

About the House.

DIET OF SCHOOL CHILDREN.

A growing child needs plenty of strengthening food, and a variety, also. It is a pleasure to see a child with a hearty appetite. One feels assured that his health is good. But the poor little one who merely picks at his food needs something to coax his delicate appetite and yet give the requisite nourishment. A mother of a big family complained recently of the trouble she had to make her oldest children eat. They would have nothing but bread and tea, with cake or pie. The girl, about sixteen years old, had not touched meat for three months, and the boy positively refused everything except bread and tea. They ate eagerly of fruits and sweetmeats, probably because such things were not often in the house. When these children visited in other homes they would partake of almost everything served, and when asked why they would not eat at home, they answered that if there ever would be some variety in their daily fare they could do it.

"When we were little children," said the girl, "we were compelled to eat what was put on the table; if we did not want it we were whipped and had to eat anyway. Now that we have grown older, we cannot be made to eat if we do not wish to. I am heartily sick of oatmeal mush and milk, corned beef, cabbage and potatoes, and bread and milk. In our house that has been the chief bill of fare as long as I can remember. For breakfast, mush and milk, tea and bread; for dinner, an immense plate of potatoes and gravy with a piece of beef in some form (my mother never had any kind of meat but beef); for supper so much bread and milk as we could possibly eat. We always had enough, but it seems that was all my mother would prepare. Sometimes she baked cake and pie, but not often. With that all my life, do you blame me if I rebel now, when I can't? These foods really turn me sick."

The poor child was as thin and frail as she could be, and the doctor advised change of air. He also told the mother that she must prepare nourishing food for her children, but it seemed she was utterly incapable of fixing up dainty dishes of any kind. Their appetites had to be coaxed, otherwise they would not eat. This only shows the importance of variety in the daily diet. Children become weary of the same thing day after day, and when a child refuses to eat it is indeed a serious matter. No child should be there now so many ways of preparing to school on a light breakfast, giving the familiar cereals that one does not have a chance to tire of any of them. Oatmeal may be bought in more than one form, and the same is true of wheat, Cornmeal mush and rice are also good served with sugar and cream. In the country where there is an abundance of milk, a big pitcher of cream should always find a place on the breakfast table. Fresh fruit is excellent for breakfast, and if that cannot be procured, stewed fruit of some kind should be provided. Meat, either cold or warm, or in the form of hash or croquettes, is a necessity; eggs may be served instead of meats, and as there are so many ways of preparing them they should not be served in the same way every time. Coffee, with plenty of cream in it, is not harmful, even for little children, if not made very strong or given in abundance. A small pitcher filled with hot water may be placed near the coffee pot, and when serving the children's coffee a little may be added.

If the children cannot come home to a hot dinner, their lunch baskets should be made as dainty and appetizing as possible. Children should never carry a lunch put up in such a manner that they are ashamed of it. Neat little sandwiches filled with jelly, egg, cheese, minced meat, sardines or nuts are delicious. A generous piece of good, though not too rich, cake, some kind of fruit and pickle, and as a surprise, occasionally, a tiny pie or a tart. In the winter time a small glass provided with a cover and filled with stewed or canned fruit will be found especially good. Here, too, the mother must guard against sameness. There are so many little things which will be relished in the lunch basket that there is no excuse for monotony. The hot dinner, whether at noon or at 6 o'clock, is the main meal of the day. There should always be meat, and that a different kind every day, if possible, potatoes and one or two other vegetables, and for dessert there are puddings without number to choose from. Children always relish jellies, and, except for very young children, pickles, if used moderately, do no harm. For the evening repast, if the dinner was served at noon, bread and butter, milk or some hot beverage and fruit, fruit or preserves, cold meats or light salads, and some cakes will be appreciated. As a variety warm rolls, hot potato cakes, etc., will be relished.

