

Random Notes For Busy Households.

"There is scarcely an article of food," said Dr. Edward W. Martin, Chief of the Food Inspection Division of the New York Health Department, "with the exception of that used in its natural condition, as fruits, vegetables and fresh meats, that is not subject to adulteration."

"Greed constantly devises new schemes to injure the food supply, and the resources of science are taxed to detect fraud. The competition of trade is largely responsible for adulteration of food, so much so that firms of good reputation and individuals of high standing have placed upon the market substances which they must have known contained ingredients of a hurtful character."

"An instance occurred several years ago when a baking powder was offered for sale. Fortunately, before any large amount was disposed of it was analysed by the health officials and found to contain oxalic acid instead of acid tartarate of potash, a substitution that meant a saving of three-fourths in the cost of manufacture. Publicity prevented further production of that pernicious compound."

Dr. Martin mentioned the fact that there is now on file in the Patent Office at Washington an invention for making coffee beans from clay. So perfect is the imitation that only an expert can detect the fraud. The counterfeit lacks only the delicate filament always present in the cleft of the genuine bean. When roasted the imitation assumes the color of the real bean, becomes brittle and is readily ground up with genuine coffee, with which it is mixed.

"By far the most harmful adulterants," said Dr. Martin, "are the preservatives that are mixed with foods and liquids. While the preservative may prevent a form of fermentation easily seen, it permits another kind not apparent to the consumer, but more injurious, by preventing proper action of the digestive fluids of the stomach. Borax in milk to prevent souring will permit the development of bacteria, which when the milk is taken by infants or invalids may cause their death. Tyrotoxin, the result of a peculiar fermentation of milk, does not show its presence by any change in the appearance or taste of the milk, yet small quantities of milk containing this toxin have caused severe illness and sometimes painful death."

Dr. Martin thus cynically sums up the average citizen's possible meal:—"His coffee may be a modicum of genuine bean, mixed with chicory, beans, peas, clay or damaged flour, colored with the scourgings of molasses hogsheads."

"His tea may be made of spent tea-leaves weighted with sand, the taste and color restored by mixture with leaves of trees."

"His milk may be robbed of its cream or weakened with water infected with disease germs."

"His pepper is too often largely made up of ground cocoanut shells, and his mustard may contain a percentage of damaged flour and cayenne pepper, with poisonous color matter. Light colored spices are weighted with ground almond shells, and pickles and canned peas are often made attractive by water containing alum and copper."

"Canned chicken may be 'bob veal,' mutton may be goat, and bread may derive its lightness from alum or alkalies. Salt is so cheap that no one has discovered a cheaper substitute, but they still have hopes. Chocolate is oftentimes a mixture of damaged flour and colored earth containing arsenic."

"Butter may be composed of animal fat colored with annatto, or turmeric, or even an extract of yellow autumn leaves, which gives the bluish-yellow of genuine butter."

"Honey in the comb is a work of art, more real than the genuine article, made of paraffine wax, filled with artificial glucose, flavored and colored with honey made from coal tar products."

"The ever-useful glucose plays a leading part in maple sugar never taken from a tree."

"Cheap table wines are made from damaged fruits or anything else, with sufficient sugar to produce alcoholic fermentation. They are preserved by boric acid, salicylic acid and other antiseptics, and colored with poisonous extracts. Such wines do not contain a single drop of grape juice."

During the past year the Health officials seized more than seven million pounds of food unfit for use, and also procured the conviction of nearly 300 persons engaged in the illegal traffic.

A PATHETIC STORY.—A contributor to a New York journal in dwelling upon the advantages of patience and endurance writes:—

"In the illnesses of children, those mysterious visitations to the tender,

lovely existence of infancy, the power to bear, nay, even to recover, very often lies in their yet rudimentary training. It is, to be sure, but the alphabet of the great study of endurance which we can teach them, but it avails to make them take a bitter medicine; to keep an injured limb still; to bear a bandage without tearing at it; to control the little fingers which irritate a sore. The calm mother on whose breast the unthinking little head has leaned while trying to check its sobs gives not only a resting place but affords strength to the effort made."

