

place the pot *by the side* of the fire for ten or fifteen minutes. A metallic pot should never be used either for tea or coffee.

The late Dr. Edward Smith, one of the most eminent authorities of our day on all matters connected with food, found that the best tea was made by placing tea leaves in cold water in a covered vessel, and placing the latter on the fire till it boiled.

The plan to make the tea go further without injuring the flavour is by grinding it very fine before using—less in quantity is necessary, and the quality is more surely extracted.

Coffee may be made in the same way. Cocoa though requiring to be well mixed with water—should always be well boiled, and is then much nicer, and when starch has been added to it by the manufacturers, far more nutritious.

Milk is another beverage largely used in this country—nothing better can be given to children; milk is the most perfect food known, and supports life with the greatest ease. For the first 8 or 10 months it ought to be the whole of the infant's food, and for the first 6 or 7 years should form a large part of the dietary. It is not unusual for persons to complain of the great expense of milk, but sometimes these very persons do not object to spend large sums on foods far less nutritious, but which they choose to think more nourishing and agreeable.

This is especially the case with persons who take large quantities of beer and spirits. With apparent good faith they point out the impossibility of giving their children, or of themselves using abundance of new milk as a beverage. In many cases such an objection is perfectly valid. But it is certainly strange to find that many of these thrifty people are so ignorant of the small dietetic value of beer and ale that they habitually take them in large quantities not because they like them—so they wish to be understood—but because they think them cheap and nourishing. Undoubtedly many people cannot afford milk, but no one who knows he can conscientiously spend a portion of his income on beer, can have any difficulty in obtaining plenty of milk. To complain of milk, but to drink beer, is like giving up bread because too dear, and keeping to rich and daintily flavoured cakes, because cheap and wholesome.