

About the ...House

A TALK ON SOUPS.

"I want to explode the fallacy that so many mothers entertain when they think that a child who has clear soup for its luncheon is getting nourishment in its most concentrated form," said a lecturer recently. "While I would not say feed a child on sugar, yet a lump of sugar contains more real nourishment than a cup of bouillon. This applies to the soups cleared by the white of an egg and strained to remove all the sediment and thick portion, which contain the real nourishment, or to soups where bones, containing gelatine, are not used."

The speaker explained that the use of bouillon for invalids does not mean that it is especially nourishing. In sickness bouillon and similar beverages are administered to save the tissue that is burned away by the fever which almost always attends serious illness. This form of nourishment, like alcohol, is termed a "tissue saver," and supplies only enough nourishment to keep up the strength of the patient, without requiring much work from the digestion, which is always impaired by illness.

Broths, purees, and other thick soups are highly nourishing, the speaker said, but clear soups, when served as the first course of a dinner, are of value only because they supply warmth and start the digestive juices into action.

The lecturer prepared before her audience some bouillon, which she said had received the necessary time in simmering before being brought to the lecture. This was made as follows:—For two pounds of beef take two tablespoonfuls of butter, and brown the butter with two slices of onion. When the onion has become delicately tinted, add the meat, cut in small pieces. The object of cutting up the meat is to allow as much of the meat as possible to be exposed to the action of the water which is added later. Brown the meat slightly in the butter and onion mixture, then cover with one quart of cold soft water, and add a piece of celery. Cover the whole closely, and let simmer for two hours. At the end of that time strain carefully and return the soup to the fire. Crush an egg shell and put it in one cup of cold water. Add this to the soup and let it come to a boil, then strain carefully through cheesecloth. Keep the soup covered while cooking, as the steam carries off the flavors.

When serving, add to each plate a teaspoonful of sherry, one slice of lemon, and enough Worcestershire sauce to add the peppery flavor without the use of that condiment. For nourishing soup stock the shin bone should be obtained. The proportion of meat on the shin bone is greater than on the hind leg, and although the shin bone may be ordered from the butcher, he will not, as a rule, send it, because the demand for it by experienced housekeepers who know the value of certain parts is greater than the supply. For a rich soup stock allow one quart of water to every pound of meat and bone. The bone supplies the gelatine. The average weight of a shin bone is five pounds. Soup stock, when sufficiently rich, should solidify into a jelly when cold.

"We have in meat five principles—fibrin, fat, gelatine, albumen and osmazone," continued the lecturer, in speaking of the richer soups, "and in making soup stock it is our object, as far as possible, to draw out those five principles into the water with which we cover the meat. Because meat is expensive it is most necessary that we should learn to cook it so that we may get from it all possible nourishment, especially as the proteid matter it affords plays so large a part in the economy of the system. Proteids may be found in other foods than meat, for the white of egg, milk and other foods contain it, but the largest quantity is found in lean meat. We call the proteids the flesh builders in order to make their functions clear and distinguishable from those of the fats and oils, which we call the fat makers, and the carbo-hydrates the work producers. For while the starches and sugars, under which names the housekeeper is familiar with the carbo-hydrates, do furnish fat for the tissues, their great function is that of furnishing energy in the form of heat to keep us warm and the strength with which to do our work. Of the three great classes of organic foods, it is safe to say that this one receives the most abuse in cooking, and the natural result is trouble in the digestive system."

HOUSEHOLD LINEN.

For the outer covering of beds there are all sorts of pretty and novel things in white or in colors. The durable Marseilles quilts come both plain, woven and embroidered in white or in colors. The fancy for embroidery also extends to the finish of sheets and pillow cases. "Shams" are still much used, though many housekeepers prefer cases, into which the pillows are buttoned.

These are large and square. They are laid aside at night, however, in favor of smaller pillows with plainer covers. Monograms or initials for sheets are two or three inches high and worked in the center just about the hem. For pillow cases the letters are smaller.

Sheets for double beds should be three yards long before hemming. This allows for a three inch hem at the top, one-half the width at the bottom and leaves the sheet a little more than two and three-quarter yards long after shrinkage in washing.

A sheet large enough to tuck under and stay where it is put is the only kind sure to be a comfort to the user.

In purchasing a table linen the cream weave will be found more durable than the white or half-bleached.

While pattern tablecloths are more desirable for best than those cut from the web, the latter will be found much cheaper for everyday use.

Cheap, sleazy damask is never advisable, the loose weave rendering it a poor investment in point of service.

Before hemming a tablecloth, see that it is cut by the pattern.

The thread makes the pattern, and if one follows the pattern it takes less time than pulling the thread.

While hemstitching makes a pretty finish, it cannot endure hard usage, and is, therefore, inappropriate for cloths that have to be frequently laundered.

