

The Farm Home

The Country Home.

A Paper Read by Mrs. F. M. Carpenter
on March 30th at the Saltfleet
Women's Institute.

(Continued from last Issue.)

Health is one of the first requisites towards a happy home. With pure drinking water, dry walls, dry cellars and good drains that carry off refuse without letting in foul gases half the battle for good health is won. If we could moderate our hurry, lessen our worry, and increase our open air exercise, a large portion of nervous diseases would be abolished. A home is like a piece of music where all essentials are in harmony. Every mind has its hidden light and each member of the family brings its radiance to the breakfast table, where the keynote of the day is sounded. It may be a low growl on the bass notes, a shrill falsetto or a sweet clear sound, but from it the strain of the day largely takes its tone. Some one has said, "every meal should be a love feast."

It is true our stomachs have much to do with our tempers, our digestion with our ability to bear burdens and withstand temptations. One can hardly wonder that the man who rises from an unsatisfactory, ill-cooked breakfast is unfit for his day's duties and finds himself before night or at nightfall hastening to the saloon after something which (he thinks) will brace him up. It is a false delusion. However, let us look well to the keynote, that it be strong and bright and thus make it easier to keep the whole strain melodious. Who are the men and women, the rulers, statesmen and governors, of the coming century? The children of to-day who are now the spirit and inspiration of the home and so the parents' first duty is to them.

The Fröbel system teaches "that the little child is like a delicate plant needing sunshine, fresh air, nourishing and care to be brought to blossom and there could be no better brand of psychological light than cheerfulness and no finer fresh air for a child's soul than the atmosphere of kindness and kinship with nature. Character building with children should begin in infancy and be founded in the solid rock of truth between parent and child. Establish trust and confidence, and never deceive a child; no eyes can see through a sham quicker than those of little children. If there is the least discrepancy between the teaching and the life of the mother they know it long before they can formulate it even in thought; but the observer of child life can see it in the defiant eye, the curling lips, the shoulders braced back to repel the meaningless aphorism of elders who never apply their rules to themselves. We are

loath to believe our daily lives are honey-combed with shams, but our little children often bring us to that conviction.

Of all that happens in the home to grieve the little ones and weaken the mother's moral hold on them, broken promises are the most fruitful. In our association with adults a promise is held sacred, and "his word is as good as gold" is the highest recommendation that can be given, but a promise is made to children and never thought of again unless they bring it to our mind. Carelessness on the part of parents in this respect is a source, not only of pain, but of evil influences that warp the character of children and sometimes result in life-long injury. Young children, and hearty, merry, happy children, too, are capable, if properly guided, of possessing as high a standard of honor as their elders, and when they do not possess it there is something very wrong somewhere. The mother who does not or cannot trust to her children's sense of honor would do well to pause and examine the situation and see if it may not be bettered. The watchfulness that does not seem to watch, the power of commanding absolute obedience without employing harshness are assuredly worth trying.

Let the children share some responsibility. It drives a man to toil and brings out his best gifts. Johnson wrote his immortal *Rasselas* to raise money to buy his mother a coffin. Hunger and pain drove Lee to the invention of his loom. Left a widow, with a family to support, in mid-life, Mrs. Trollope took to authorship and wrote a score of volumes. The most piteous tragedy in English literature is that of Coleridge. Wordsworth called him the most myriad-minded man since Shakespeare, and Lamb thought him an archangel slightly damaged. The generosity of friends gave Coleridge a house and all its comforts, without the necessity of toil. But ease and lack of responsibility, together with opium, wrecked him. Hunger and want would have made him more famous and enriched all English literature. It is responsibility that teaches foresight, prudence, courage, and slowly but surely turns feeblings into giants.

(To be continued.)

Foods for Children.

By Anna Virginia Miller.

(Continued from last Issue.)

Zwiebach, broths, rice, milk, tapioca and custard are excellent foods. Eggs may be given occasionally, but their highly concentrated nutritive value renders them a food to take the place of meat rather than to be given in addition to meat at any meal.

Never give children pork, veal, shellfish, crustaceans or any of the internal organs except sweet-breads.

Cheese is a very concentrated food, is difficult of digestion for an adult, and should not enter often into the dietary of a child. Occasionally a dish containing a small quantity of cooked cheese may be given.

Salads are as necessary for children as they are for adults, but they must be light and never heavy salads. Young celery chopped very fine with a French dressing served on a bed of lettuce leaves shredded will illustrate one of the many salad combinations suited to the needs of the little ones. Mayonnaise dressing should rarely be used.

Cereals should always be very well cooked; if improperly cooked they prove irritating and escape furnishing nutritive value. A cereal gruel of any kind will be found beneficial in cases of constipation.

Meats used in the nursery should always be either broiled, roasted, or boiled; never fried.

Eggs should be lightly cooked at a temperature not exceeding 175° F. If cooked at a higher temperature the whites become tough and horny and are very difficult of digestion.

Of the soups the cream soups are among the best. Never give the heavy soups highly seasoned.

Zwiebach heads the list of the bread foods. On account of its being twice baked it is easy of digestion. Pulled bread, toasted water-crackers and dry toast are all good, but the child must eat fruit with a bread diet or constipation will result.

Baked apples, raw scraped apples, or baked bananas may be given. Bananas should always be cooked.

Blackberry jam, when properly made with the seeds rejected, is an important nursery food.

For desserts nothing is better than old fashioned rice pudding. All the gelatine desserts are good and may occasionally be served with whipped cream. Floating island or any of the custard deserts, as tapioca or sago puddings may be given, or Irish-moss blanc-mange.

The occasional use of honey in moderation is not objectionable. Honey is so desirable in its natural state that there is little occasion for its culinary use. It may be substituted for sugar or molasses with good effect in many cases, and will be found delicious in combination with nut meats or popcorn.

The important thing, then, in nursery feeding is to attain as near as possible to nature's laws, by giving those foods containing the elements in the correct proportion which nature originally used in the building of the human machine, the body.