

## HEALTH IN THE HOME.

By a Trained Nurse

## In the Sick Room.

## DAINTY DISHES FOR THE SICK.

When anyone is sick in your house, do not try to make him or her eat too much. A little fasting is not nearly so likely to injure a sick person as over-eating. Nature herself shows this by depriving the ill one of appetite. Nourishment, of course, is necessary unless prohibited by the doctor in attendance (as in the case of convalescence from fever), but it should be given in small quantities, at such intervals as are prescribed by the physician, and it should consist always of something that is easily digested, and nourishing. It is, perhaps, even necessary to state that cake, pie, pudding of a pastry nature, or fatty or fried meats, should not be given to a sick person. We heard of one woman who gave fried sausage to a typhoid convalescent, and simply killed him by doing so. The following recipes may prove useful to someone who has to cook for sick people.

If the patient is permitted to eat eggs, poached ones are as light and dainty as any. But there are poached eggs and poached eggs. One that is all watery, and hardened inside to a leathery consistency, is not an appetizing or nutritious morsel for a sick person. To poach an egg in the shell, first select a very fresh one. Drop it into boiling water, and let it boil exactly three minutes and a half. Have ready a bowl of very cold water. Take the egg out of the boiling water and drop it into the cold water, leaving it there for an even two minutes. Take it out, pick the shell all off carefully, sprinkle with a dash of salt and pepper, and slip it upon a small square of toast. If done carefully, it should be a semi-transparent ball of white, through which the yolk just shows. Two ways of boiling eggs which are to be eaten in the shell are recommended: (1) Drop the egg into cold water and let the water come almost to a boil. Remove the egg then at once. (2) A very good way: Drop the egg into boiling water and immediately draw the vessel to the very back of the stove, where it can boil no longer. Cover, and let it stand for ten minutes. . . . Never give a fried egg to a sick person.

**Chicken Broth.**—Don't put on a chicken and boil and boil it, then drain off the soup. Rather cut up some of the raw meat into very small bits. Put them into a little cold water and let soak for an hour. This softens the meat and extracts some of the juices. The idea is to get as much of the juice as possible out into the soup. Now set the pan on the stove (a granite saucepan is nice), and let the whole simmer until all of the juice is out in the soup. Season with salt and pepper. Put some cracker crumbs in, or thicken just a little with cornstarch.

**Beef Tea.**—Scrape a tablespoonful of raw beef down with a sharp knife. Put it in a cup. Fill the cup with boiling water (after first heating the cup). The boiling water will cook the beef sufficiently. Season with pepper and salt.

If cornstarch in any form is permitted, make an ordinary boiled custard, with milk, cornstarch and an egg. Do not make it too thick. For orange custard (if fruit is not prohibited), slice part of an orange into an individual fruit dish. Cover with white sugar, and pour over it some of the custard, flavored slightly with some delicate flavoring. Bananas, strawberries or shredded pineapple may be used as above instead of the oranges.

**Moonshine.**—Beat white of one egg stiff; add gradually one tablespoon of powdered sugar, beating well. Then heat in some bits of canned peaches, and pour some cream over the whole.

To cook rice: Wash it well; drop gradually into boiling water on the stove, a cupful to each tablespoon of rice. The water should be salted, and should not be permitted to get "off the boil," or the rice will become heavy and

sticky. When the rice is quite soft (in about 15 or 20 minutes) pour the water all off. Then pour in cold water on the rice and wash it well. Drain, and set in the oven to re-heat. Serve with cream and sugar.

Pearl barley is often recommended by physicians. It should always be boiled in a granite or enameled dish, as tin or iron has a tendency to blacken it.

Junket is also recommended. It may be procured at the drug store, with full directions for preparing.

One thing, however, is always necessary. Consult the doctor about the diet which your patient is to have, and follow his directions implicitly.

## What to Do in a Sick Room.

Open the door promptly without rattling the handle.

Walk in quietly, but do not take ostentatious care to glide in with absolute silence. Don't pause and murmur enquiries to the nurse, but go straight to the bed and speak in a clearly audible, everyday tone to the patient.

Choose topics of interest that will entertain without being exciting, leaving a few new ideas with your invalid as food for pleasant reflection after your leaving, and making only a passing reference to the present malady.

Look as fresh and as pretty as the power in you lies, and thereby act as an unconscious tonic to your friend. Avoid any article of dress that jingles or rustles.

Having risen to say good-bye, go instantly without lingering over last words or pouring forth exaggerated condolences and hopes.

A growing plant with scentless blossoms is a pretty gift for an invalid. It is entertaining and lasting, and one which does not worry the nurses with its wants as much as do cut flowers.

## Plain Living and High Thinking.

Let us remember that the greatest teachers the world has ever known were poor men. Moses, Socrates, Plato, Buddha, all lived on very little. It is not at the shrine of luxury that the flame is kindled which will purify humanity; and still we all haste to be rich. Why? Let us take care lest in losing our simplicity and single-mindedness—in becoming the slaves of high living and low thinking—we lose that sense of duty and moral responsibility so essential to a great nation. Men are four, says the old Arab proverb:

He who knows not and knows not he knows not,  
He is a fool; shun him.  
He who knows not and knows he knows not,  
He is simple; teach him.  
He who knows and knows not he knows, He is asleep; wake him.  
He who knows and knows he knows, He is wise; follow him.

We lose every day something in not denying ourselves more; there is a great happiness comes to all with the act of giving.

Emerson says: "Other people cannot cheat us; we only cheat ourselves." Do we not cheat ourselves daily in not making others happy?