No mother should think it too much trouble to coax a delicate appetite. Very often milk, which is always nourishing, would not be tasted if served in a big glass, while it would be a delight to drink it from a tiny tumbler or a wine glass. A glass of milk heated to boiling point and half an egg stirred in to thicken it is delicious with a little sugar and ground cinnamon stirred in. Toast cut into fancy shapes, browned nicely and buttered will often be eaten when a large slice would be refused. A small fancy cup or glass will often do much toward coaxing the appetite, as will also a pretty plate. Bread dough cut into fanciful shapes and baked or made into tiny loaves have been tried with success. This is for the little child; but there are so many ways if only the mother will think.

METHODS OF CURING MEATS.

Rub the outside of each ham or shoulder with a teaspoonful of powdered salt, and the inside with a teaspoonful of cayenne pepper. Having mixed together two pounds of brown sugar and coarse salt (in the proportion of 1-1-2 pounds of sugar to a pint of salt), rub the pork well with

it. This quantity will be sufficient for fifty pounds of meat.

Prepare some large tubs by sprinkling the bottom with salt, to receive the meat. Place meat in the tubs with the skin down; put plenty of salt between each layer of meat. After remaining in this state eight days, remove from tubs, wipe off loose salt and wash the tubs.

Make a pickle of soft water, equal quantities of salt and molasses (two quarts of each for fifty pounds of meat), and five ounces of saltpeter. The pickle should be strong enough to bear up an egg. Boil and skim it, and when cold, pour over the meat, which must be turned frequently and basted with the pickle. Hams should remain in pickle about four weeks; bacon about three weeks, then take out and smoke. Having washed off the meat, while still moist plunge into a box of clean bran. This will form a crust over the surface, preventing excretion of the juices. Commence smoking immediately, suspending hams and bacon with picture wire, the small end of meat down.

Brine for Beef.—To 100 pounds of beef use eight pounds salt, five ounces of beef use eight pounds salt, five ounces of sugar, four gallons of salt water, or enough to cover the meat. Mix part of the salt and sugar together, rub the surface of each piece with it and place in an oak barrel, having first covered the bottom with salt. When the meat has all been deposited, add remainder of salt and sugar to the water, also the salt-peter and soda, after having first been dissolved in hot water. Four brine over meat and weight it sufficiently to keep meat well under the liquor. Let the pieces intended for dried beef remain in the brine for three weeks; then remove, place in tub, cover with water, let remain over night, then string and hang up to dry, after first smoking a few days, if liked. Near the ceiling above the kitchen stove, is an excellent place to dry, or upon a shelf adjusted to the pipe. Turn beef over once a day so as to expose all parts alike, and allow to dry three or four weeks. Test by cutting a piece, which should be dry at surface and free from rawness clear to the centre. When finished, sprinkle with ground black pepper and confine in flour sacks and hang in a cool, dry place.

BREAD MAKING IN WINTER.

However successful one may be with their bread baking in summer there is always the possibility of having poor bread sometimes in winter unless one is particularly careful to use only good yeast, keep the sponge warm and see that the bread while rising is not exposed to draughts and chilled, writes a correspondent: We are all pronounced bread-eaters, but as the cool weather comes and the keeping of fires is less of a burden to the flesh, I bake bread oftener and in smaller quantities. We also use more muffins and gems with pan-cakes occasionally.

I have found the following method very satisfactory for winter baking. The dough is sufficiently "short" to make fairly good rolls without any other preparation; the crust is sweet and browns easily, while the bread is soft and light—not drying quickly.

When potatoes are boiled for dinner a quart of the potato water is saved. After dinner a tiny bit of sponge is made in a coffee cup or small bowl, using one yeast cake. Early in the evening this is added to the potato water (previously warmed) and the usual sponge made. This is well beaten, covered and put in a warm place to rise over night. In the morning if it looks the least bit "slow" it is set over a basin of warm water near the fire and stirred often. After breakfast when I am sure the sponge is light enough I scald two cupfuls of sweet milk; to this is added three tablespoonfuls of sugar and four of melted butter (or about one-third cupful). Stir this into the sponge when cool enough so there is no danger of scalding it and sift in the flour. Knead quickly, cover and set in a warm place. When light, knead down well and let rise again. Then mold into loaves and rolls; when light, brush over with milk and bake. This quantity will make about two dozen rolls and four good-sized loaves. In very cold weather warm the flour in the oven or leave a large panful near the heater over night.

