown Leghorn pullets. At the same time there was chosen of hens over two years of age, thirteen Leghorns, seven Black Minorcas, ten Barred Plymouth Rocks, nine colored Dorkings, and eight White Plymouth Rocks. Some of these were two years old, some were three years and others between three and four years. But it was all the better for experimenting that the hens should be as old as I could get them. The pullets numbered forty-eight, the old hens forty-seven, the one year old hens twenty-two, being eleven White Leghorns and eleven Barred Plymouth Rocks, all I had of that age. The result of the egg laying was as follows: From the 1st December to 31st of May, the eight white Leghorns laid 538 eggs. They were hatched 11th of June, eight Black Minorcas laid 428 eggs, they were hatched on the 9th and 28th of May. The eight Langshans laid 298 eggs, they were hatched 15th and 16th of May and some later. The eight Barred Plymouth Rocks laid 648 eggs, they were hatched 30th of April and 24th of May. The eight White Plymouth Rocks laid 526 eggs, they were hatched on 25th of April and 9th of May, and the eight Brown Leghorns laid 481 eggs, the latter were hatched 17th May. The above shows that the pullets laid 2,919 eggs in the six months of high prices. The thirteen White Leghorns (two years and over) laid 503 eggs. The seven Black Minorcas laid 436 eggs, the ten Barred Plymouth Rock 480, the nine colored Dorkings 312, and the eight White Plymouth Rocks 324—a total for the forty-seven hens of 2,084 eggs. The eleven White Leghorn year-old hens laid 556 eggs, and the eleven Barred Plymouth Rocks 522, making a total of 1,078 for the twenty-two.

ASK YOUR DOCTOR. He will tell you that Scott's Emulsion cures poverty of the blood and debility of the nerves. He will say that it is the best remedy in the world for delicate children.

about 700 and bought the rest. I think the two years' work will net a \$200 profit." I now come to Ontario: I will read a letter from a farmer Mr. Jas. Laidlaw, of Guelph. I should explain that when at the meeting of the Ontario Poultry Association, in Guelph, I delivered an address. Afterwards Mr. Laidlaw asked if I could put him in the way of getting the high prices for winter eggs that I had mentioned. I told him to send a sample crate to Mr. Walter Paul, family grocer, Montreal, and that I would also write. He said he would do so and let me know the result. He says in his letter: "As you advised me I sent a sample consignment of six (6) dozen to Mr. Walter Paul, of Montreal, on Friday last, and last night I received a reply. He was very highly pleased with the sample of eggs, but said that the market had dropped very rapidly of late. Of this I was aware from watching quotations in the newspapers. He allowed me 30 cents per dozen for them and is willing to take more, although he cannot guarantee more than 25 cents for them. I am going to send him a thirty-dozen case this week." Mr. Laidlaw states that he is very much obliged to me for having put him on the right track and so opening up a winter business for him, which certainly was the important point.

"The next is from Mr. A. S. McBean, a well-known farmer of Lancaster, Ont. He says: "It is a little over a year since I first wrote you in connection with starting my poultry yards, and I have much pleasure in telling you that as far as I have gone I have been very successful. The information you gave me regarding the merits of the different breeds and the valuable pointers on poultry house construction has enabled me to show a model, small sized poultry yard, containing birds second to none in this section of the country. Although I have been away for my health the most of the year still I am pleased with the success of my venture. During the early part of the winter and up to the middle of February, I got 40 cents per dozen for my eggs. To the middle of March, 35 cents, and now, 31st March, 25 cents per dozen. Of course we are only shipping a small number now as we are disposing of a quantity for hatching and are setting some ourselves. I intend getting a 200 egg incubator and from what I can learn the Prairie State seems to lead. Would you please let me know your experience with this machine." From the foregoing we infer that he is going in for the raising of chickens on rather an extensive scale. I will now read an extract from a letter received from a gentleman at White River, Ontario, addressed to Dr. Saunders. The writer says: "The advantage I gained from the report of your poultry director makes me very desirous of obtaining more information. The winter up in this section has been the coldest for years. The mean temperature of January and February represented three below zero, while March was only four above zero. Despite this fact your poultry manager will be rather surprised to learn that I have had Leghorn pullets lay since the 24th of December last year which pullets were hatched the preceding May by incubator. I have no artificial heat in my houses, which are built of logs and are banked up to the roof with earth like root houses. By the end of January I had twenty pullets laying and received from them for that month fifteen dozen of eggs. I think this is very fair considering the climatic conditions." And so it is. The point is that White Leghorns in that cold region did remarkably well, and I mention this because there is a general impression abroad that White Leghorns are not a suitable breed for cold portions of the Dominion. Mr. Bedford, our superintendent at the Experimental Farm, at Brandon, informed me that he had found the barred Plymouth Rocks better winter layers. "But," says a gentleman, whose name I forgot, "I told me that his

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MRS. HENRIETTA BRENNAN.

She Had Nearly Every Complaint Common to Her Sex, and Felt She Must Die, but Her Health Now is Perfect—Story of Her Recovery.



Some of the best doctors are found in hospitals. They are called upon to treat many different diseases, and they undoubtedly do great good to suffering humanity. But they seldom understand the diseases of women. The same thing is true of regular practicing physicians. They do not have time to study the causes of female weakness. They are apt to be mistaken and treat the sufferer for the wrong complaint. The case of Mrs. Henrietta Brennan shows this. The hospital doctors could not help her. They failed to see that her troubles were located in the distinctly feminine organs, and that is why they did her no good. Read this letter from Mrs. Brennan herself: "I am now and have been for several years a sick nurse in the city of Montreal, Canada. For eleven years I suffered from nearly every complaint common to my sex. Four years ago I became so run down that I was unable to do my work. I suffered from bronchitis, constipation and kidney complaints, and during five years spent much of my time in bed. I have been under the care of several physicians, and received hospital treatment. I was nervous; could not sleep at night; was a desyncetic, and suffered from rheumatism. I felt I must die. I heard of Dr. Coderre's Red Pills, and began taking them. After taking four boxes I experienced much relief. I kept it up until I was strong enough to do all my work." (Signed.) MRS. HENRIETTA BRENNAN, 8 Roy St., Montreal, Canada. Women and girls ought to know that they can't be cured by ordinary medi-

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