

# The Farm Home

## Cooking Should be Taught in Every School.

By Mrs. S. T. Rorer.

Cooking should, without doubt, be taught in every city and country school. Friday afternoon, in my young days, used to be given to sewing. Why not give it now to cooking? The children taught, going to their homes, must throw an influence over the household not attainable from other studies. During the early part of my life, which was devoted to missionary work in the slums of New York and Philadelphia, I found one woman—a woman with four children eating a pan of uncooked beans. In one of the daily papers there had been an article recommending beans as highly nutritious for the poor, a given quantity containing more nitrogen than could be procured for perhaps ten times the money, in beef. In speaking of the cooking of beans the article stated that they must be well soaked over night to be digestible. This poor soul, never having seen a bean cooked, simply soaked them over night and ate them. It happened to be my pleasure to start in that neighborhood a cooking school, and I am sure that my friends, in Philadelphia will tell you that this school had the most elevating effect upon the neighborhood of all the work that had heretofore been done. Those women commenced to think, and, to-day, many of them are married, have good comfortable homes, earned and paid for by themselves. Cooking, I am thankful to say, is obligatory in the public schools of Boston, New York, Philadelphia, and Washington. It is also taught in the high schools of many of the larger cities; but there is an aversion to this on account of the small percentage of children attending such schools: for instance, Philadelphia, a city of a million and a half inhabitants, finds one high school building for girls and one for boys all that are necessary for pupils applying. This is supplemented, for boys, by the manual training school; for the girls, by the normal school. The children of the poor cannot find the time required for this higher education; consequently, it was found that cooking would do a greater good and have a farther reaching influence if taught in the lower grades, to girls from twelve to fifteen years of age.

It might be interesting for you to know that many of these children taught both sewing and cooking in the public schools are enabled at home to bring about rapid cures in cases of sickness by the daintily and scientifically prepared food. I have one case in mind where a small child, only twelve years of age, prepared all the beef tea and food for her father in a

case of typhoid, and was given credit by the doctor of helping to bring about a better cure. Another child has been given all the mending, and her darning is so well done that it can scarcely be told from the ordinary first weaving of the material. These things are steps in the right direction.

### Homely Proverbs.

Suspicion has a key that fits every lock.

Don't pull the house down because the chimney smokes.

If you give me a knife give me a fork, too.

Give me to drink, but drench me not.

A hole in the purse, and the cupboard the worse.

The fuller the hand, the harder to hold.

Stroke the dog, but beware of his bite.

Heap on the coals and put out the fire.

The fool kept the shell and threw away the kernel.

One cock is sure to crow if he hears another.

In comes the fiddler and out goes the money.

The shorter the wit the longer the word.

Saw off any branch but that you are sitting on.

My partner ate the meat and left me the bone.

If you break your bowl you lose your broth.

Don't wait till it is dark before you light the lamp.

Every bell must ring its own tone.

If you shoot one bird you scare the whole flock.

Beware of pride, says the peacock.

You must shut your eyes if the dust blows in your face.—*The Academy.*

### How to Utilize Buttermilk.

The housewives who always use sweet milk and baking powder in articles where such ingredients or their equivalents are called for little guess the superior results which may be obtained from the use of sour milk or buttermilk and soda. If sour milk is used it must be freshly soured, not stale; hence, the best time to use it is in the summer time. Buttermilk is preferable all the year round. Biscuits, griddle cakes, waffles, corn-breads, muffins, gems, gingerbread, cookies, etc., are all of them more tender, deli-

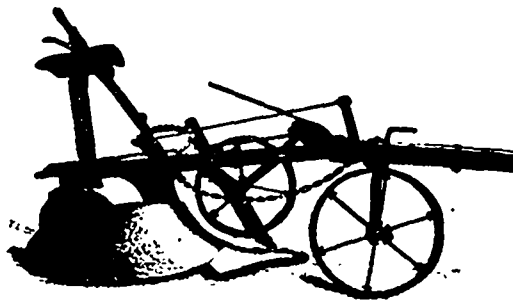
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