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Private Schools for Girls in Canada

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Should they not learn from the national problems of the past to understand the great national questions of to-day? The critical study of the characters in a play of Shakespeare, a novel of George Eliot, will help to form standards for human conduct and understanding sympathy for many types of humanity. Poetry, music and art will make them love beauty of sound, form and color. If in the home men provide for the wants of the body, women should do their share in providing food and refreshment for the soul. I do not wish to minimize the importance of the housewifely and motherly duties of a woman, but education should teach them to value and use the time so frequently wasted in trivial and unrefreshing pursuits. I feel, then, that after certain essentials of general knowledge have been acquired, after memory and logic have been trained, after, I may here add, the rudiments of at least one foreign language have been thoroughly mastered, then a broad literary and artistic education should be given in our private schools. And this should have as its primary object the formation of character.

Marcus Aurelius, "the noblest of pagan emperors," is usually considered to have been a well-educated man, and he thanks his various preceptors not for the knowledge they have given him, but for the practical moral lessons they have instilled, both by example and precept. Only in so far as their teaching was exemplified in their lives did it make a lasting impression upon him. He says:

"It was Rusticus that first made me desire to live rightly, and come to a better state. And of the same master I learned to read an author carefully."

"Apollonius taught me: To maintain an equality of temper, even in acute pains, and loss of children, or tedious sickness. His practice was an excellent instance, that a man may be forcible and yet unbend his humor as occasion requires. As for his learning, and the peculiar happiness of his manner in teaching, he was so far from being proud of himself upon this score that one might easily perceive he thought it one of the least things which belonged to him."

"Alexander, the Platonist, advised me, that without necessity I should never say to any one, nor write in a letter, that I am not at leisure, nor make business an excuse to decline frequently the offices of humanity to those we dwell with."

"I learned from Maximus to command myself, and not to be too much drawn towards anything; to turn off business smoothly as it arises, without dudging and complaint. Whatever he did, all men believed him, that as he spoke, so he thought, and whatever he did, that he did with a good intent."

"The philosopher Sextus recommended good-humor to me, and showed me the pattern of a household governed in a fatherly manner. He also bade me make nature and reason my rule to live by. I saw him bearing with the ignorant and undiscerning, complaisant and obliging to all people, so that his conversation was more charming than flattery; and yet, at the same time, he was held in the highest reverence by others."

How many instructors of youth at the present time earn such tributes of praise from their pupils?

It has been said that "education is essentially a moulding and development of the emotional or moral nature; while the intellect is chiefly useful as a rudder," and this statement contains much truth. A purely intellectual product is apt to be cold, arrogant, selfish, a modern Mephistopheles. The emotional nature, on the other hand, without reason is like a rudderless ship. It may course swiftly and well over a smooth and open

sea, but when rocks loom ahead, it will dash itself upon them a shattered wreck. The character we would wish to build upon is one in which the heart, guided by the intellect, has been nourished on all that is beautiful, clothed with reverence, truth and honor, and inspired to action by the lofty ideal of service to mankind.

Concerning Soup

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one can have a stock pot simmering on the stove in which is put the water used to boil vegetables, bones from cooked meat, pieces of meat, etc., but in summer this is not so easy as things might be a little stale or sour.

For kidney soup take one ox kidney, one carrot, two tablespoonfuls flour, one turnip, salt and pepper, one onion, three quarts stock, one dessert spoon dripping or lard. Cut up and soak the ox kidney. Put on some bones with the carrot, turnip, onion and boil with about three and a half quarts water for three hours then strain. Put the lard or dripping in a pot and let it get hot, then fry the pieces of kidney. When brown add the stock and simmer two hours. Mix the flour smoothly with some cold water, then add to the soup. Stir till it boils, season and serve.

For artichoke soup, take one pound artichokes, two potatoes, one tablespoon butter, two quarts of second stock or water, two small tablespoons flour, one onion, one quart milk.

Pare all the vegetables and cut up small. Put in a saucepan the stock or water, add the vegetables and simmer gently for one hour. Put one large tablespoon butter in a pan, add the flour and mix together over the fire till the flour absorbs the butter. Then pour in all the milk and stir till it boils. Then add to the soup, season and serve.

For vegetable soup, take two potatoes, two onions, one-half a cabbage, one carrot, one parsnip, one cup rice, one turnip, one tablespoon dripping, four quarts water. Prepare all the vegetables, cut them up finely. Put them all into a pot, add the cold water and dripping and boil two hours. Then add the rice and boil half an hour more. Season and serve. Water that vegetables have been boiled in may be used instead of cold water.

There is an excellent way of using up food which would be thrown out. I have on a plate about two tablespoons macaroni and cheese, some cold fried potatoes, three tablespoons boiled cabbage, some boiled beans.

A good stock can be made for this soup by putting one dessertspoon of flour into the frying pan with bacon fat from breakfast. Brown the flour well, then add about two tea cups of water and stir till it boils. This will give you quite a good rich gravy brown. This is the foundation of your soup. Cut up all the things you have left in neat pieces and put them with the brown gravy in a pot and add three quarts or so, of water.

The amount of water required will depend on what you have left. Add some rice to thicken. Boil for at least one hour.

Now let me try and make it plain why soup should be used. Well, food is divided into different classes called Proximate Principles.

The chief proximate principles are:—

1. Proteid—found in milk, eggs, meat, fish, etc.
2. Fats—all kinds of fat, butter, cream, etc.
3. Carbohydrates—in starches, sugars, etc.
4. Salts—in vegetables and fruits.
5. Water—in water and in all food.

All of these are needed in a heal-

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