

Down Amongst the Factories.

It was a hot July day, with a nasty wind which blew clouds of dust off the car tracks. A thin little girl was walking up and down in a tiny kitchen behind a shop, trying to quiet a crying baby, while her mother bent over the wash-tub, beside the hot stove. The clothes and tubs and Baby's cradle took up so much of the floor, that there was hardly room to walk up and down. But Baby had to be put to sleep. At last his eyes closed, and then the hot little girl began to wash up a pile of dishes on the kitchen table.

"Johnny's coming home to-day," said the mother. "We must try and get tidied up a bit."

Little Milly's eyes filled with tears. Johnny had been in the country for two whole weeks, but the kind lady from the Fresh-Air Mission said there was nobody who wanted any more children, and Milly and her chum would have to stay in the hot city all the summer.

Soon the dishes were all put away, and Milly helped hang out the clothes in the narrow back yard, with its patch of weeds in one corner and heap of rubbish against the fence, and the factory smoke pouring down from overhead.

"Milly, here's ten cents. Run down to the corner, and get some sausages. We must make a little treat to welcome Johnny home."

When Milly came back, there was Johnny, his face quite fat and sun-burnt, his clothes all clean, and a basket of raspberries from the farm. Like a brave little girl, Milly put away her own disappointment, and listened to her brother's excited talk, about the cow he had learnt to milk, the hay he had helped to bring in, how much milk he had drunk, and what fun it was hunting eggs, and driving up the cows. But when he began to sing a pretty hymn he had learnt while he was away, it was too much for Milly. She ran out into the street to hide her tears. Bump!—she ran into someone coming round the corner. It was her chum, Annie.

"O, Milly," cried Annie, such news! The Fresh-Air Lady has just come to tell mother that a lady in the country wants two girls to stay for a fortnight. And we are to be ready to go on Wednesday! No danger of our not being ready, is there, Milly?"

What we Ask of Our Friends Who Take the Boys and Girls.

To take them for two weeks' holiday. To be strict and not withhold correction when it is necessary.

To notify children's parents of their home-coming.

To kindly write Secretary as to children's conduct (good or otherwise).

We desire to send them all out the first week in July, commencing Wednesday, July 4th.

Friends to meet the children at the railway station, and see them safely on the train on their homeward journey.

We send the children two by two, so as to prevent homesickness.

We pay their railway fare both ways.

We ask only for Christian Homes, where the children will be received for the Master's sake.

We try to send our best behaved and most deserving boys and girls.

Kindly say whether boys or girls are preferred.

We cannot send their names before going out.

If the same children are desired again, kindly let the Secretary know.

In your correspondence please say whether Miss, Mrs. or Mr.

State Post Office Address and nearest Railway Station.

We wish to have, by June 20th, the names of Friends who desire to take our children.—(Extract from report of Toronto Children's Fresh-Air Mission.)

If any of our country cousins would like to share some of their pleasures with these city children, they will ask their mothers to write to—

MISS FLORENCE ROBERTS,
21 Scarth Road, Toronto.

Children, Take Notice!

All letters intended for the Children's Corner MUST be addressed to—
COUSIN DOROTHY,
52 Victor Ave., Toronto.

About the House.

Fruit and Nuts.

As a general rule the fruits that grow in Canada are not of much nutritive value. They are, however, very valuable on account of certain acids and mineral constituents which they contain, and on account of which they become useful as aids to digestion. Their value as stimulants to appetite also cannot be overlooked.

Of our home-grown fruits, grapes are the most nutritious. Dried figs, dates and raisins, however, are of high nutritive value, dried figs being, weight for weight, more nourishing than bread. Bananas also contain enough carbohydrates to render them of some value as food.

Nuts, on the contrary, are of very high nutritive value, containing a very large proportion of fat. As this very preponderance of fat, however, renders them rather difficult of digestion, nuts should always be chopped finely, and chewed very thoroughly. Starchy nuts, such as the chestnut, which is, perhaps, of the highest value of all as an article of diet, should be cooked.