TWO GOOD RECIPES.

Tea Cake.—This is not rich, but good for variety. Two eggs, 1-1-2 cups sugar, 1 cup of thick sour cream, 1-3 cup of soft butter, pinch of salt, nutmeg to flavor. English currants in quantity to suit, 1 teaspoon (scant) soda, flour to make a soft dough that is not sticky. Knead into roll or loaf. Slice with a knife dipped in melted butter into cakes one-third of an inch thick. Place in pan so they will not touch. Sprinkle liberally with sugar and bake the same as cookies.

Cream Cake.—2 cups sugar, 1 cup butter, 2 cups thick sour milk, 4 eggs, 2 level teaspoons soda; nutmeg or lemon to flavor, and flour to make batter as thick as for any ordinary stirred cake. Bake in one large flat pan.

INSURING A FRIENDSHIP.

That there may be such a thing as carrying insurance too far is indicated by the case of Mr. Mulcahy and Mr. Mulhooly, two Irish gentlemen. Though they were known to be great friends, they were one day observed to pass each other on the street without a greeting.

Why, Mulcahy, a friend asked in astonishment, have you and Mulhooly quarrelled?

"That's the insurance of our friendship," said Mr. Mulcahy, with earnestness.

There seemed to be a coolness between you when you passed just now. That's the insurance of our friendship. I don't understand.

Who, then, it's this way: Mulhooly and I are that devoted to wan another that we can't bear the idea of a quarrel, an' as we are both mighty quick-tempered, we've resolved not to shakepate to wan another at all!

THE FARM.

MERITS OF DIFFERENT CATTLE FEEDS.

In a consideration of various foods for cattle a correspondent decides that oats, as a dairy food, is worth at least 15 percent more than wheat bran, and 10 percent more than mill feed (bran and shorts.) In a breeding herd the difference in value is even greater.

Good corn silage is excelled in milking value by no other one food, unless it be good pasture grass. Like grass, it brings out all the inherent value of dry food.

A good silo increases the cow-keeping capacity of a good farm by at least one-third. Some claim one-half. Silage also adds very materially to the condition of the cows during the winter. Keeps their digestion in better order and brings them to the spring grass in better flesh.

Corn meal deserves a good place in all rations for Jersey cows, newspaper chemists to the contrary notwithstanding.

The man who, seeking cheapness, sacrifices quality in buttermaking is truly penny wise and pound foolish. It is at all times not only desirable but a duty to reduce the cost of foods to the lowest point consistent with the preservation of the health of the cows and the maintenance of the quality of their product.

But the man who endangers the health of his cows by cheap feeding or impairs in the slightest degree the high quality of their butter product had better change his vocation.

Cottonseed meal furnishes more nitrogen at less cost than any other of the foods common to our markets. For this reason it can only be fed in small quantities for any length of time without impairing the digestion of cows. Two pounds a day is ample for a Jersey cow. Even this small amount should always be accompanied by some succulent or relaxing food.

Oil meal also needs to be fed in moderation, not exceeding two pounds a day. Its effect is directly opposite to cottonseed meal. Cottonseed meal is costly and tends to tie up the bowels, while the meal is laxative and tends to loosen them. Cottonseed meal makes hard butter, oil meal makes soft.

I doubt if any good, sound cattle foods are ever sufficiently improved by cooking to pay for the labor and expense of the operation. Poor food, especially poor fodder and hay, may be enough benefited to pay the expense, but the good farmer doesn't have such food to cook, as a rule.

Whenever the mercury plays around the zero notch, it will pay to warm the drinking water for cows.

COW FEEDING.