The best way to hem an everyday linen is to turn and baste a narrow hem, then folding the hem back again on the right side of the cloth, sew the hem to the cloth by hand in an over-and-over seam.

Then flatten and press the hem in place.

The monogram or initial of the house-mistress should be wrought diagonally in one corner in white linen or outline silk.

SIMPLE REMEDIES.

For gravel, use spinach and onions.

For asthma, use carrots.

For scurvy, use turnips, onions and salt.

For chronic diabetes, use peanuts, avoid all starch and sugar.

For nervous disorders, use onions, turnips and celery. Onions are the best of nervines, toning up the system and relieving nervous prostration.

For a tonic, use blackberries and raspberries.

For summer complaints, use the same, also banana.

For insomnia, use either lettuce or onions.



THE DAIRY COW.

This subject has been treated often and ably, yet I believe something more can be said in regard to it, which may assist at least the young farmer and those who have not yet studied the subject carefully, writes Prof. J. P. Roberts, of Cornell University. Every cow is just as good as she can be. Her product equals her inheritance, the food she consumes and assimilates, and her treatment. This last is often for convenience called "environment." To the up-country dairyman all this sounds well, but he says I want something more specific. I know an animal which comes from a long line of unusually productive ancestors is likely to be more productive than an animal having inferior ancestors. But how did this animal come to be superior to most others of its kind? If I may but learn this secret then I can myself, in time, breed superior animals. But too often when I have used one of these superior male animals, his offspring are little or no better producers than the nondescripts upon which he was bred. I am discouraged and have lost faith in full blooded animals. This doubting Thomas cannot be ignored. You cannot silence him by making fun of him or by dodging his persistent questions. He must be answered. Don't worry if the answer does not convince him. With that.

YOU HAVE NOTHING TO DO.

We may start with the fact that all the cattle of New York except the full bloods are grades, and many of them are excellent. We may also affirm that too large a per cent. of the full bloods are only of average quality or below it. How were so many good nondescripts produced? The term "nondescript" I use to indicate animals without recorded pedigrees and of which little or nothing is known of their breeding, but nevertheless show unmistakably that they have received more or less of their blood from some distinctive breed. Were the imported qualities of the nondescripts due to this infusion of the blood of some distinctive breed? Yes and no. I will try to make this answer clear by describing briefly what has been happening.

A dairyman "got converted" at some dairy convention and purchased a moderately good bull of some distinctive breed. This conversion, though at the eleventh hour, was genuine. The dairyman took good care of the newly purchased bull,

observed the cows more closely and fed and cared for them just a little better than formerly. When the half-blood calves appeared they became pets. He loved them better than he had the former ring-streaked and speckled calves because they had more or less of the distinctive colors and characteristics of the full-blooded sire. He calls his bull a thoroughbred. That word is a full mouthful; how he likes the sound of it. The man has been changed quite as much as the calves. Hence the food and environment have been changed also. Was the improvement in these grades as shown by increased products when they came to maturity due to the conversion of the man to the iron in his blood or to the blue blood of the sire whose ancestors were from across the salted seas?

THE TENDENCY HAS BEEN

to give all the credit to the sire and none to the boss of the sire. A man may be the father of a child, but the teacher is likely to be the father of the man. "As the twig is bent so is the tree inclined." As the cow and calf are nourished the pail is filled. No one has a higher appreciation of a good, pure-bred, or a poorer opinion of a scrub full blood than I have. I wish the dairyman could grasp the subject as a whole and not divide it up into vulgar and improper fractions, the numerators of which are certain never to make a complete unit. Would the dairyman better place at the head of his herd a full blooded male? Most certainly, if he can secure a really good one and provided further that if he aims at improvement he will improve the food of the herd, make it, the herd, more comfortable and give more rational care. No one of these three factors can be well ignored.

Let me emphasize again that the animal is just as good as it can be, and always expresses in its growth, person and products an exact average of all the units of energy and control which enter into its being. If more is desired more must be supplied; better inheritance or better food or better environment, and better still, all combined simultaneously. If any one of these factors of improvement is left out, the retardation may produce deterioration although one factor tended to improvement, the minus factor being of greater potency than the plus factor.

The dairyman of the state purchase each year many pure-bred bulls. They should purchase many more; they do not purchase as many as they should because they too often get poor ones. This is largely due to the fact that the breeders of full-blooded cattle, at least some breeders, persist in selling bull calves

FROM INFERIOR DAMS.

Dams so poor in milk production that they would disgrace the herd to which the bull is sent. If the dairy cows are to be improved a more vigorous weeding out must be practiced by the breeders of pure-bred cattle. These remarks are made in no spirit of captious criticism, but with the view of showing that if improvement is secured it naturally should begin at the fountain head.