The following table as given by Dr. R. Hutchison, of Edinburgh, may, perhaps, be of interest in connection with this subject of "Fruit and Nuts." The ether extract referred to in it is a peculiar substance, not yet thoroughly understood, which gives to the fruit its distinctive odor and flavor.



Fig. 1.—A roomy modern veranda. Just the place for hot midsummer afternoons.

	Water.	Pro- teid.	Ether Extract.	Carbohy- drates.	Ash.	Cellu- lose.	Acid.
Apples,	82.5	0.4	0.5	12.5	0.4	2.7	1.0
Apples (dried)	36.2	1.4	3.0	49.1	1.8	1.9	0.4
Peaches	88.8	0.5	0.2	5.8	0.6	3.4	0.4
Plums	78.4	1.0		14.8	0.5	4.3	0.4
Cherries	84.0	0.8	0.8	10.0	0.6	3.8	0.4
Gooseberries	86.0	0.4		8.9	0.5	2.7	0.4
Currants	85.2	0.4		7.9	0.5	4.6	0.4
Strawberries	89.1	1.0	0.5	6.3	0.7	2.2	1.2
Raspberries	84.4	1.0		5.2	0.6	7.4	0.4
Cranberries	86.5	0.5	0.7	3.9	0.2	6.2	0.4
Grapes	79.0	1.0	1.0	15.5	0.5	2.5	0.5
Melons	89.8	0.7	0.3	7.6	0.6	1.0	0.4
Watermelons	92.9	0.3	7.6	6.5	0.2		0.4
Bananas	74.0	1.5	0.7	22.9	0.9	0.2	
Oranges	86.7	0.9	0.6	8.7	0.6	1.5	2.5
Lemons	89.3	1.0	0.9	8.3	0.5		
Pineapples	89.3	0.4	0.3	9.7	0.3		
Dates (dried)	20.8	4.4	2.1	65.7	1.5	5.5	
Figs (dried)	20.0	5.5	0.9	62.8	2.3	7.3	1.2
Prunes (dried)	26.4	2.4	0.8	66.2	1.5		2.7
Currants (dried)	27.9	1.2	3.0	64.0	2.2	1.7	
Raisins (dried)	14.0	2.5	4.7	74.7	4.1		

	Water.	Pro- teid.	Fat.	Carbohy- drates.	Cellu- lose.	Mineral Matter.
Chestnuts (dried)	5.8	10.1	10.0	71.4		1.7
Walnuts (dried)	4.6	15.6	62.6	7.4	7.8	1.7
Filberts (dried)	3.7	14.9	66.4	9.7	3.2	1.8
Almonds (dried)	66.0	24.0	54.0	10.0	3.0	3.0
Cocconut (fresh)	46.6	5.2	35.9	8.4	2.9	1.0
Cocconut (dried)	3.5	6.0	57.4	81.8		1.3

Some Fruit Recipes.

The following are some recipes that may help to fill in the gap until the fresh fruits come in:

Banana Foam.—Mash bananas, and mix with them the whites of 2 or 3 eggs, beaten very stiffly. Use the yolks for a custard to pour over, and serve cold.

Banana Salad.—Slice Bananas. Cover with a dressing made of 1 cup boiling water, a tablespoon cornstarch, juice of half a lemon, sweetened to taste.

Dates.—Remove seeds, and replace with nut-meats. Stew till tender in a little hot water, adding, at the last, sugar and lemon juice. Serve with whipped cream.

Stewed Figs.—Dissolve $\frac{1}{2}$ lb. sugar in a pint of water. Put in 1 lb. good figs, and the thinly-pared rind of half a lemon. Let simmer very slowly for 2 hours. Add the juice of a lemon. Nice served with rice.

Apricot Tapioca.—Soak 5 tablespoons tapioca over night in 2 cups water. In morning cook till clear. Stir in 2 small cups stewed apricots, sweeten, cook 10 minutes, put in wet mould to cool, and serve with cream and sugar.

