

proportions of digestible carbohydrates, which are practically lacking in meat and meat products. The high fat content of most meats would, however, furnish more than enough energy to offset that of the carbohydrates in the cereals, so that as they appear on the table meats supply, on an average, pound for pound, more digestible protein, and have a higher energy value, than the cereal breakfast foods. The latter are, however, an excellent source of digestible carbohydrates, and furnish at the same time considerable amounts of digestible protein, but they do not furnish the same amounts or proportions of nutrients as flesh foods. Beefsteak, it may be here noted, contains 19.9 per cent. digestible protein and 12.9 per cent. digestible fat.

Both flesh foods and cereals are, therefore, necessary in the day's food, the use of good cream or rich milk and sugar, of course, increasing the food value of the breakfast cereals.

In regard to the "predigested" breakfast food, the authors of the bulletin question whether, for people with good digestive organs, it is advisable to have food predigested. "If the digestive organs are out of order, it may be well to save them work, but troubles of digestion are often very complicated affairs, and the average person rarely has the knowledge needed to prescribe for himself. In general, those who are well should do their own work of digestion, and those who are ill should consult a competent physician."

The time required for the cooking of cereals varies according to the grain used. Rice, for instance, can be thoroughly cooked in a comparatively short time. Oatmeal, on the other hand, requires long, slow cooking, four hours or longer—better longer—in order that it may be as digestible, and therefore as nourishing as possible.

Taking the amount of nutrients furnished by the different cereals into consideration, the real cheapness of the various foods runs in the following order: Oats, corn, wheat, barley, rice. The ready-to-eat preparations of any of the grains have about the same proportion of digestible nutrients as the grains from which they are made, but they are, in general, more expensive.

### Hygiene in the Home.

We do not often talk about dairy matters in this department, but possibly our readers may be interested in the following, clipped from a copy of Winnipeg Town Topics, which shows the importance which is now placed upon cleanliness in regard to food supplies, and upon complete sterilization of utensils as a preventive of pernicious bacteria action. The extract describes a well-known Hygienic Dairy of Winnipeg:

"As I passed up and down through this palace of glistening white and silver, I was reminded of a saying of one of our dairy commissioners, made years ago in the city hall. Someone had made use of the trite phrase, 'Cleanliness is next to Godliness,' when the commissioner jumped to his feet and exclaimed, 'Next to Godliness; indeed, I tell you in the milk business cleanliness is Godliness!'"

"Everything in the building, from basement floor to top ceiling, is not only spotless now, but is designed with the special idea of always being kept spotless.

"Entering from Maryland street through a double vestibule, you look down into the milk room. The floor is of vitrified white tile, the walls of enamelled white tile, and the steam heating pipes are all painted with aluminum, every bit of machinery that is not white enamel is highly-polished nickel, and every pipe through which milk flows is nickel plated inside and out.

"On the main floor stand the bottling and capping machines, and on the west side of the room on a dais are the great milk tanks, the separator, and the clarifiers. The milk is received at a little room on this floor, is weighed, and enters the great tank through a large nickel pipe with special straining arrangements. It is separated, clarified, remixed, bringing the standard of butter-fat up to 4 per cent. (the city regulations only require 3 per cent.), and is then passed up to the Potts pasteurizer on the next floor. This is the only machine of its kind in Canada, and in it the milk is held for

nearly an hour at a comparatively low temperature. The great object in pasteurizing milk is to heat it sufficiently to kill germ life, and at the same time not to injure the composition or the flavor, and this can only be accomplished by holding for a length of time. After the milk has been sufficiently pasteurized, it is cooled down in the same tank until it is almost ice cold, when it passes back to the main or ground floor to the bottling machine. The bottles are fed to this machine from a room that is cooled with ammonia cold storage, the system in vogue throughout the building, so that when the milk is bottled the milk and the bottle are of the same temperature. The machine for putting the pasteboard caps on the bottles is one of the most interesting in the building. After the milk is bottled, it goes into the cold rooms and is held at a low temperature until it goes on the wagons for delivery.

"The south half of the rear portion of the main floor contains the room for washing bottles and the oven for baking them. Every bottle is washed individually with a revolving rubber brush, Prof. Carson believing that by this means greater cleanliness is insured, though, of course, it takes a great deal more time. From the washing vat the bottles are run on trucks into a huge oven, where they are baked at a temperature of 212 degrees for an hour. No self-respecting germ would be found in them after that."

After describing the process of butter-making on a wholesale scale, all with an equal observation of absolute cleanliness, the extract continues:

"Where does the milk come from that is bottled so carefully. It comes from farms out of Winnipeg, and before a man is allowed to deliver milk to this dairy, he must sign a contract from which I have taken the following clauses:

"The said party of the first part agrees to milk in only clean stables or places where the atmosphere is pure, that no feeding or bedding shall be done in the said place of milking within at least one hour before the time of milking, that milking shall be done in only tin pails having seams well flushed with solder, and which have been well washed and scalded immediately after each time of using; that the cows' sides and udders shall be brushed and moistened immediately before the commencement of milking; that the milker shall milk with dry hands; that the milk shall be removed from the stable immediately after it has been drawn from the cow, when it shall be strained through a fine wire strainer in addition to four ply of cheesecloth or linen which has been washed and scalded each time of using; that the milk shall be cooled immediately after straining as rapidly as possible by means of cold water or ice, to a temperature of 50 degrees Fahrenheit, or below, and that all cans shall be thoroughly scalded immediately before milk has been placed in them.

"The said party of the first part agrees that the said party of the second part, his assistant, veterinarian or physician, or both, shall have the power to enter upon the premises of the said party of the first part at any time during the said period set forth in this contract (provided the same shall be done between the hours of sunrise and sunset), for the purpose of testing or inspecting the herd, the water and food supply, the stables, utensils and place where milking is done or milk contained, or the health of those coming in contact with the said herd or milk, the same being the employees, property or holdings of the said party of the first part."

