

Christmas Dishes We Miss.

Of the dishes with which our ancestors were wont to make merry over at Yuletide, the place of honour must be assigned to the boar's head. Once an indispensable dish, however, it probably figures nowhere in the bill of fare in these days except at Queen's College, Oxford, where it hasers because of a valorous act performed centuries ago by a student there. He was walking in the fields studying his Aristotle, when a wild boar rushed at him open mouthed. But with great presence of mind the student crammed the book down the animal's throat; it was thus choked to death with philosophy.

Next to boar's head, peacock pie was the favourite Christmas dish. The method of serving was to have the plumed crest of the peacock appearing at one end of the pie above the crust, and at the other end the tail unfurled in all its glory. The manner of dressing this bird for the table was very curious. The skin was first carefully stripped off with the plumage adhering. The bird was then roasted, sewed up again in its feathers, and sent to the table.

Geese, capon, pheasants drenched with ambergris, and pies of carps' tongues were also included in the olden Christmas cheer. Mince-pies were introduced at the close of the sixteenth century, and were originally known as "mutton-pies." The original plum-pudding was known as "plum-porridge" and was always the first course at the Christmas dinner.

THE EXPENSIVE LUXURY.

My auto keeps me busted, my stand-off goes no more, in shops where I was trusted in happy days of yore. "Nay, nay," exclaims the grocer, when for some prunes, I go; "you've grown to a blooming town, ain't you, playing what you owe for gas and rubber the coin you owe for rice, so chase yourself, you lubber, or else bring in the price." My auto is a daisy, it fairly burns the soil; but it has made me lazy. I balk at honest toil. The old blue sheep needs shearing, I ought to bale some hay, but here I am careering some forty versts away. The kitchen should be painted, the roof is gaping wide; but who would get acquainted with work, when he can ride? My wife is sorely needing some decent rags to wear, but I've been pinched for speeding and have no coin to spare. My auto keeps me busted mechanics get my wad; some bolts must be adjusted, some carbon must be thawed; she needs an over-hauling, which costs two hundred beans, the while the kids are bawling for bread and wholesome greens. "Aw gee," the merchant's mutter, when I would buy some wood, some codfish or some butter, "your credit is no good; and 'once," they say, embittered, "like some bright twinkling star your credit glowed and glittered before you owned a car."

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That "Pinched" Look.

Why do our faces have that pinched look in winter? The answer holds interest because this look is a sign that we are not counteracting the hard rule of King Winter as we should. Ill-health, if not serious illness, is being asked for.

The "pinched" look is due, not so much to non-nutrition as mal-nutrition. You—if you are one of the pinched—are eating the wrong food. Food is, literally, the body's fuel. In winter you should make a special point of eating as much as possible of the heat-producing foods. Then the exposed and vulnerable parts of the body suffer—face, hands, and feet! There is no heat behind your face, as it were, to resist the touch of King Winter—his cold, and frosts, and biting winds. So your face is cold and "pinched." It draws itself together in exactly the same way as you hunch your body when the latter is cold.

The remedy is fuel. It is fat that your body wants—fatty foods like bacon, pork, goose, blisters, dripping, fatty drinks like cocoa, nuts, like almonds, which are practically all fat.

Fat makes the body-dress and turns. You are warm, and body-warmth is the best radiator of illness. You could do with much less clothing—which merely conserves heat and does not produce it—if you stoked your body-dress with fat. And then you would never get the "shivers," or have that pinched blue look. Each is a sign of lowered vitality, due to inside cold. Warm yourself up, therefore, and keep warm—per fat. There is no other way.

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