French Fruit Salad.—Peel and slice 2 oranges and 2 bananas, and chop 1 doz. Eng. walnuts. Arrange fruit in layers, garnish with the nuts, and serve with a little mayonnaise.

Pineapple Snow.—1 can (or equivalent of shredded) pineapple, $\frac{1}{2}$ box gelatine dissolved in a pint cold water, 2 cups sugar, juice of 2 lemons. Dissolve gelatine, add juice of pineapple, and place on stove. While heating, mix sugar and pineapple, and add lemon juice. Pour over this the hot gelatine; mix well; add beaten whites of 2 eggs; beat hard for

ten minutes, and set in a mould on ice. Serve with whipped cream.

Prune Whip.—Soak prunes over night, cook, sweeten, and remove stones. Add beaten whites of 3 eggs for each pound of prunes. Bake 20 minutes.

Outdoor Living.

We have just been wondering what percentage of our farmers' wives and daughters are spending every possible moment of this beautiful summer weather out of doors, or how many of them realize what it means to health and good spirits to live practically in the open air. The men, usually, are out at their work from daylight until dark; but are there not many of the women who do all of their tasks—peeling potatoes, preparing fruit, etc.—indoors; then, when a short respite comes in the afternoon, lie down to rest, or sit down with a bit of sewing in a cool room with drawn shades? . . . True, the windows may be open, but that isn't the same. There is no ventilation like the very out-of-doors, and, beside, one really needs the sunshine, the sight of blue skies and green grass, and waving leaves, the hum of insects, the music of the wind in the trees to make one understand how good the world is after all.

People are just beginning the least little bit to understand the value of absolutely pure air. Long ago it was found that if you put a cat under a bell-jar and let it breathe up all the oxygen about it, or, which amounts to the same thing, pour in upon it a flood of carbon dioxide, the very gas breathed forth at every exhalation, either of people or of animals, the cat soon died. But the lesson has been long in coming to the great mass of the people, and so even yet we find those who will persist in keeping their bedroom windows closed, except, perhaps, in the very hottest of the summer, and who never think it necessary to send a fine current of air from the outdoors swirling through the rooms often enough to drive out foul vapors, or, if this be impracticable, to keep at least a little exit at the top of the windows always open. To this species belong such as the old boarding-house keeper who used to shout at his boarders when they tried to ventilate their rooms, that "he wasn't going to heat all Elm Street."

However, it is not winter ventilation, but living out of doors in summer, that we set out to talk about to-day. Those of you who read Mrs. Hopkins' article, "Back to the Land," in a recent number of "The Farmer's Advocate," will see what it has done for one family. And this example might be multiplied many times over. We know a girl who spends ten months of each year fighting off consumption, and is, during that time, continually worried with coughs and "taking cold." During the remaining two months, July and August, she goes off to the woods with a camping party, sleeps in a canvas tent with the door open, sits outdoors every evening, gets her feet wet rambling about the river and lake, walks through dripping woods when it rains, and for that time never has a cough, and rapidly gains in weight. The secret would seem to be in being continually in the fresh air, night and day. And it is not only people with lung troubles who are benefited by outdoor living. Even those who have thought themselves well, acknowledge themselves better after a trial of it. Pure air and sunshine are not food, but they are the best thing to it, and give a vigor and joy in living that no one should be satisfied to miss.

In the country, it should not be such a difficult matter, in summer, at least, to accomplish this outdoor life. Every household, it goes without saying, should contain a tree or two under which a great deal of the kitchen work may be done, while somewhere near every farmhouse there should be a shaded nook or two in which a hammock may be swung and easy chairs placed for use in odd leisurely moments in the evenings, and on Sundays. When there are no such trees, some sort of veranda, or "stoop" even, may surely be put up. It need not be an expensive one, as a glance at our illustration, No. 2 will show, but with plenty of vines and flowers its attractiveness will be assured, and it will soon grow into the most popular "room" of the house as work-room, living-room,