When a good male is placed at the head of a herd the food of the cows should approximate in efficiency and productive power that used in the herd from which the bull was taken, or the tendency to reversion and deterioration in the illy nourished cows is likely to counteract the improvement that should be secured by reason of the improved sire. One summer of inadequate food supply or one winter on short, unnutritious rations may lower the productive of the herd for years. The dairyman may wonder why the improved blood introduced does not produce more marked beneficial results. He fails to note that it is the man and not the bull that is at fault. Having placed a good male at the head of the herd and having furnished a full supply of nutritious food, there is yet danger that the potential improvement may be lost by sheer carelessness, such as irregular milking and feeding, exposure for a few hours several times during the winter to the merciless sleet and the piercing winds. Add to this unkindness, uncomfortable stables and an

UNINSTRUCTED DAIRYMAN.

These environments will tend so mightily towards deterioration that even the improved blood and food combined cannot overcome them. Success in the dairy comes from instructed administration. The cow is as good as she can be. The man is the greatest controlling factor. If he is a trained thoroughbred his cows will show liberal profits and it will matter little to him whether his herd is composed of full bloods, high grades, low grades or nondescripts so long as they are good and steadily improving. The greater the knowledge and skill of the dairyman the more exact will be his accounts with each individual cow. The greater the desire for improvement, the larger the number of animals sent to the slaughter pen—not sold to his neighbors. The more intelligent the proprietor the more calves will he rear that he may have large numbers of heifers of the improved sort which, in turn, will make it possible to eliminate greater numbers of animals whose credits but slightly exceed their debits, and that he may have the great pleasure of helping to clear the earth of dead heads by eating them up. Then the public will ask "what meat doth this wealthy dairyman feed upon that he has grown so great and rich?"—American Agriculturist.

FRENCH WAR ON PHTHISIS

SANITARIUMS WRONG AND DISEASE INCURABLE.

Benefactions of the People Are Claimed by Scientist to Be Useless.

During the last six months French philanthropy, especially in Paris, has been concentrated in efforts to combat tuberculosis, which has assumed the proportions of a national peril. Public and private subscriptions have poured forth with unexampled liberality.

One Parisian paper alone, the Figaro, has raised over \$300,000 towards the establishment of a tuberculosis sanitary system after the German model which Dr. Brouardel and the French delegates to the tuberculosis congress so enthusiastically commended, but the other day the philanthropic public received a shock that came with the suddenness of a flash of lightning from the blue sky, for Dr. Albert Robin of the French Academy of Science, in a lecture delivered at Sorbonne before an audience composed of scientists and of prominent men and women of Parisian society, announced that all that has so far been accomplished in the great fight against tuberculosis is in vain, and that medical science and philanthropy have started on an altogether wrong track.

DISEASE IS INCURABLE.

Dr. Robin does not hesitate to assert, and his position is supported by data which seem irrefutable, to such high authorities as Brouardel, Grancher, and Lardouzy of the Paris faculty of medicine, who were present at the lecture, that tuberculosis, when once firmly established in the system, is practically incurable. Robin's figures prove that of 36 tuberculosis patients who leave the sanitarium ten reappear after six months and ten after one year, and that only five out of the 36 are saved. The only efficacious method of fighting tuberculosis, according to Robin, is prevention.

Discoveries just made by Albert Robin and his colleague, Maurice Binet, enable the stage of predisposition to tuberculosis to be determined with mathematical accuracy, two infallible tests being an excess of respiratory consumption and the daily organic demineralization or loss of mineral elements of the system. It is to this preliminary stage of tuberculosis that all efforts should be directed, absolute remedy or prevention being easily attained by the air cure, by abstention from alcohol, and by complete mental and physical rest.

Robin maintains that sanitariums towards which millions of dollars have been uselessly expended are from a financial point of view impracticable, and therapeutically are

SIMPLY CHIMERICAL.

Robin supports the article under the financial head, by pointing out that supposing only 100,000 beds were provided for the 500,000 persons suffering from tuberculosis in France, and each bed cost \$1,000 for initial endowment, \$100,000,000 would be required at the outset, without counting incidental expenses. Albert Robin's revelations are commented on by all the leading papers in Paris and in France, and his revelations, coming with the suddenness of a bombshell, cause something approaching to revolution in the great humanitarian struggle against tuberculosis. In conversation Dr. Robin says that, as far as examination of the facts brought to his knowledge warranted, his opinion was that humanitarian philanthropy in regard to tuberculosis was on the wrong track in the United States, just as it was in France, and that a complete change of tactics should be made in the great struggle in America as in Europe.

GRAINS OF GOLD.