It is in the renunciation of self that the strength of character lies; the man who has power over himself is the strong man.

## Recipes.

**Wafers.**—Four dessertspoons butter (melted), 1 cup milk, 1 level teaspoon salt, 3 well-beaten eggs, enough "Five Roses" flour to make a dough; roll thin; cut in cakes; bake in a moderate oven and frost.

**Puffs.**—One cup sweet milk, 1 egg, 1 level cup "Five Roses" flour, a pinch of salt; beat together, and bake in buttered cups or deep patty pans in a very quick oven.



## FURRIERS

To H. M.  
Queen AlexandraH. R. H.  
Prince of Wales

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Our catalogue, showing the new fur styles for 1905-6, will soon be ready to mail. We will be pleased to mail you a copy. We are the largest retail furriers in Canada. We buy our skins direct, and make them up in our own factories. That means a saving in price that is worth considering. And every article we sell we guarantee to be exactly as represented.

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## STAMMERERS

We treat the cause, not simply the habit, and therefore produce natural speech. Write for particulars. THE DR. ARNOTT INSTITUTE, BERLIN, ONT.



Advertisements will be inserted under this heading, such as Farm Properties, Help and situations Wanted, and miscellaneous advertising.

**TERMS.**—Three cents per word each insertion. Each initial counts for one word and figures for two words. Names and addresses are counted. Cash must always accompany the order. No advertisement inserted for less than 50 cents.

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**WANTED.**—Parties having land, village property or a business for sale to write us. We have buyers who will pay cash for good propositions. Address, Western Business Agency, 505 Main St., Winnipeg.

**100 ACRE FARM.** Good farm, Lot 23, Con. 5, Markham. Apply to John Trudgeon, Markham P.O.

**Farm for Sale.**—200 acres on the Thames Road, adjoining Exeter, county of Huron. This is a splendid opportunity to secure a well-improved and conveniently situated clay loam farm in a first-class farming district at a reasonable price. If interested, write to W. H. HARVEY, Exeter.

## GOSPEL.

Mr. E. Dymont, Copetown, Wentworth Co., Ont., in ordering a change in his advt., writes: In spite of the wet weather of the past few weeks my Dorset sheep are looking well. I have to offer at present some fine young stock from the same sire as was the St. Louis winner in the junior ram lamb class. Have also some fine Yorkshires from imported stock. Can supply either sheep or swine in pairs, not akin.

The Plum Grove herd of Shorthorns, the property of Solomon Shantz, Haysville, Ont., is in prime condition, and not over-fitted. The noted prizewinning Golden Drop bull, Kinellar Stamp (imp.), is still at the head of the herd, and seems to be as sprightly as ever, and is stamping his own good qualities on his get in a marked degree. He is a large bull, weighing about 2,500 lbs. in ordinary flesh, and is comparatively smooth for one of his size. Among the bulls that are in stock is one 16 months old (red with a little white), of excellent breeding, being by Imp. Kinellar Stamp, by Emancipator; dam queen, by Imp. Oxford; g.-d. Vermont Lass, by Knight of Vermont (imp.). This young bull is thrifty and straight, and we are told he is an excellent worker, and he is, we think, going to make an all-round good bull. Several of the females are by Beauchamp, who has stamped them quite similarly with thick, natural flesh; a few are by Goldfinder, whose sire was Lord Abbott (imp.). Imp. Mary Ann is doing good work for Mr. Shantz. She is now raising her second calf, which is by Kinellar Stamp, and is in calf to him again. Her yearling is a beautiful roan heifer, by Imp. Nonpareil Archer, and is a mellow, typical Scot, that combines the breeding of at least two noted families—the Nonpareils and Minas. Mr. Shantz informed the writer that he had no trouble selling to anyone that came to see what they were buying. When in want of anything fresh to put into your herd, be it male or female, go and see what Mr. Shantz has to offer. He will meet you at Hamburg Station, G. T. R., if notified when you are coming, and he can likely suit you; if not, he will use you well.

## SALE DATE CHANGED.

Mr. W. D. Platt, Hamilton, Ont., writes that the date of the auction sale of the 50 imported Clydesdale fillies which Messrs. A. & W. Montgomery are selecting for him, has been changed to August 23rd, as he has received a cable message from Messrs. Montgomery that they find it utterly impossible to fill the bill satisfactorily and ship in time to hold the sale on Aug. 9th, as formerly announced. The advertisement and fuller particulars will appear in later issues.

## TRADE TOPICS.

**FUR STYLES FOR 1905-6.**—The attention of our readers is directed to the new advertisement in this issue "about furs" of the Holt Renfrew Co., 5 King St., East, Toronto, and Quebec. This firm has an excellent reputation for enterprise and fair dealing, and claim to be the largest retail furriers in Canada, buying their own skins and making them up in their own factory, and they guarantee all their goods as represented. Send for their new catalogue, showing the styles for 1905-6.

**MESSRS. W. N. REID & Co.**, of Brandon, Man., and Regina, N.W. T., whose card appears in this issue of the "Farmer's Advocate," offer for sale a large line of choice selections in wheat lands situated at the Elbow of the South Saskatchewan. Mr. Reid, senior member of this firm, enjoys an experience of 26 years in the West; is a practical wheat-grower and land expert, and is thoroughly familiar with the subject of Western land and its producing possibilities. This firm we believe is perfectly reliable, and they will be found a valuable guide and adviser to any who intend purchasing land in the West. They will be pleased to place their services at the disposal of prospective buyers, and to furnish any desired information in response to enquiries.

In answering any advertisement on this page, kindly mention the FARMER'S ADVOCATE.