When we are through pasturing in the fall, the cows are stabled day and night, except that on pleasant days we let them out for an hour or so for exercise, but when the weather is not pleasant, they are not outside at all. We keep them from getting wet by storm during all the cold season. We keep the stables comfortably warm and always well aired.

There is a cement manger in front of the cows with an outlet at one end and a grade to it, and there we feed and water from fall to spring.

All ground grain is mixed for feed and kept in a mixing bin in front of the manger. The bin is large enough to hold a number of feedings, and it is easier to mix and feed in that way than to feed each kind of grain separately, and the cows seem to like it better that way.

We mix by weight and each cow gets the same proportion of each kind of grain.

The first thing in the morning is to give the cows a feeding of grain, then they are milked and given a light foddering of whatever kind of roughage we may be using; sometimes it is hay sometimes corn fodder, and we have fed many tons of rye straw in the shed.

When the cows have finished this (we only give them what they will eat) clean the manger is swept out and they are given all the water they will drink. The water is pumped into the manger from a well, and it is as good water as we use in our house. After the cows have finished drinking, the manger is hove dry, and the cows left alone until just before milking time in the evening, when they are again fed and then milked. After milking they are again given all the hay they can eat, and about 8 o'clock at night, if any hay is left it is taken out for use in the morning and the cows are again given water and left for the night.—L. Conine.

EARLY FATTENING OF PORK.

"Corn is not so exclusively the feed of hogs at any age as it used to be. Instead of growing pigs on their swill with pasture, and thus stunting their early growth, it is the practice of the best farmers to begin the high feeding from birth, keeping the pigs always in condition for the butcher, and topping off the last few weeks with a clear corn diet. Many farmers," according to American Cultivator, "prefer that pork for their own use shall not be thus topped off. It is sweeter but less firm in texture, containing more moisture. This, however, only means that the pig killed after being fed so as to waste in cooking is by that fact shown to be in healthy condition. All animals in perfect health are composed largely of water. This is evaporated when internal fevers evaporate the internal moisture, and the meat is then said to be firm, solid and will waste little in cooking. Whenever pork of this kind is not wanted, it should be fattened with boiled veget-

ables or fruit mixed with wheat middlings and bran to make the right proportion of nitrogenous matter. We have often more than half fattened hogs on boiled pumpkins, windfall apples, and never had pork that tasted better than that thus fattened. Even before we knew that it was unwholesome, we never much liked the pork fattened on corn alone.

"It is well always to select the breeding sow early and give her the special kind of feed and care adapted to prepare her for her mission in life. The old fashioned practice of some farmers of feeding all the pigs together on corn until nearly fattening time tended always to deterioration. Not but that the sow which had fattened least and had made liberal growth instead of putting on fat even with this feed was the sow out of the lot that was then the best adapted to breeding, but it was also the sow that had shown by its failure to fatten when highly fed that it lacked the special trait that made a hog valuable. What is wanted in breeding sows is the greatest possible ability to make use of all the food given, so that the tendency will always be to an excess of fat, and feed them so that this tendency will be kept in check and yet so liberally as to promote vigorous growth. This means an abundant, but not any concentrated ration of food adapted to make growth rather than fat. All the grains are too fattening. Wheat middlings and skim milk diluted with dish washings, with enough grass in summer or beets in winter to keep the pig from squealing, will build up a long, rangy sow that will produce more and better pigs in half a dozen years of her life than a farmer can make by any other like investment of his money."

THE SCHOOLS OF TORONTO.

WHAT IT COSTS TO RUN THAT CITY'S PUBLIC SCHOOLS.

Expenditures, Large and Small, of Toronto's School Board—Some Statistics Which Will Prove Interesting Reading.

The officials of the School Board draw altogether a sum of \$15,600 yearly for their services.

New buildings were erected by the Public School Board last year at a total cost of \$57,679.

Toronto's schools are furnished with 150 teacher's desks, 405 teacher's tables, and 2,732 chairs.

