

## HOUSEHOLD.

## THE IMPORTANCE OF GOOD COOKING.

I am afraid the lady readers of the Farmer will read this caption with disfavor; but if they only knew what very good motives induced me to turn from manures, rotation and forestry to consider it, they would smile upon me in a way that to a younger person might be productive of far-reaching results. I will say also, by way of further preface, that I have no harrowing tales to tell of the bad cooking that I have been cursed with in my life, for with but very few exceptions, at places abroad as well as invariably at home, I have been blessed with the production of good cooks. For all of which I hope ever to be truly thankful.

If it be true that a person can write best of that which he knows the least, then I ought to be able to produce an article on this subject that would astonish the natives, for I confess that I know nothing of the mysteries of cooking. But of the results of good or bad cooking I know something, and that something mighty well. I know that a good dinner makes me feel at peace with all the world, while a dinner that wars with me internal revenues makes me disposed to kick the dog and call upon all the powers that howl on the bed-rock of perdition to help me do justice to the iniquity and horrid cruelty of villainous cooks. When I eat a good supper and smoke my pipe, while slowly meandering over the clover blossoms and red-but business bees, I go to bed to dream of my wife and a thirty-eight bushels per acre crop of wheat, and wake up in an ecstasy of bliss; but when the condemned powers of ultra bad luck curse me with a supper miserably cooked, my otherwise most blessed pipe is as gall and wormwood, and I dream of "horred shapes and goblins damned," and wake up with the bedclothes hanging on the outskirts of civilization. In this I believe I am not different from other men. Our stomachs have more to do with our hearts and happiness than all the religions concocted and revealed since the day Eve and Adam gathered their fall pippins.

Every person who has read Froude's life of Carlyle, will acknowledge that while nature made him a great genius and his dogged resolution and perseverance developed and strengthened his natural power, a naturally weak stomach and bad cooking combined made an egregious ass out of the rest of his character. If decent cooking had resulted in nothing more than having prevented him from so foully mistreating his wife, its influence upon Carlyle would have been of untold value to him and endless comfort to his sincere admirers. The crossness and gruffness and harshness of this vale of tears do not proceed from any principle of evil within us, but from the pain of our minds and bodies; and taking into account how much air and exercise have to do with this, it is safe to say that one-fourth of it all is produced by bad food made so by bad cookery. A very good authority has said that man's heart is reached by way of his stomach, and has advised young ladies not to overlook this fact when they are endeavoring to secure the affections of some lord of creation. What is good for the lover is good for the husband, and I confess without shame that nothing will put more love into the heart and kindness into the tone of a husband than a well-cooked meal.

There are husbands who ought to be soaked in a Waldonian barrel; but nevertheless if nine-tenths of those miserable females who set up their woful howls and wails in the Farmer and everywhere else that they can get a hearing would spend the time worse than wasted in penning their miseries to the world, in decent cooking, they would find that their husbands were not brutes and not altogether without feeling. A good meal will make a man love his wife more than all the tears and smiles, hugs and kisses since Cain went courting over into Nod.

Health is a priceless blessing. The word is the symbol of an idea of great scope. It means securing all the blessings that the kind and loving hand behind and beyond the visible has given to the children of men. It is the foundation of all human happiness and human good. It makes all beauty, all grace, and all progress. Surely it ought to be cherished as the most priceless heirloom nature has given us along with the reality of our being. It is a crime of the highest nature, because a crime against the law of nature to destroy it. What punishment, then, is too great for that arch destroyer of it, a bad cook? This world affords no adequate remedy. We can only hope that in the hereafter she may be made to eat leathern-crusted pies, tough beef, soggy bread, and drink black coffee till she suffers the pain of an eternal dyspepsia enlivened with occasional touches of colic.

It should be remembered that the effect of bad cooking does not end with the body. It does not produce disease of the body alone. The body influences the mind and soul. Bad cooking leads to a diseased body and this to a diseased mind; the annals of the insane tell the rest of the sad story. Or else it ends in that most horrible disease of all, of that finer being that is our true selves, that casts a blight upon human lives and a shadow over their end. These are no vain chimerical ideas. Let any one investigate the phenomena of life and they will be convinced. The least violation of the immutable laws of our being is far-reaching in its result and every day happen stranger things than we dream of.

Bad cooking includes not only the fault of spoiling good food but ignorance of those articles of food which our particular circumstances require. The stomach of some are strong enough to assimilate fried pork or beef; others may reject these but comfortably retain broiled beef. And so with every other article of food. It is certainly an injustice to set before a person of weak stomach salt pork, however nicely fried; and this applies equally well to other articles. The cook can not know the condition of the stomach of every person, but she ought to know that much of each member of the household. The stomach is not in the morning to receive the same food that will exactly suit it at noon; and at supper, food easily and quickly digested should be provided that our sleep may be quiet and undisturbed. We do not notice this fault so much when we are in health, but when one of these unthinking cooks is called upon to provide for a sick person we see how grievous it is. I have seen a kind-hearted woman bring a very sick person hot biscuits, roasting with soda and butter, a hard-boiled egg, and a piece of fried ham. Do you wonder that sick people die when such food is given them? Yet there are plenty of persons who would laugh

to mention toast, beaten egg and broiled meat for an invalid.

