

escape and you will not have large cavities under the top crust.

The oven should be moderately warm. If too warm a thick crust immediately forms which acts as a non-conductor of heat and the result is an underdone centre and a burnt crust. If, on the other hand, the oven be too cool the bread rises too much and often exhausts itself and sinks, giving a loaf with a very light top and a heavy streak near the bottom crust. Usually bread requires from an hour to an hour and a quarter to bake.

When taken from the oven lift at once from the pans, and do not cover with a cloth, but lean it up against something so the air may circulate freely all around it. Have a covered tin to hold the bread. Scald it out every bake day and put it in the sun to dry and air, and it is a good plan to give it an airing in between bakings. On no account put clothes or paper, cakes, etc., in your bread tin.

I never use potatoes, shortening or sugar in making bread as I think a sweeter, finer flavored bread can be made without them.

We Need a Rest

By Megyra.

In looking over a report of Insane Asylums of Ontario, I find that up to the end of 1896 of the nearly twenty-two thousand patients who have been admitted to asylums prior to that date wives, housekeepers and domestic servants make up over one-third of the entire number, and each year there are more women admitted than men.

There is no effect without a cause. What cause produces so much insanity among housekeepers and domestic servants? Is it that we are mentally weak when we accept such positions? Is it that there is something in our occupation which destroys our reason? I have been unable to find what percentage of these women come from the farm. Too large I feel sure.

I find also, that ill-health is very common among farmers' wives and daughters. This is not as it should be. We should be the equals of our husbands and brothers. We should be strong mentally and physically, perfect specimens of Canadian womanhood. We are not. We are worn out, delicate women at forty, and look years older than our city sisters at the same age.

"Every effect must have a cause." Is not the cause of ill-health and insanity often overwork?

There are very few farmers who intentionally give their wives more work than they are able to do. They do not realize that though our work is light compared with the heavier out-door work, our bodies are weak, terribly weak, compared with those of our brothers.

So much of our work is unnecessary. For example, there is not one farmhouse in ten which is supplied with even soft water from a pump or taps in the house. Then we have either



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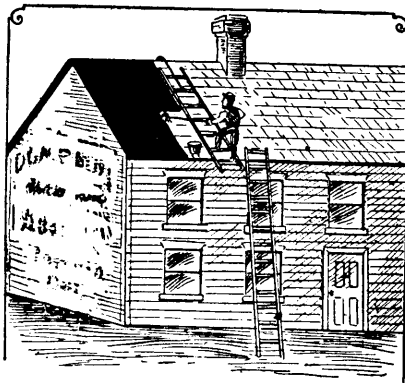
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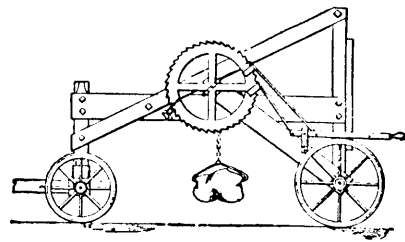
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