The total cost of free text books issued by the Public School Board in 1895 was \$4,917.48.

The School Board engages two music teachers, and one drill instructor engaged in special training.

It costs about \$1,500 a year to keep the desks, seats and furniture of Toronto's Public Schools in good repair.

The Public School Board owns land valued at \$523,393; buildings valued at \$960,503, and furniture valued at \$52,912.

The schoolhouses of Toronto are furnished with 78 stoves, 163 furnaces, 6 steam furnaces and 68 slack heaters.

Last year there were 499 teachers and 107 kindergarten employed in the schools of Toronto in addition to the special teachers.

The gold, silver and bronze medals and bars for which Toronto's school children competed at examinations cost ratepayers over \$300 a year.

Over \$5,000 worth of furniture was added to Public Schools last year. It consisted of desks and seats and kindergarten chairs and tables.

Toronto's school children sit at 6,805 single desks and 9,793 double desks. The total number of sittings is 26,441, and the average sittings per month 57.

The cost per Public school pupil for text books on the basis of average monthly attendance omitting kindergarten pupils, is about 18 1-2 cents a year.

The expenditure of the Public School Board last year for repairs, alterations, and improvements to the various schools of the city amounted to a total sum of \$17,768.

For printing minutes, reports, examination papers, and circulars, together with advertisements for tenders, the Public School Board expended \$1,555 last year.

No teachers with a certificate less in grade than second-class are engaged in Toronto schools. Among the list are seventy-seven first-class certificate holders.

The teachers in the Public Schools of Toronto draw yearly a total of \$259,251 in salaries. This is exclusive of kindergarten teachers, who get a total of \$27,156 yearly.

During last year 811 pupils attended school less than twenty days; 1,772 between 20 and 50 days; 4,481 between 100 and 150 days, and 16,633 between 150 and 200 days.

The salaries of night school teachers last year were \$4,148. The salaries of caretakers in connection with night schools were \$537. Advertising the schools cost \$17.64.

The city Public schools use water to the extent of \$1,000 a year. This amount is, of course, charged against the School Board on the books of the Water-works Department.

The gas bill for all the city schools and offices is about \$600 a year. York street school and offices, where the School Board holds its sessions, cost about \$50 a year for lighting.

The blackboards in the schools of Toronto have a total area of 13,654 square yards, or about three acres. Of these 3,821 square yards are slate and the balance made of composition.

The supplies required by caretakers of the city schools amount to \$839 a year. Five hundred dollars' worth of brooms and brushes are annually worn out in keeping the schools clean.

There are 40 kindergartens in Toronto with a total registered number of pupils of 4,616. The lowest average attendance of the little ones is in February and the highest in October.

The ratepayers of the city paid in their school taxes last year \$4,917 for text books, and \$6,209 for blank books, business forms, slates, rulers, pads and

registers, drawing books and copy books.

The Government granted to the Public Schools of Toronto last year \$18,849 for school inspection the Government paid \$2,555; for kindergartens, \$1,808; for night schools, \$323, and for city Model schools, \$150.

In 1880 there were 10 night school teachers and 1,292 registered pupils. Last year there were 27 teachers and only 1,115 registered pupils. Average attendance in 1880 was 600, average attendance in 1895, 569.

Ryerson is the largest of the Public schools, having 21 rooms. Dufferin comes next with 20 rooms, while Givens street, Jesse Ketchum, Lansdowne Park and Wellesley have each 18 rooms. Taking all the schools together they have 507 rooms.

Terrestrial globes to the value of \$400 were purchased last year for Public schools. Six hundred maps of Ontario, Dominion, North America, Eastern and Western Hemispheres, at a cost of \$260, were added to the supplies of the schools.

As there are not enough buildings belonging to the Public School Board to accommodate all the children in the city, it is found necessary to rent buildings for school purposes. The annual rents for these buildings amounts to nearly \$5,000 a year.