A merry little girl twelve years of age, so trained and blessed, has with in the last fortnight lost one of her round but lately supple limbs by amputation. Habits of self-restraint and obedience first acted as life savers by allowing the surgeon and nurses to conceal the awful loss, until she had gained strength after the shock of the ether and knife. Ingenious bandages of tightly rolled substances were made to simulate the leg; she was told neither to move in bed nor touch the limb; she was able to obey implicitly. In a few days she was told what had happened; a sudden gush of tears convulsed the child for a surprisingly short time, and then she said heroically: Doctor, when can I have crutches to walk with?"

My mind, at first absorbed in tender sympathy and anxiety for her suffering mother, and the life-long affliction to the little girl, quickly and eagerly questioned itself as to when the seed of such beautiful and helpful endurance had been sown. Instead of a household of miserable unhappy people trying to comfort and divert a fretful and frightened child, here arises, like a flower opening in the night, this fine acceptance of what cannot be helped or cured, and gives forth a tonic influence of hope that brings peace to all concerned. She is already eagerly looking forward to the possibility of using an artificial limb, and is absolutely comforting her parents by her own strong little heart."

TO FIT A SHOE—"People would find less difficulty with ready-made shoes," said the experienced salesman, "if they would stand up to fit them instead of sitting down. Nine persons out of ten, particularly women, want a comfortable chair while they are fitting a shoe, and it is with the greatest difficulty you can get them to stand for a few minutes, even after the shoe is fitted. Then, when they begin walking about, they wonder why the shoes are not so comfortable as they were at the first trial. A woman's foot is considerably smaller when she sits in a chair than when she walks about. Exercise brings a larger quantity of blood into the feet, and they swell appreciably. The muscles, also require certain space. In buying shoes this fact should be borne in mind."

MARRIED LIFE.—A fact that should increase the marriage rate is that married people live a great deal longer than those who remain single, says a writer in an exchange.

This can be easily explained in the case of the average man; he is removed from the tender mercies of a landlady, and her primitive notions of upon what sort of cooking a human being can best sustain life.

His wife studies his comforts, his meals are not only eatable but served at regular hours and she makes him a home in the sense that he has not known since he left his parent's roof it is no wonder that his life is lengthened by all this; indeed, it would be strange if it were otherwise.

It seems very curious that matrimony, with its many cares of housekeeping and all its attendant worries should undoubtedly be the means also of prolonging a woman's life.

One would have imagined that the cares of husband and children and the worry of housekeeping would have been far more likely to shorten her days, but the fact remains that it is not so.

It behooves a man who wishes to prolong his life, and live to a ripe old age, to take unto himself a wife without further loss of time.

FALSE ECONOMY.—Every housewife has her pet economies. Buying in dribbles is often one of these, and so prejudiced is she in favor of long habit that she can seldom be made to see the folly of so doing, even when the facts are as plain as these in the following instance, which came to the notice of a professor of natural science in connection with some practical dietary studies, which she was making at the request of Professor Atwater for the Department of Agriculture: She found that the family she was studying and trying to assist bought potatoes twenty-nine times in thirty days. The housewife bought a quarter peck of potatoes each time and paid 5 cents for them. The scales showed that this quantity varied in weight from three to six pounds.

One of the practical results of the investigation was that the housewife was led to see how extravagant her method was, rather than economical, and she at once bought two bushels of potatoes for 80 cents—the sum she had paid the previous month for one bushel. Housekeepers are waking up to the injustice of selling certain food products by measure instead of weight. Especially is measurement unfair in cases when a small quantity is purchased, and this bears hardest on the poor, of course, who buy supplies in dribbles, as a rule. Onions, tomatoes, turnips, and such vegetables vary greatly in size, so that no two measures of the same taken from separate piles would contain equal quantities of material. The same objection applies to eggs also. Would

it be more just if many articles of food now sold by measure were sold by weight? This is a question which the domestic science committee of some club might well investigate, if for no other reason than an interest in the poor.

USEFUL HINTS.—When flat irons become rusty, black them with stove polish and rub well with a dry brush. When meat is sent from the butcher's wrapped in paper this should at once be removed, for it only absorbs the juice of the meat.

If clothes are soaked overnight, one teaspoonful of pure ammonia in each tub of water will materially lessen the labor of washing.

Faded cashmere may have the color improved by being sponged with equal quantities of ammonia and alcohol added to a little warm water.

The best way to wash bedsteads is to thoroughly sponge all parts of the bedstead with hot water in which a little alum has been dissolved.

Place squares of dull-colored felt, pinked at the edge, under statuary or any heavy ornaments which are liable to scratch a polished surface.

