

The Farm Home

Combination of Foods.

By Mrs. S. T. Rorer.

Going back for a moment to the combinations of foods, if we consider many tables throughout the country, we find pork and potatoes almost daily upon them. This pork is largely fat, heat and force food; potatoes the same; consequently, this class of people lack repair food for the tissues of the body; and it will be remembered that the mental condition of the people in the various insane hospitals frequently follow a great physical breakdown from this cause. To make it still plainer, we will compare the human being to a house. When you are building a house, you put in sufficient lumber, bricks and mortar to make the structure perfect. Then, next, you furnish proper heating apparatus; and for this you must have constant fuel. But the framework of the house needs occasional repair, and for this you select materials suited to those from which the house was originally built. If a post is rotted, for instance, and it is not given immediate attention, the whole structure begins to totter and settle on the weak side. Now, it is exactly the same with the human being. If any of the tissues of the body lack the necessary repair material, the whole frame becomes shattered, and it is frequently impossible to return it to its normal condition. The nitrogenous foods, as meats, eggs, milk, old peas and beans are repair foods—while fats, starches and sugar are heat and force foods. The first corresponds to the structure material of the house, the second to the fuel for heating. We do not need to run nitrogen mad, as the average dietitian of to-day is doing, but we must have sufficient to give us an evenly-balanced dietary. Dr. Fothergill once said to the class at Guy's: "There is not one grain of common sense in eating potatoes and fat pork; but there is a deal of uncommon sense in eating beans and pork." Nor should the dietary be alike in every man; the student would certainly be most unwise to live after the same manner and eat the same food with the laborer; and with four men, all sitting at the same table, having different occupations, it is not necessary that each one of the four shall have a separate meal cooked, but it is necessary to have sufficient variety from which each one can select that best suited to his requirements.

Regarding the quantity of food, much may be said; this impression I would like to give, that the minimum amount to sustain life, in work or idleness as the case may be, is desirable. The average person eats twice as much as is necessary for his well-being, and each ounce of food con-

sumed more than is needed for the body's requirements is one ounce of food to be gotten rid of. Thus the economy is worn out, not by actual service, but by doing an unnecessary amount of overwork. In cold climates fat is the best of the heat foods. The Esquimaux feed upon blubber. Going to the South, we find the natives preferring rice, sweet fruits, as bananas containing inuline rather than starch, dates and figs rich in nature's sugar. The so-called savage knows by instinct what to eat and how to eat it; the consequence is, their bodies are in tolerably healthy, good conditions. Civilize them and they immediately fall ill—not on account of the civilization, but from the uncivilized food used by most civilized people.

"Good Morning."

How the Salutation is Given in Various Countries.

"How are you?" That's Swedish.
 "How do you are?" That's Dutch.
 "How do you stand?" That's Italian.
 "Go with God, senor." That's Spanish.
 "How do you live on?" That's Russian.
 "How do you perspire?" That's Egyptian.
 "How do you have yourself?" That's Polish.
 "Thank God, how are you?" That's Arabian.
 "May thy shadow never grow less." That's Persian.
 "How do you carry yourself?" That's French.

"How do you do?" That's English and American.

"Be under the guard of God." That's Ottoman.

"How is your stomach? Have you eaten your rice?" That's Chinese.

Some Conundrums.

When are two apples alike? When pared.

When is a chair like a lady's dress? When it is sat in.

Why is a defeated army like wool? Because it's worsted.

When does a chair dislike you? When it can't bear you.

What three letters turn a girl into a woman? "A-g-e."

When is a soldier not half a soldier? When he is in quarters.

What do we often catch yet never see? A passing remark.

Why is life like this riddle? Because you must give it up.

What money brings the most substantial interest? Matrimony.

Why does a man sneeze three times? Because he cannot help it.

Why is a bed cover like a blister? Because it is a counter-pane.

Why are some women like facts? Because they are stubborn things.

What fruit does a newly-married couple resemble? A green pair (pear).

What is a kiss? A receipt given by a lady on paying your addresses.

On what day in the year do women talk the least? The shortest day.

Why is an egg like a colt? Because it is not fit for use till it is broken.

Why is a very ugly female a wonderful woman? She is an extraordinary one.

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