There is nothing that costs less than civility.—Cervantes. Haughtiness lives under the same roof with solitude.—Plato. It is often better not to see an insult than to avenge it.—Seneca. Friendship rises but with fortune and sets when men go downward.—Aaron Hill. Borrowing is the center and the death of every man's estate.—Sir Walter Raleigh. It is more difficult for a man to behave well in prosperity than adversity.—Rochefoucauld. Great and good are the actions done by many whose worth is never known.—Hans Anderson. We cannot control the tongues of others, but a good life enables us to despise calumnies.—Cato. There is not in nature a thing that makes a man so deformed as intemperate anger.—John Webster. What wretched shifts are they obliged to make use of who would support the appearance of a fortune they have not.—Fielding.

THE PROFESSOR.

"Is there any good reason," suddenly inquired some one in the group, "why money should be called filthy lucre?" "Not in this town," said the professor. "We use so little of it for cleaning the streets."

The first life insurance society was started in London in 1698, and another in 1700. Neither was successful.

MENDING BROKEN NERVES

SURGICAL TRIUMPH OF DR. JAMES K. YOUNG.

Wonderful Operation on a Four-Year-Old Child in Philadelphia.

An unexplored world is opened for the surgeon by the discovery that a paralyzed limb can be restored by uniting a dead nerve with a living one, thereby restoring the connection with the system and re-establishing the lost current of power.

This wonderful result has actually been attained by an operation just performed by Dr. James K. Young of Philadelphia. He has long held the opinion that the surgeon's knife could be used in diseases of the nerves as well as of the body. The delicate nature of such an operation, and the fear that shocking consequences would result from cutting into the nervous system, has, however, deterred physicians from attempting to carry such a theory into practice. A case presented itself recently that seemed to offer a favorable opportunity for experiment, and it was determined to make the attempt.

PARALYSIS OF THE FOOT.

The patient was Mamie Weis, 4 years old, whose foot was paralyzed so that she could move it from right to left, but not from left to right. It seemed to the surgeons who examined the case that if the dead nerve whose function it was to give power to the muscles could be severed at a point where life still remained and united to the nerve that moved the foot on the other side the limb would be restored to its normal condition. If the chart of the nervous system be studied it will be seen that the nerves separate from one center above the knee, one branching to the right, the other to the left.

In Mamie Weis' case the trouble was that below the knee the nerve was sound, but it had lost connection with the system and was powerless for lack of force from the main source of supply. As explained by Dr. Young, it was like a telegraph wire that had ceased to work because of becoming disconnected at some point between the main line and the sounding key. The logical course in such an emergency would be to reconnect the wire and restore the flow of electricity. Applying this reasoning to the case of Mamie Weis, Dr. Young argued that if he could sever the nerve and attach it to the nerve that runs parallel with it the lost current would be regained and the paralysis cured.

GREAT CARE NECESSARY.

As may be imagined, such a delicate operation was not performed without careful preparation. Dr. Young studied the nervous system in that part of the human anatomy with great attention for several weeks. He located the nerve by means of studious exploration in the dissecting-room and was ultimately assured that he could find the nerve in a living person's leg, sever it at the right point and reunite it to the living nerve. It is impossible to imagine anything more thrilling in surgical science than this operation. To find a nerve in the network that runs through the human body is a work requiring the utmost skill. But to sever that nerve, transfer it to another part of the limb, bore a hole in the living nerve there and insert the end of the severed nerve in this hole, is almost too delicate an operation for human comprehension. Yet this was actually done, and done successfully.

But it was one thing to perform an operation in the presence of a crowd of medical men and another to declare the skill of the surgeon had cured paralysis. It would take weeks before the bandages could be removed in order that the joined nerves could be examined to see whether they had united. There was nothing to guide the surgeons. Bones unite, of course. It is an easy matter to join the ligaments. But no one could say that one section of the nervous system could be made to grow to another, for no one had ever tried such a thing.

A COMPLETE SUCCESS.

There was nothing for it, therefore, but to wait developments, giving nature plenty of time to aid the skill of the surgeons. It was determined to say nothing about the operation to the medical fraternity until the bandages were removed. Dr. Lorenz, when in Philadelphia, was let into the secret and expressed wonder at the daring of the American surgeons. He requested that word be sent him concerning the actual result of the operation.

It has just been made possible to do this. The bandages were removed from the limb and it was found that the nerves had united perfectly, and, most gratifying to all, the paralyzed limb had been restored to a normal state, little Mamie Weis being able to walk like other children, without a trace of her former disability. The accompanying picture shows the little girl just before she left the hospital, completely cured of her palsy, the nurse putting the shoe and stocking on the limb that the surgeons had restored.

The possibilities suggested by the success of this operation are limitless. Now that it has been proved that a paralyzed nerve can be restored and made useful by being joined to a living one, there is no reason why paralysis in almost any part of the body cannot be cured by the use of the knife.