The Kindergarten System.

Under the caption "Technical Education," the Ottawa Free Press, in commenting upon some of the recent attacks made upon the kindergarten system in vogue in many of our educational establishments says:—

There seems to be a very unwise tendency exhibited in certain quarters to belittle the value of the kindergarten system. To those who have seen it properly conducted this is inexplicable, because it is based on sound principles, and Friedrich Froebel, who appreciated the maxim of his distinguished predecessor, Pestalozzi, in the art of pedagogy, that it takes a wise man to teach a child, endeavored to treat the infant mind as an organism all the qualities of which had to be made to co-operate in order to bring out a unity and harmony. Those who belittle the kindergarten cannot have a true knowledge of the working of the system. Its value is emphasized by the announcement made that a large manufacturing institution in Dayton, Ohio, has notified its employees that henceforth preference will be given to young applicants for employment who have had a kindergarten training and after 1915 no applications will be considered unless the applicant has had a kindergarten training. The company has conducted kindergartens for the benefit of the children of their employees for a number of years and has observed the results. The good effects of the working of the kindergarten must be evident, or this action would not be taken.

In the course of his able address before the Board of Trade yesterday,

the Hon. G. W. Ross referred to the kindergarten in approving terms, and it is a matter for congratulation that he does not appear to be of the same opinion as those who would abolish them. As he pointed out, they may be a valuable prelude to that technical education which is now conceded on all hands must be established at all available points in Canada. The subject is one which has already been dealt with in these columns, at the time Mr. Crawford Ross pointed out, in one of his statesmanlike addresses before the Board of Trade, that if our manufacturing interests and domestic interests are to be conserved technical schools must be established. The urgency and importance of the proposition was duly enlarged on by the Minister of Education, and it is evident that he not only appreciates the importance of the issue, but, as will be seen from the report of his address, which appears in another column, is prepared to assist from the public funds any municipality erecting suitable buildings. It may with reason be contended that, as the matter is one of national industrial importance, the Federal government should, if not lead, at least assist in the accomplishment of the scheme. The primary step is to get the building of which Mr. Ross spoke, and the educational machinery. The financial question is one that will not be difficult to settle, and there can be little doubt that aid from the public coffers to forward so important a national undertaking will not be lacking.

those with whom he came into contact during his term of office, the duties of which he discharged in an absolutely fair and impartial manner, and in the most careful manner as well, with a strict attention to every detail of the business coming before him. Socially, His Honor, was an ideal host, hospitable, kindly, jolly and witty, and in his ability and taste in entertaining he was excelled by no other occupant of the gubernatorial chair. Mrs. Howland, too, was a typical hostess, who always did her part to make the Government House functions successful and enjoyable to the utmost degree. Not only did Governor Howland discharge the duties of his position with grace and dignity, and to the complete satisfaction of everybody, but he knew the people, from whose ranks he rose to the highest administrative position in the province, and he was not afraid to mingle with them, becoming thoroughly acquainted with their conditions and requirements, and he took a deep and practical interest in everything tending to the advancement and progress of the province, and especially in dairying and fruit-growing. He has been a most popular Chief Magistrate, and has won for himself a most enviable place in the esteem and respect of the people of Prince Edward Island.—P. E. I. Agriculturist.

It would be about equal to the maintenance of their schools.—Exchange.

Rosa Bonheur, the famous animal painter, died at Fontainebleau, France last week. The mortal illness was congestion of the lungs, which attacked the aged artist only recently. Her death occurred in the secluded cottage she bought near here long ago, and where she did so much of the work that brought her fame. She was seventy-seven years old.

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SCHOOL GOVERNMENT.

In Milwaukee an attempt was recently made to teach school children the science of Government, by a regular system of mock elections, mock councils, mock public offices; but it has failed on account of the introduction of political corruption, hoodling, and trickery which came in the wake of the establishment of the system. The plan is thus described:—

"The pupils of the school were called together and the plan was explained to them. It was received with great favor. A Mayor was chosen, Aldermen were elected, a Comptroller, a City Treasurer, a City Clerk, a Municipal Judge and other officers were named. The Mayor named the Chief of Police, and the Chief selected his patrolmen. Every office known to the city of Milwaukee was created and filled by pupils of the school, and when the last was occupied a charter was drawn up and adopted. The charter was approved on April 5 last. The document consists of ten articles. The preamble says:—

"We, the pupils of the Twenty-first District School, in order to acquire a more thorough knowledge of municipal government, secure drill in parliamentary practice, and thus prepare ourselves while at school for the general duties of American citizenship, do ordain and establish this constitution as our school city charter, with the consent and the advice of the principal of our school."

