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## Household Suggestions

### In the Kitchen

The arrangement of the kitchen equipment so as to eliminate unnecessary steps in the work of preparing meals is a very important matter to consider. The correct grouping of sink, table, stove and cupboards to save energy is worthy of serious thought.

In the modern home the kitchen is small, and is considered and treated as a workshop. There are many old homes with the equipment placed at the four sides of the walls, making miles of extra walking in the preparation of meals which could be very easily regrouped to make the work lighter. In Bulletin 607, published by the United States Department of Agriculture, there are several illustrations of old kitchens rearranged.

A convenient arrangement to have over a table and within easy reach is a shelf with the utensils that are the most often used hanging underneath, and on the shelves condiments, salt and such other materials as are used in cooking.

Hang the spoons, measuring cups and small things within easy reach and always place them there.

When washing dishes, if the sink and table are within reaching distance of the cupboard the dishes may be placed on the shelves when wiped, thus saving one handling.

A large tray to carry dishes to and from the dining table is a great step saver but better yet is the wheel tray. The first cost of this is rather large but the housewife might afford to indulge in one for its convenience can hardly be over-estimated.

A zinc covered table in the kitchen is another most desirable part of a well equipped kitchen. A zinc cover can be put on an ordinary pipe topped table at a cost of less than two dollars, and the saving of work in scrubbing is worth considering.

The sink, table and stove should be such a height as to permit the person using them to work with comfort without stooping.

If you have a pine floor, do not wear out your life scrubbing it. Cover it with a good linoleum, which will cost about a dollar and thirty-five cents a square yard. If varnished once or twice a year it will last five or ten years with good care. If rugs are kept where standing, it will save the feet as well as the linoleum.

If the floor is of hard wood, have it finished so that it may be easily cleaned.

Do away, as fast as possible, with the heavy iron kettles and buy aluminum. There is no short cut in house work equal to the handy devices like a meat grinder, a bread and cake mixer, a good egg beater and cream whip, standard measuring cups and spoons, all insuring against waste of time and materials.

Corners are such hard places to keep clean that curved brass corners may be tacked in them. These tips may be bought at any hardware store.

Small dishes on gas burners are apt to tip. A piece of wire netting placed on the burner is a great convenience.

Save time in washing spoons by keeping old teaspoons in the soda and baking powder cans.

When cooking eggs in the shell use an old flour sifter. They will cook in it and can be taken out quickly and all together.

Shears in the kitchen may be great savers of time. Use them to trim lettuce, cut raisins and figs, dress chicken, prepare grape fruit and many other uses may be discovered daily by the thinking housewife.

Don't waste time scrubbing a sink with scouring powder as kerosene will do the cleaning in half the time and not hurt the enamel.

### Rolling Out

I have watched many people rolling out pastry, and scarcely any of them use the same method. The particular housewife I am telling you about proceeded in this way.

She turned the dough on the pastry-board, after flouring the latter slightly, then she commenced to roll with a large rolling-pin. Backwards and forwards she went for all the world as though her rolling-pin were a steam roller, and the pastry a road!

I stifled my inclination to smile, and explained that here was one cause for her heavy pastry. It is best to use a light,

small rolling-pin, and to roll in short, sharp jerks.

This is rather difficult to get into, but it is the only method to use if you are to be sure of light pastry.

If you are making short pastry, only three rollings are necessary.

Roll into a wide strip the first time, lift the top and fold over to the centre, then lift the edge nearest you and fold over the top, so that the pastry is in three layers, sprinkling the pin now and then with flour. Turn the pastry so that the open ends face you, and roll it out. Repeat this and put the pastry aside in the cool for about ten minutes, and then use.

I demonstrated the above to my willing pupil, who always makes her short pastry in the correct way now.

### Choosing Foods

It is both interesting and consoling to note how for the most part "straw" foods have found their own level upon the tables of unspoiled humanity as salads, trimmings and floral decorations generally. Nobody but a transcendentalist or a diet reformer would endeavor to live upon them. Almost the only place where these substances masquerade in the guise of real foods in sensible dietaries is as the nitrogenous element of the various whole meals, particularly brown, or Graham, bread, and in mushrooms under the absurd name of "poor men's beefsteaks." It is quite true that brown bread, for instance, contains more nitrogen than white; but the whole of this surplus is in the form of indigestible husk and woody fiber, and ninety-nine per cent of the nitrogen in mushrooms is in the same form. The grass-eating animals (herbivora), with their long and complicated food furnaces, can attack and digest a considerable amount of this cellulose and woody fiber, but our alimentary canal has never evolved to the perfection of theirs so as to be capable of this feat. When it comes to burning hay, our food tube is distinctly inferior to a cow's.

That the food should contain substances of which the body that it is intended to nourish is built is almost equally obvious; and this promptly places upon the menu for our choice a group of substances: proteins, or meat and the meat-like foods; starch, or the bread, flour and meal group; fat, including oil, butter and nuts; sugar, found chiefly in the juices of fruits and vegetables; and various salts which are scattered through all forms of living tissue. One or more of these great basic food elements will be found in varying proportion in almost every article of diet which comes upon our tables.

### Why Proteins are Indispensable

So far all is clear sailing, but when we come to the question of just what proportions of these different great groups—the proteins, the starches, sugar, fats and salts—shall be combined in the ideal dietary, we enter one of the most hotly disputed realms of dietetics. Fuller discussion of this will be reserved until a later number, but simply as a working formula for temporary use it may be very briefly stated that of these three great groups only one, the proteins—which are nitrogenous substances found of course in both the animal and vegetable kingdoms—is absolutely indispensable to the welfare of the body, for the obvious reason that something like eighty per cent of the substance of the body is composed of proteid materials. As the human engine has to repair itself, it necessarily must have the steel out of which it is built supplied to it in sufficient quantities for repair purposes. This fundamental amount of protein is, however, probably not so large as we at one time supposed; and the vast bulk of our food is to be regarded chiefly from the point of view of its fuel power.

Of the three great groups it may be briefly said that the capacity of the body for burning clean and adequately disposing of one of them—the fats—is distinctly limited, possibly from the fact that fat always has been and is yet one of the rarest, most expensive and difficult to acquire of all the elements of the dietary, so that only a comparatively small proportion, usually not to exceed one-tenth or one-eighth of our total fuel value, can be derived from this concentrated source.

This leaves the proteins and the starch sugars as the principal source of our