

make them up and be none the worse for them."

This reminded me of the old saying, "The falling out of faithful friends, renewal is of love." So I let the pair alone, and when their chicks were hatched, they became most attentive parents, and brought up a brood of five, all of whom are fine birds. One thing, however, I must point out. If the two birds show complete indifference to each other and appear to be morose and miserable, keeping at different parts of the cage, then separate them and let them choose other mates.

When birds are sitting, keep them plentifully supplied with water for drinking and bathing, as it is not well that they should bathe in their drinking water, which they will do if none other is provided.

Keep the cage scrupulously clean, but do not interfere with the nest, nor attempt to wash the birds. Let them have their own way, feed them well, and leave the rest to nature.

And now I come to a most important matter, and that is the food to be given them at these times. There are many and various theories upon the matter; but I have found the following the best recipe:

Take one dessert-spoonful of rape seed and simmer it in water for six minutes, one egg boiled hard (it need not be a new-laid egg), three Swiss biscuits. Pound the whole together in a mortar. This will be sufficient for four days for a couple of birds after the young ones are hatched. The parent birds must, of course, have their usual food in addition, and perhaps a little watercress. One thing is very important. The egg-food must not be allowed to get sour, or it will kill the young birds. Perhaps more are lost by this than by any other means. Let me advise

our girls always to mix this food and give it themselves to the birds.

The bird sits thirteen days; but do not remove the unhatched eggs for three or four days later, because, of course, the eggs are not all laid on the same day, and the later eggs may require a longer time. When the female leaves the nest, which she does about three times a day, the male bird generally takes her place and sits on the eggs, but this is not always the case. The two should not be allowed to sit on the eggs together. If this is attempted the male bird should be driven off.

Some writers advise that the first egg should be placed in bran until all are laid, and an imitation egg placed in the nest. But this I have not found necessary.

Although I am very fond of canaries, I cannot say that they are pretty when first hatched. In fact, for four or five days, they are repulsive objects, consisting of a beak, a long scraggy neck and a raw-looking body covered with a kind of down, looking like mildew, which gives them the appearance of very old wizened little men. After a few days, however, they begin to be pretty. Remember both parents feed the young.

The small birds will leave the nest on their own account after about a fortnight when they are strong enough to get on to the perches. If you find the mother begins to peck them or pull out their feathers, you must remove them into a different cage, as this is a sign that the hen wants to lay again and rebuild her nest. Before she is allowed to do this, clean out the cage and wash the nest basin.

Sometimes the parent birds are a little exhausted after bringing up a brood, and should be fed and attended to with extra care, especially when they have brought up three broods in the same season.

I remember two charming canaries I once had, and I will tell you their tragic history. They were named "Yellerino" and "Stig-gerepin." These two little creatures were an attached couple. They selected each other, and were inseparable. We thought the little female bird delicate, and chose another mate for Yellerino; but he would not look at her, and seemed to pine for his first love. So we allowed them to come together again.

They hatched and brought up four nice little birds; but the female became so weak afterwards that he used to feed her and tend her most gently. It was, however, no use, for, after a few days, she fell off the perch dead.

We thereupon removed poor little Yellerino into another cage with companions to cheer him; but day after day he would stand upon a perch looking out with such a longing look—sometimes singing very plaintively, but generally silent. Always so gentle, he would come on to my hand and look up into my face as if he would ask what had become of his mate. He got thinner and thinner until one day when I put my hand into the cage he laid his little head on my hand and gently passed away.

What I have here written is the result of my own experience of canaries. I have simply related what has happened to birds which I have kept or reared, sixty of whom are alive and many of them singing lustily at this moment. I have no theories to advance, or methods to advocate, neither have I given much time to the study of bird literature. In fact, my birds are simply my amusement with which I beguile my spare hours in a life which is occupied by the calls of a very large though, I thank God, an obedient and affectionate family.

WHAT TO COOK, AND HOW TO COOK IT.

PART V.

MILK, EGG COOKERY, BUTTER, SUET, LARD, ETC.

"Trifles forgot, to serious mischief lead."



Must appreciate the real value of milk, we must regard it as a food, not drink. Though we drink it from a cup or tumbler, as soon as it reaches the stomach it becomes a solid, and the process of digestion quickly separates its com-

ponent parts, one-third only of which being water is readily absorbed into the system.

As fully two-thirds of the components of milk are solids, we should bear in mind that the drinking of milk by children does not lessen their need for water wherewith to quench natural thirst. Babies and very young children often suffer acutely for want of a draught of water—nurses supposing that the child's supply of fluid food had been ample when its "bottle" was emptied.

Why milk is pre-eminently the food of the young of all species is because it is itself a

type, in the most easily digestible form, of all foods. It contains all the essentials for growth of muscle, nerve, bone and tissue; hence for adults also, when the digestive powers have become weakened from any cause, milk establishes itself as a perfect food.

The process of sterilising milk as we obtain it at some dairies is rather a process preventive of disease than one touching digestion, although many people put faith in it. Sterilised milk may be safely taken when going on a journey, and, indeed, if the milk is liable to be carried far, it is well to use home sterilisation—or scalding—as well.

The addition of a tablespoonful of lime-water to a pint of milk is invaluable for delicate children and invalids; soda-water, again, is an improvement when milk is taken as a beverage by adults or by children.

A tumblerful of milk brought up almost to boiling-point and drunk at once is an excellent restorative after great exertion or exposure. The same, either with or without the addition of a tablespoonful of stimulant, is an excellent specific for colds in the head. It should be taken just before getting into bed.

A pinch of powdered borax stirred into milk and cream will prevent them turning sour for several days. Borax is the charm on which the purveyors of cream as sold in little brown stone-ware jugs rely; the cream in these may be trusted to keep, when unopened, for a month without its turning sour.

Milk baked in a stone jar in the oven for an hour becomes much enriched, tasting indeed like cream. It makes a better supper

for children than if simply boiled. If, however, in addition to baking it, a handful of Scotch oatmeal be put into the jar, the result is even more satisfactory.

Milk that has become stale or clotted has by no means lost its virtues. It is a shame to waste even a single spoonful of good milk.

To make good *Scones*, it is necessary that the milk be decidedly "lobbered," to use an Americanism. When so, a half-teaspoonful of bicarbonate of soda well stirred in will quickly make it froth, and the scones made from this will be sure to be light. It is essential to make scones and cakes well that the milk shall be of thoroughly good quality—if poor, they will be tough and flavourless.

Supposing that the milk which has turned sour is also thin and poor, it may be turned to good account as a cleanser. For washing and imparting a polish to floorcloths and linoleums there are few things better than milk. Milk will wash out ink-stains on cotton or linen goods, and will even clean paint.

The whey of sour milk is one of the best things for dabbing on the face and hands when they are red and hot from exposure to sun and wind with boating, tennis, etc. Sun freckles can be removed by making flower of sulphur into a paste with sour milk and spreading it over the face at bed-time; wash off in soft rain water the next morning, and, if persevered in, this treatment will beautify the skin as well as remove disfigurements.

A glass of new milk at bed-time, taken regularly, between the ages of twelve and fourteen, will cause a child to grow almost twice as fast as without it.