

ERRATA AND ADDITIONS

- Page 22. Starch belongs to the carbohydrates.
- Page 25. Asparagus, to prepare: Scrape white stalk end, wash, and tie in bundles.
- Page 25. Celery: Wash, scrape outside stalks, tie stalks in bundles or cut in two-inch pieces.
- Page 32. Sugar belongs to the carbohydrates
- Page 39. Under "Composition": About 87 in every hundred parts of milk are water.
- Page 44. Under "Yeast:" 1/28000 should read 1/2800.
- Page 34. Divinity Fudge: Instead of "soft ball" read "hard ball."
- Page 50. Sultana Scones: "1½ tsp. lard" should read "1½ tbsp.," "1½ tsp. butter" should read "1½ tbsp."
- Page 50. Nut Loaf: "2 cups milk" should read "1½ cups milk."
- Page 66. Fish Pie: Read "brown" for "broken."
- Page 66. Fish Cakes: Egg and breadcrumb, or flour, and fry. See pages 65 and 68
- Page 75. Instead of "Beef Steak Pudding." at end of page, read "Beef Steak Pie," page 57.
- Page 91. Mocha Icing: Instead of "1½ tsp. strong coffee" read "1½ tbsp."
- Page 104. Under Liquid Diet, "a weak cup of tea" should read "a cup of weak tea."
- Page 129. Cost of Electric Stove, \$75 to \$100.
- Page 134. Cost of Tablespoons should read "\$33.00 per dozen."
- Page 150. "Hearache" should read "headache."

Page 130:

DUST

Dust consists of finely powdered earth, mineral matter, rocks, dead skin, hair, and other matter given off by people, animals and vegetable life, minute particles from clothing, pollen from plants and trees, dried and powdered excrement from animals, dried sputum from expectoration, smoke, gases, and the products from factories and chimneys.

There are also in the air molds, yeasts and bacteria. These are living organisms which grow and multiply quickly in dust, especially when moisture and warmth are also present. Some bacteria are harmless, others carry disease and are therefore dangerous.

Dirt and molds destroy property. In order to preserve health and property from dust, bacteria, yeasts and molds, fresh, dry air, sunshine and cleanliness are necessary.