

HEALTH IN THE HOME

About Summer Drinks

The vast increase in the consumption of summer beverages during the past ten years is a fact which demands the attention of the public. This increase may be attributed to two general causes: popular demand for a drink which shall be both stimulating and nourishing, and conscientious endeavor on the part of first class druggists and dealers to dispense beverages of a quality worthy of public confidence.

It is regrettable that all dealers are not alike in this respect. With some the sole object in view seems to be the dispensing of drinks at the lowest possible cost, irrespective of quality, disregarding the health of the consumer.

Anyone with ordinary care can prepare the most delicious fruit juices that will keep indefinitely. Only fully ripe, sound fruit should be used. Berries must be mashed in a tub or in a fibre pail. Pears, pines and quinces should be grated. Currants, grapes and the like yield their flavor best when put through the meat chopper. The pulp of these fruits is then rubbed through a sieve and the juice expressed not too forcibly through cheesecloth. After standing a few hours to settle, strain into a good preserving kettle and quickly heat to the boiling point. The juice should be carefully skimmed to remove all pulp and albuminous matter which would cause fermentation. Add one to one and one-half pounds of granulated sugar and one-fourth ounce of tartaric acid to each gallon. Bring quickly to the boiling point and seal in bottles and cans. Fruit juices put up in this manner will keep perfectly and retain their color and flavor provided they are not allowed to freeze and the light is excluded from them. These juices, whether served at the fountain, or with the simple addition of iced water, make the most delicious and refreshing of summer drinks.

The Modern Nerves

"People are apt to sacrifice the good to have the bad in changing their fashion of living," remarked a woman of the olden school recently. "There were many excellent ideas and rules in vogue in my childhood that have been swept away by the incoming tide of other manners and customs. Take, for instance, our grandmothers' regimen for health founded on their knowledge of beneficial herbs and the traditions of experience. We certainly went far less to the doctor's in those days, and I think our general health was better. At any rate, nerves, which seem more or less to be the root of all evil in our latter-day ailments, were then practically unknown. There was a variety of spring tonics administered to us in a pleasing form, I remember. One was a large white porcelain pitcher of cold sassafras tea standing in the hall, with glasses around it, which we thought delicious, and of which we were allowed to drink ad libitum. I can remember now running in through the wideopen back door from our gardens, hot and grimy from our congenial toil, and rushing to the pitcher. And how good the cool, aromatic drink tasted, made doubly

inviting by being taken through real drinking straws which our grandmother laughingly provided us with, saying that we would drink more of the water in that way, and would take it more slowly!

"I suggested to my daughter last spring that she should start such a pitcher going for the children, but, of course, she had her own ideas, and it was never done. This year one of her girls is going to one of the most expensive doctors, and he prescribes about six glasses of mineral water a day and gives her some kind of bitters. The grandmother treatment, to my mind, was practically similar, much pleasanter, and infinitely less expensive. Our foot pump in the springtime used to be somewhat chosen with reference to its health-giving properties; the vegetables known as brook purifiers were put before us, and we were required to eat them. Dandelion greens were greatly esteemed for the liver in those days. One never sees this dish now on the table of well-to-do people, and yet it is an excellent vegetable, and, properly, is as good as spinach. The poor people recognize its good qualities, and are picking it eagerly now on every roadside."

Eggs as Food

They are said to be a perfect food, the same as milk—that is, containing all the food elements necessary for the growth and maintenance of the young chick, just as milk does for the young animal.

Eggs consist of protein and fat, and water and mineral matter. It is the protein or nitrogenous matter that builds up and repairs the tissues of the body, while the fat supplies energy. The white of an egg is often said to be pure albumen, but it also contains a phosphoric acid and sodium chloride of common salt. The yolk contains the fatty part of the egg, phosphorus, calcium, magnesium, potassium and iron. Eggs also contain sulphur, and this probably accounts for the dark stain left by eggs on silver, the sulphur coming in contact with the silver forming silver sulphide. Eggs are very easily digested. Raw eggs are more quickly digested than cooked eggs. Soft-boiled eggs, roasted eggs and poached eggs are more easily digested than fried or hard-boiled eggs. The stomach will digest a raw egg in one and a half to two hours. Soft-boiled and roasted eggs require from two and a half to three hours while hard-boiled or fried eggs must be allowed from three and a half to four hours for digestion. Eggs furnish a good substitute for meat, and it would be far better for the average person if eggs were more frequently used in place of meat. Especially do they make a light, nutritious dish for breakfast instead of the usual bacon or ham or sausage.

Don't use borax and rosewater to remove tan and freckles without putting on a little cold cream afterwards, for borax makes the skin dry.

A glass of water drunk half an hour before each meal and just before retiring will frequently regulate the bowels, so those troubled with constipation will be all right.

The Cream Separator that is the Cheapest in the End.

There are some folks who are everlastingly trying to get "something for nothing." They buy a wagon at a "bargain" price because the agent says it's "just as good." And then, after a few months, when the tires and spokes have all loosened up, they cuss the wagon.

Price not the only Difference.

It's the same way with cream separators. You can buy many other separators for less money than the U. S. Cream Separator sells for, but before you've finished paying for the experiment you'll find price isn't the only difference. The cheaper separators soon get out of adjustment because built of cheaper material by inferior manufacturing methods; they consume twice the necessary amount of oil; they have a howl that will not run true, and does not skim clean. The repairs in the first few years would pay the difference for the U. S. Cream Separator.

Durability is Important.

The U. S. Cream Separator has stood the test of time. Many of them have been in use for 10 years, and cost less than a dollar for repairs. They run easy, skimmer than others, have a simple bowl, enclosed gears, and a convenient low supply can.

The Vermont

Farm Machine Co., of Bellows Falls, Vt., have printed in a handsome booklet a few of the thousands of letters from satisfied users of the U. S. Cream Separator.

This booklet will save you money when you buy a separator, and a post card will bring it to you.

To insure prompt deliveries and to save freight charges for their Canadian customers, they ship from their warehouses at Montreal, Sherbrooke, Hamilton, Winnipeg, Calgary and Vancouver, but all letters should be addressed to Bellows Falls, Vt.



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To make the hands white take a tablespoonful of scraped horseradish and pour on it half a pint of hot milk. Use it shortly before washing, allowing it to dry on the hands.