

Housekeeping, Nursery, Gardening and News of Interest to Women



NURSERY

CONDUCTED BY

Elmer Murray

The Eighteen Months Diet

At eighteen months the teeth are in good condition and more meat is added to the diet. At this time too, enough nourishment is given in three meals, provided they are the right kind of meals.

The orange juice is given first thing in the morning. This is important, especially for constipated children.

7.30 a.m. breakfast—Well-cooked cereal with milk; toast. Sometimes an egg may be given at this meal, and once in a long while a tiny piece of crisp, fat, side bacon.

12.30 p.m. dinner—Meat, potato, one vegetable and dessert.

At first the meat consists of a tablespoonful of rare scraped beef mixed with the potato. The quantity is gradually increased and the variety extended to include roast beef and lamb, roast or boiled chicken, boiled fish. The potatoes must be well cooked—preferably baked—if not baked, then cooked in the skin carefully and afterwards mashed. They must never be given to children when fried or scalloped. Carrots, well cooked and squashed, and boiled parsnips are good winter vegetables. They must be cooked very soft and mashed fine.

The dessert may be a milk pudding or apple sauce.

5.30 p.m. supper—Bread and milk with milk to drink or bread and butter, or bread and fruit with cocoa to drink. Bread should never be given fresh or soft. It should be stale enough to crumble. It is best cut in squares and put into the oven until it is hard all the way thru. This is the best way to give bread to constipated children. Toast should be toast, not a piece of soggy bread with hardened sides. Butter is used too plentifully by most mothers. Cream or top milk contains the same nourishment and is much more easily digested. Give children plenty of cool, boiled water to drink between meals and they will never want to "pee."

If any of the articles I have mentioned are not familiar or their preparation is unknown to you, I shall gladly send recipes.

When measuring food, two tablespoonfuls equal one ounce.

FATHER CLINE FOR TORONTO PARISH

Oshawa Priest to Take Danforth Avenue Charge—Will Also Superintend Charities

OSHAWA, Ont., Oct. 10.—The Archbishop of Toronto has selected the Rev. Father Cline for the position of superintendent of charities for the archdiocese. This position is a most important one, and also one requiring extreme tact. Rev. Father Cline has been eminently successful in the various parishes over which he has presided. Since coming to the Town of Oshawa he has made a most excellent showing, also at Whitby, which town is under his charge. He took charge in this parish in 1907, during which time he has made many improvements to the interior of the church at Whitby, by the erection of an excellent gallery and side altar, at a cost of one thousand dollars. In connection with his work in Oshawa he has materially improved the presbytery and grounds at a cost of \$2500, and has reduced the church debt from ten thousand to three thousand dollars. His biggest work in Oshawa is the erection of a fine new school and parish hall, for which the ground was broken on the 8th day of May of the current year. This has been accomplished at a cost of \$16,000.

A sumptuous banquet was tendered him last night, attended by approximately one hundred business men and members of the Oshawa Board of Trade. The guest of the evening was seated on the right of the chairman, Mayor Edmondson, while W. E. N. Sinclair, M.L.A., also spoke.

It is understood that the appointment of Rev. Father Cline in Toronto is a double one. Prior to taking up his duties as superintendent of charities, he will visit Boston and New York, at which places he will study the work of solving the social conditions which are confronting Canada at the present time. He will eventually assume charge of the new Danforth avenue parish, Toronto.

PIANO SALON:

193-195-197 Yonge Street TORONTO, CANADA

GOOPS

By GELETT BURGESS

I like to see the moment when Small boys become young gentlemen—As, when one rises from his seat When ladies enter. Not Sam Peet! He is a Goop, and keeps his chair; Ladies or not, he doesn't care!

Don't Be A Goop!

Compare as closely as you like—nowhere will you find bargain values that will equal those named in the lists that follow.

Upright Pianos Square Pianos Organs at Bargain Prices

—A Special Offering of Ye Olde Firme—

Heintzman & Co. Limited

—Makers of World's Best Piano—

See these Prices for Fine Uprights

HEINTZMAN & CO. Upright, in fancy walnut case, highly polished, folding, with centre swing desk, massive colonial truss, latest design, full metal frame, with overstrung scale, 7-1/2 octave keyboard. This instrument was taken in exchange on a Heintzman & Co. piano, and has been scrupulously refinished and put in A1 condition. A very special bargain at... \$225

OAKLAND, Chicago, Cabinet Grand Upright in dark mahogany case, highly polished, has Boston fallboard, full length music desk, turned truss, full metal frame, with overstrung scale, 7-1/2 octave keyboard, three pedals. This piano was also taken in exchange on a Heintzman & Co. instrument and has been thoroughly renewed both inside and out. It is an excellent bargain at... \$250

WEAVER, Boston, fine large Cabinet Grand Upright in dark mahogany case, highly polished, has Boston fallboard, with automatic swing music desk, three plain panels, nicely carved pilasters and truss, 7-1/2 octave, three pedals. This is a fine large piano with very sweet tone and light touch, and having been put in A1 condition, will give excellent satisfaction, at... \$265

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Corn Starch

STARCH forms an important part of our food and assists in forming the fat of the body. Wheat starch, potato starch and rice starch are used in quantities, but the most popular for culinary uses is made from corn.

Many housekeepers think it is too costly to use for thickening purposes, but a sachem or never have a package of it in their cupboard, but the delicate custards and puddings made with it can not be had with any other medium.

Corn starch dainties, like cup custards and blanc mange, are the most nutritious of all foods and invaluable for invalids and children.

The following recipe may have fruit added to it or cocoanut or chocolate and makes a delicious low-priced dessert:

Heat a quart of milk until it is scalding and dissolve four tablespoons of cornstarch in a little cold milk. To this last add a pinch of salt, a stick of cinnamon and four tablespoons of sugar. Stir this into the hot milk and continue stirring until quite thick, which should be in about four minutes. Add flavoring and turn into molds or cups. When cold unmold and serve with sauce.

If eggs are used less starch is needed. Make as directed, but beat the whites and yolks of the eggs separately, and add the latter to the cornstarch, sugar and cold milk. Beat the whites of the eggs very stiff and add them at the last moment, with the flavoring.

Give a final beating and cool and serve it in a fancy dessert dish. The egg whites will rise to the top of the dish and give a pretty frothy appearance in the mixture.

Boiling liquid is always necessary to properly cook the starch granules; unless the water or milk is really at a high