

at present interpreted, and the world's experience in applying them, can be put at the command of the housewife, she can use them to great profit.

We have employed the term "food principles"; what do we mean by it? Everyone knows what is meant by a food, as meat or bread, and everyone knows that the food offered us by our butchers and grocers comes from the animal and vegetable kingdoms. The oxygen we breathe and the water we drink nature furnishes for us directly, so to speak, though unfortunately for many of us, and especially for young children, the former is not thought of as a food. Oxygen aside, it has been found by those who have studied the matter, that all foods contain one or more of five classes of constituents, called "nutritive ingredients" or "food principles." These five principles are:

(1) Water. (2) Proteids. (3) Fats. (4) Carbonhydrates. (5) Salts or mineral constituents.

A VISIT WITH THE HOUSEWIFE

BY MRS. H. C. TOMLIN

The up-to-date home of this day contains numberless time and labour saving devices which tend to minimize the demand on the time and effort of the housewife, but even with all the modern aids to housekeeping, there is the same necessity for efficiency that there was in the time of our mothers.

In our social, club, charitable or political affairs we demand and strive for absolute capability in the same way that a man requires it in his office. Why, then, should not our homes receive the same careful attention to detail which would result in the bringing of them to the same state of smooth running efficiency? There are, I fancy, few women who would combat agreement with the foregoing question; but the point is that, while there is a general theoretical agreement on the subject, there is also, unfortunately, a very general tendency to neglect the practice of, and even the endeavor toward day-to-day efficiency in the hum-drum, commonplace duties and cares of the home.

While there are many classes of homes, the executive office lies absolutely with the mistress of the house, whether she be, in her own person, housekeeper, cook and maid or whether she is superintendent, over cook, housemaid, parlormaid, and what