The first article of the constitution covers the legislative department of the government. It provides for a common council to be made up of two Aldermen from each ward or classroom, to be chosen for terms of three months, and two teachers of the school. An alderman was required to have a standing of 85 per cent. in deportment and 80 per cent. in studies for the three months prior to election. It was further provided that sex should be no bar to office, and that each ward should be represented by a boy and a girl. The council was authorized to confirm appointments and had the power of impeachment. Elections were to be held quarterly and the nominations were to be made at regularly conducted primaries, while the Australian method of balloting was adopted. The Council was also authorized to levy taxes, and a section declared that a writ of habeas corpus should not be suspended. The city departments consisted of a Department of Health and a Department of Public Order. The judiciary was included in three courts—a police court a municipal court, and a supreme court of appeals. Section 1 Article II. of the Constitution provided for the speedy trial of offenders, and Article IX. said that no corporal punishment should be inflicted.

The plan of municipal government worked very well for a time. The pupils of the school speedily became

deeply interested in the plan and its operation, and gave many hours to the study of the problems that continually arose. In fact, one of the complaints against the system was that the children were too deeply interested in the new scheme, so deeply interested that they gave their entire time to school municipal affairs and wholly abandoned other studies. The elections were as exciting as the municipal elections of the city of Milwaukee and the political struggles that arose speedily involved parents and guardians until the entire population of the ward was at sword's points. The law questions that came up were discussed in the Circuit and Superior courts of the county, and bench and bar soon became interested in the rulings made by the judges of the school city courts. The rivalry became so great in time the school judges and lawyers were haunting the law libraries and the offices of attorneys to secure opinions to sustain them in rulings made in prosecuting or defending offenders before the bar of the school courts."

"One of the charges made at the meeting was that school children were receiving instructions in politics that were injurious to the minds and morals of the young. It was stated that in the election recently held, one candidate for office found that some voters were willing to cast their ballots for the highest bidder. This young politician had saved his pennies for a week before the election and invested the entire sum in slate pencils, chewing gum, candy and other things children are supposed to like and peddled them out in exchange for votes. This young office-seeker was elected by an overwhelming majority. The manner in which he conducted his campaign became known and the corruption in politics that marked the last election threatened to become general, as every boy and girl in the school with political ambitions began to save up his or her pennies to use in the next campaign. It was also alleged at this meeting that the judges were not above rendering decisions that were not strictly in conformity to the law in the case, and that the boy who could play the strongest game at half-back or pitch an out-curve was not dealt with so severely as the boy who knew no football or baseball."

When the state of things became known an end was at once put to an elaborate attempt to teach school children practical politics. It is little wonder that so much wholesale corruption exists in the great world of public life, when the younger generation could not even play at politics in an honest manner. However, we believe that such a system would be more successful in Canada, and that it could be made a success amongst the young people in this country.

THE LIEUT.-GOVERNOR OF PRINCE EDWARD ISLAND.

The Governorship.—Dr. P. A. Macintyre, of Souris, has been appointed Lieutenant Governor of Prince Edward Island, in succession to Hon. G. W. Howland, the appointment taking effect June 1st prox. Dr. Macintyre was born at Peterville, King's County, in 1840, and was educated at St. Dunstan's College, Laval University and McGill University, from the last named of which he graduated in 1867 with the degree of M.D. His father, who was a brother of the late Bishop Macintyre, was a descendant of the Macintyres of Long Island, Invernesshire, Scotland. Dr. Macintyre was a railway commissioner from May, 1872, to August, 1873, and was elected a member of Parliament for Queen's County, in the Liberal interest, in 1874. In 1879 he was defeated, but was re-elected in 1882 and 1886. He was defeated at the last general election. He has been twice married, his first wife being a Miss Macdonald, of East Point, and his second Mrs. Patrick Walker, of Charlottetown, a very popular lady. We tender Mr. Macintyre our congratulations on his appointment to the gubernatorial chair of his native province.