It costs over \$20,000 to heat the schools of the city yearly. It costs about \$700 a year each to heat Gladstone avenue school, Lansdowne avenue school, Rose avenue school and Ryerson school, Wellesley street school requires \$900 worth of fuel yearly.

There are two school buildings in Toronto, of one storey, twenty-eight schools of two storeys, and nineteen buildings of three storeys. Four schools are heated by steam, eleven by stoves, thirty-six by furnaces, and eight temporary schools by furnaces.

There are two Industrial Schools under the management of the Public School Board, as far as teaching is concerned. They are the Victoria Industrial school at Mimico and the Alexandra Industrial school at East Toronto. At these schools the average attendance of boys was 186 and of girls 24.

The cost for yearly supplies to Public school pupils on the basis of total enrollment is about 12 1-2 cents, and on the basis of monthly attendance about 23 1-2 cents each. The cost per pupil for both text books and supplies on the basis of average monthly attendance is 38 1-2 cents yearly, and on the basis of total enrollment 41 cents yearly.

The total amount paid to kindergarten teachers by the Public School Board last year was \$27,159. The cost per pupil in the kindergarten on the basis of total enrollment was \$6.99 for salaries, supplies, fuel and caretaking. The cost per pupil in the kindergarten on the basis of average monthly number was \$13.19 for salaries, supplies, fuel and caretaking.

The most expensive school buildings are Bolton avenue, \$28,500; Borden street, \$25,000; Dawson street, \$20,700; Dufferin, \$28,800; Duke street, \$20,000; Givens street, \$29,300; Gladstone avenue, \$27,600; Jesse Ketchum, \$34,200; Huron street, \$30,000; Lansdowne avenue, \$34,000; McCaul street, \$27,600; Morse street, \$22,500; Palmerston avenue, \$25,000; Park school, \$27,000; Phoebé street, \$22,400; Queen Victoria, \$34,600; Rose avenue, \$24,000; Ryerson, \$30,600; Wellesley street, \$39,600.

ECONOMIZING FOR CHRISTMAS.

There is a touch of humor in the petty economies practiced by many men for several weeks before Christmas. The man who has been accustomed to costly lunches, and who invariably bestows a substantial tip upon the waiter, about this time of the year is likely to affect a liking for a luncheon consisting of a sandwich and a piece of pie. He does not smoke quite so many cigars as formerly and convices himself that a less expensive vice is quite as satisfactory as his favorite brand. He does not frequent the cafes as much as formerly, and there is a noticeable lack of his usual free hearted hospitality when he encounters his friends in such places. This strange parsimony which has come over the man is not due to the fact that he has met with financial misfortune, nor that he has suddenly become sordid and mean. He is merely economizing in his expenses in order that he may have more money with which to purchase Christmas gifts for those he loves. It may be a wife or child, mother or sister, for whom he makes these sacrifices, and there is no doubt that in the happiness he brings to other hearts he will find ample compensation for it all. The Christmas season is marked by innumerable instances of self denial.

A CHRISTMAS QUERY.

In snow-white gown wee Daisy stood
Her dear mamma beside,
Two small hands clasped, two lips apart,
And blue eyes open wide.
Then ten pink toes crept near the place
Where hung a tiny pair
Of stockings filled with dainty gifts
For Daisy's Christmas share.

One little hand removed the top,
The other one the doll,
Then Noah's ark, the candy man,
The marbles and the ball,
Then came a bird of chocolate
In pretty, gilded cage.
And then a colored picture book
With Santa on the page.

"Oh, look, mamma! his hair is white;
! He's old like g'ampa, too—
! An' g'ampa's dead." The voice was hushed
And in the eyes of blue
A shadow stole; then baby lips
Exclaimed with thoughtful pause;
"Mamma—wh'oll bring 'e presents
wound
When God takes Santa Claus!"
—Florence Josephine Boyce, in Demorest's Magazine for December.

NEVER QUIT GROWING.

A London hatter who has been observed says that men's heads grow appreciably up to the time that their owners are 65 years old.