### The Wounded Cupid.

(Herrick.)

Cupid, as he lay among  
Roses, by a bee was stung;  
Whereupon, in anger flying  
To his mother, said thus, crying:  
"Help! oh, help! your boy's a-dying."  
"And why, my pretty lad?" said she.  
Then, blubbering, replied he:  
"A winged snake has bitten me."  
Which country people call a bee.  
At which she smiled; then, with her hairs  
And kisses drying up his tears:  
"Alas!" said she, "my wag, if this  
Such a pernicious torment is.  
Come, tell me then, how great's the smart  
Of those thou woundest with thy dart!"

### "The Farmer's Advocate" Fashions.



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Misses and Small Women,  
14, 16 and 18  
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Drawers, 6 to 12 years.

Please order by number, giving age, and allowing at least ten days to receive pattern. Price, ten cents per pattern. Address, Fashion Dept., "Farmer's Advocate," London, Ont.

### Commons Versus Lords.

What is popularly known as the Veto Bill passed the British House of Lords by a vote of 131 to 114 on August 10th. This terminates a constitutional struggle between the Lords and the Commons that began two years ago, when the former House rejected the Lloyd-George Budget, which widened and made more equitable the British system of taxation, in order to provide funds for national expenditures, including old-age pensions and other social reforms. Other measures, such as the Education and Licensing Bills, sent up by the present administration, under Premier Asquith, had also been thrown out by the Lords. The Government evidently had the people with them, as they were sustained at two general elections. Theoretically, the Lords had no power over money bills, but were assuming it, and the new Parliamentary Bill practically limits altogether the prerogative of the hereditary chamber to a two years' suspensory veto, and vastly increases the prerogatives of the House of Commons. The reform was resisted in every conceivable way, but the knowledge that the Premier had assurances from the King that enough new peers would be created to guarantee passage of the legislation finally brought the Lords to the point of surrender. The historic Reform Bill of 1832 was carried through in a similar way. Lord Roseberry, the Archbishop of Canterbury, several leading Bishops and Unionists voted with the Government. Another measure of importance which marks a fresh departure in conservative Britain is the resolution of Chancellor Lloyd-George to pay the members of the House of Commons \$2,000 per year for their services, which heretofore were gratuitous.

#### A WINNER.

Young Lady (coming in with partner from room where progressive whist is being played)—"Oh, mummy, I've captured the 'booby.'"

Mother—"Well, my dear daughter, come and kiss me, both of you."—Scraps.

### Schoolroom Humor.

The schoolboy "howler" is always popular. The following selection from a large number which were sent in for a prize competition arranged by the "University Correspondent" are excellent examples of the mistakes which pupils perpetrate:

Women's suffrage is the state of suffering to which they were born.

The earth is an obsolete spheroid.

Lord Raleigh was the first man to see the Invisible Armada.

Shakespeare founded "As You Like It" on a book previously written by Sir Oliver Lodge.

Tennyson wrote "In Memorandum."

King Edward IV. had no claim by geological right to the English throne.

George Eliot left a wife and children to mourn his genial.

The capital of Russia is St. Petersburg on the Duma.

The Test Act of 1673 was passed to keep Roman Catholics out of public houses.

Louis XVI. was gelatined during the French Revolution.

The Rhine is boarded by wooden mountains.

An angle is a triangle with only two sides.

Gender shows whether a man is masculine, feminine or neuter.

Algebraical symbols are used when you don't know what you are talking about.

James I. died from argue.

Geometry teaches us how to bisex angels.

Parallel lines are the same distance all the way, and do not meet unless you bend them.

The whale is an amphibious animal, because it lives on land and dies in the water.

A parallelogram is a figure made of four parallel straight lines.

Horse power is the distance one horse can carry a pound of water in an hour.

The magnesium salt in the sea creates the effervescence when the tide comes in.

If the air contains more than 100 per cent. of carboic acid it is very injurious to health.

Gravitation is that which if there were none we should all fly away.

The press to-day is the mouth organ of the people.

A vacuum is a large empty space where the Pope lives.

Martin Harvey invented the circulation of the blood.

A deacon is the lowest kind of Christian.

The isles of Greece were always quarrelling as to which was the birthplace of Homer; Chaos has the most right to claim him.

At the annual Christmas examination at Elm House School, Surbiton, one of the questions set was: Should women have votes for Parliament? Give your reasons for and against.

One boy replied: No, because if they did they would want to get into Parliament, and then they would pass a lot of silly laws, such as that a man was not to smoke before his wife, or that wives were to have Wednesdays and Thursdays off, and then the men would have to stay at home and mind the children.

A logical answer to the question, Why does a kettle sing? was furnished by a boy who wrote: Because if it did not you could not tell when the kettle was boiling.

Asked to explain the initials C.O.D., the replies received included "Collector of debts," and "cod-liver oil drink."

Another enterprising youth described a sleeping partner as "a man who goes to sleep when playing bridge."

Asked how he would mend a puncture in a bicycle tire, a boy's answer was to the point: I would get a box of stuff that you do it with, and stick it on.

#### THE FIRST GARDEN.

"And how are the tomatoes coming on?" asked Mr. Younghusband of his little wife.

"Well, dear," began the lady, nervously, "I'm rather afraid we shall have to buy them after all."

Mr. Younghusband frowned.

"But, my dear Maria," he expostulated, "I distinctly understood from you a couple of months or so ago that you had planted a whole row!"

"That's quite right, dear," explained Maria, "but I've just remembered that I forgot to open the tins!"