The retiring Governor, Hon. G. W. Howland, has been a most successful and popular occupant of government house, and he carries with him the respect, esteem and good wishes of

those with whom he came into contact during his term of office, the duties of which he discharged in an absolutely fair and impartial manner, and in the most careful manner as well, with a strict attention to every detail of the business coming before him. Socially, His Honor, was an ideal host, hospitable, kindly, jolly and witty, and in his ability and taste in entertaining he was excelled by no other occupant of the gubernatorial chair. Mrs. Howland, too, was a typical hostess, who always did her part to make the Government House functions successful and enjoyable to the utmost degree. Not only did Governor Howland discharge the duties of his position with grace and dignity, and to the complete satisfaction of everybody, but he knew the people, from whose ranks he rose to the highest administrative position in the province, and he was not afraid to mingle with them, becoming thoroughly acquainted with their conditions and requirements, and he took a deep and practical interest in everything tending to the advancement and progress of the province, and especially in dairying and fruit-growing. He has been a most popular Chief Magistrate, and has won for himself a most enviable place in the esteem and respect of the people of Prince Edward Island.—P. E. I. Agriculturist.

SCHOOL STATISTICS.

The public schools of Paris, France are attended by 173,000 pupils at a cost of \$6,000,000, making \$35 per pupil. The Catholic schools are attended by 75,000 pupils at a cost of \$600,000, or \$8 for each pupil. This demonstrates that the support of parochial schools is not a burden on Catholics. If their children attended public schools, the increase in tax-

tion would be about equal to the maintenance of their schools.—Exchange.

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The Growth of Ontario.

Part five of the report of the Bureau of Industries of the Province of Ontario, dealing principally with municipal statistics, has been published.

The population of the province during the year in question shows an increase of 18,500 people, and is marked down at 1,990,977. The census population of the Province of Ontario may be estimated at 2,200,000. The assessment population is divided as follows:—

Townships 1,113,530
Towns 312,947
Villages 133,560
Cities 430,940
Toronto is marked down at 183,172.

The other cities are as follows:—
Ottawa 53,727
Hamilton 50,035
London 36,224
Kingston 18,009
Brantford 16,234
Windsor 11,915
St. Thomas 11,021
Guelph 10,711
Stratford 10,531
Belleville 10,339
St. Catharines 10,144
Chatham 8,783

There is a marked increase in every city except Brantford, Chatham and Kingston. There is a small increase in the population in the townships, villages and towns.

The larger towns which are within sight of city garb are as follows:—
Peterboro, 10,951; Woodstock, 9,010; Brockville, 8,959; Berlin, 8,687; Owen Sound, 7,899; Galt, 7,448; Harrie, 6,549; Sarnia, 6,439. There are no towns between the population of 4,000 and 6,000.

The total amount of taxation is 12-206,325, or \$6.13 per head and 19-19 mills on the dollar. It is a decrease per head and is less than in any year since 1891, and the largest mill rate

ever known. The debenture debt is not complete.

The assessed value of the province is \$903,625,377, which is the lowest since 1890, and accounts for the high mill rate. It is as follows:

Townships \$444,722,478
Towns 91,438,546
Villages 30,497,707
Cities 236,966,646

The highest tax-rate is in Lindsay and St. Edmunds in the county of Bruce, where the rate is 43.5 mills. The lowest is in Hope Township, Durham County, and Flamboro East, in Wentworth, where the rate is 4.1 mills. In the organized counties taxes are highest in Prescott, which is 22.6 mills, and lowest in Halton, which is 8'1.

The receipts from the townships amount to \$6,186,167, of which two-thirds came from taxes and licenses at twelve per cent. was borrowed. The disbursements amounted to \$5,742,017. Of this \$400,000 went for municipal government, about \$1,200,000 for debentures, \$100,000 for county and the rest for other improvements.

The assets amount to \$5,202,253, of which \$1,577,267 are taxes in arrears. The liabilities are \$1,182,704.

In towns the receipts were \$5,311,936; disbursements, \$5,033,981; assets, \$11,942,237; liabilities, \$10,735,902.

In villages the receipts were \$988,793; disbursements, \$399,605; assets, \$2,226,971; liabilities, \$1,404,986.

In cities the receipts were \$13,147,000; disbursements, \$12,432,208; assets \$43,477,839; liabilities, \$40,388.

The total receipts were \$28,987,549 disbursements, \$27,258,802; assets, \$67,156,035; liabilities, \$59,209,669.—Ottawa Free Press.