If I should call for a reform in cooking, I would be expected to address myself to the women. And I certainly would not forget to admonish them of its importance and plead with them to help it along. But while men are generally very insignificant creatures they need not be silent factors in the reform. Let them show that they appreciate good cooking, and abhor, detest, and despise villainous, cruel cooking. Not by sipping the clear coffee and smiling sweetly at the cook; not by breaking open a flakey biscuit and kissing her thus time. Oh, no; that would savor too much of the ten-cent romance and would be several feet from the millennium if the cook was not his wife or daughter. But let the poor, tortured, miserable wretch arise in the night of his own righteous wrath, and shove six sad, soggy, soddy, solid biscuits down the cook's throat; then two pounds of tough, hard-burnt roast beef, liquidated with a quart of black coffee; and after it leathern-crusted pies and grease-sodden cakes in equal proportions; and then if she needs a physic to assist nature, give her a bite of the boiled fresh pork and a sliced cucumber along with it to make the effect remind her of calomel. When we have a few men of that sort there will be no more need of articles like this from one who is not a sufferer. — *Ohio Farmer.*

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There are a number of persons out of employment in every county, — yet energetic men, willing to work, do not need to be. Those willing to work can make from \$100 to \$500 a month clear, working for us in a pleasant and permanent business. The amount our agents make varies, — some making as high as \$500 a month while others as low as \$100, all depending on the energy of the agent. We have an article of great merit. It should be sold to every house owner, and pays over 100 per cent profit. Each sale is from \$3.50 to \$10.00. One agent in Pennsylvania, sold 32 in two days, and cleared \$64. An agent in New York made \$45 in one day. Any man with energy enough to work a full day, and will do this during the year can make from \$2,000 to \$5,000 a year. We only want one man in each county, and to him will give the exclusive sale as long as he continues to work faithfully for us. There is no competition, and nothing like our invention made. Parties having from \$200 to \$1,000 to invest, can obtain a General Agency for ten counties or a state. Any one can make an investment of from \$25 to \$1,000 without the least risk of loss, as our Circulars will show that those investing \$25 can after a 30 days trial return the goods unsold to us and get their money back, if they do not clear at least \$100. They show that a General Agent who will take ten counties and invest \$216 can after a trial of 90 days return all goods unsold to us, and have money returned to them if they fail to clear at least \$750.00 in that time. We are not paying salaries, but want men willing to work and obtain as their pay the profits of their energy. Men not willing to work on our terms will not work on any. Those meaning business will receive our large descriptive circular, and extraordinary offer by enclosing a three-cent stamp, with their address. The first to comply with our terms will secure the county or counties they may wish.

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Used by the leading stock raisers. See their testimonials in our Illustrated Almanac, with Produce Table for Live Stock, sent free on application.

## TESTIMONIALS —

Ontario Agricultural College, Guelph, June 20th, 1882.  
To the Empire Horse and Cattle Food Co.  
DEAR SIR, — We have made a thorough trial of your "Empire" Food during the last two years, and can with confidence recommend it to those requiring to tone up, top off, appetize, and generally invigorate all kinds of live stock.

Yours, WM. BROWN,  
Prof. of Agriculture and Farm Supt.

Nonwich, May 4th, 1882.

D. A. Kirk, Druggist.  
DEAR SIR, — During the past winter we have used several kinds of horse and cattle food in feeding our large stock of cattle, such as "Thorley Improved," "Yorkshire," and "Empire," and we unhesitatingly pronounce the "Empire" to be the best, after giving it an impartial trial, and would recommend it to all who keep live stock. One animal that was fed on the "Empire" Food gain 110 pounds in 20 days, or at the rate of 4-11 pounds per day. Yours truly,

A. J. STOVER & SONS,  
Breeder of Shorthorn Stock.

Manor Farm, Gowan Station,  
May 1st, 1882.

Empire Horse and Cattle Food Co., Mitchell, Ont.

GENTLEMEN, — Yours of May 1st to hand. I shall be obliged by you sending me 300 lbs. more of your Food to Gowan Station. With regard to this article, having used it both in this country and in England, I think I am justified in giving my opinion on the matter. I think it is quite equal to, and probably better than any other food of the kind. My stockman here is well satisfied with it, and tells me that its use is easily seen in the handling of the animals he feeds it to, and I am sure for myself that it is an article well worth using. Yours,

C. C. BRIDGES,  
Shanty Bay P. O., County of Simcoe, Importer and breeder of Hereford Cattle, Shropshire, Down and Southdown Sheep.

Woodstock, Jan. 14th, 1882.

GENTLEMEN, — I have used your Empire Horse and Cattle Food for horses in my stables during the last fall. My horses, especially brood mares and colts, were very low in flesh from an attack of influenza contracted while at pasture. I was recommended to try your Food, and I have much pleasure in recommending it to horsemen. Yours, M. HURGES,  
Importer and Breeder of Thoroughbred Race Horses and Stallions.

Stratford, Ont., June 22, 1882.

To the Empire Horse and Cattle Food Co., Mitchell, Ont.

GENTLEMEN, — After giving your Horse and Cattle Food a trial, we have just purchased a further supply, which is the best testimonial we can give as to its merits. I may say that formerly one of our horses, which heavily driven, would sometimes lose its appetite. Now it is always ready for its food. Since using your Food our horses have done their work well, and kept in good condition. When in England, I visited the Thorley Manufacturing, and when visiting yours in Mitchell I could not help noticing the sameness, both as regards smell and appearance of the ingredients used at both places, and have every confidence that your Food is identical in all its essential ingredients with that which has caused Thorley's name to become a household word in England, and has given his celebrated food such a world-wide reputation.

I am yours truly,  
W. E. SHARMAN, (Gaskin & Sharmar),  
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