

About the House

DOMESTIC SCIENCE AT HOME

Eighth Lesson—Proteins.

Proteins are necessary for body building and repairing waste tissue. They are a very important constituent of our food, differing from all other compounds in their composition, owing to the presence of nitrogen. The human body is composed of eighteen per cent. protein.

Eggs, meat, milk, cereals, peas, beans, lentils are all protein foods. Protein coagulates upon the application of heat, acid or ferment. Some proteins are entirely soluble in cold water. The compounds of protein are divided into three distinct classes, namely: Albumens, gelatinoids, extractives.

The white of an egg is the purest form of albumen. It is found in the form of a thick, white, viscous liquid. Albumen is also found in meat, as casein in milk. It is in the form of gluten in wheat and cereals and as legumin in peas, beans and lentils. It dissolves readily in cold water and coagulates upon the application of heat.

Gelatinoids.

The second class of protein compounds are the gelatinoids. Gelatin is found in the connective tissues, which are their leading constituent. It is also found in meat; tendons, cartilage and bone; also existing in all bodily tissues. They are a very important element in the body. The entire wall cells contain large proportions of gelatin. It is very important that the manner of cooking food be of such a nature that every particle of this valuable substance be retained.

Canning Peaches.

Freestone peaches give the best results. Albertas and Crawfords are the first choice.

Make a syrup of two pounds of sugar and five pints of water. Boil this for five minutes, then cool. Split the peaches in half and remove the stones. Peel the peaches and drop them into the syrup.

This method prevents the delicate pulp of the peach from becoming bruised while removing the stones. Dropping the peeled peach into the prepared syrup prevents discoloration. When a sufficient number of peaches are prepared fill into sterilized jars, packing them closely together as possible. Fill the jar to overflowing with boiling hot syrup, made by placing in a saucepan and boiling for ten minutes, six cups of sugar, six pints of water. Now place the sterilized rubber and lid in position and partially tighten. Put into a hot-water bath and process for thirty minutes after the water starts boiling. At the end of this time remove the jars from the bath, fasten the lids as securely as possible, test for leaks and then store in a cool, dry place.

Spiced Peaches.—Prepare and peel the peaches just the same as for canning. Let them stand in the stock syrup while preparing the spiced syrup.

Spiced Syrup.—Six cups of sugar, five cups of water, juice of one lemon. Place in a saucepan and stir well until dissolved. Now add the following

in the food.

Extractives.

The third class of proteins is extractives. This extract is the flavoring which is found in foods. Great care must be taken while cooking foods that nothing impairs this flavor or destroys its value as an important element of nourishment. Extracts are soluble in cold water.

Protein is soluble in cold water and coagulates upon the application of heat, so that care and judgment should be used when cooking various protein foods.

Meats.

Two methods are employed to cook meat for food.

First, where it is the object to extract all the nutriment of the meat into the liquid or broth, as in soups, meat teas and broths. The meat is cut into small pieces or chopped fine, added to the cold water and brought slowly to boiling point. Then it is placed in a position where it will simmer or cook at a temperature of 165 degrees Fahr. This method extracts all the nutriment from the meat.

Second, searing or coagulating the surface of the meat. The meat is put to cook in boiling water or steam from five to ten minutes and then processed at a simmering temperature, or the surface of the meat is brought in contact with intense heat for the same purpose, coagulation, or searing the entire surface. It is then processed as directed in the preceding recipe.

The second method preserves all the nutritious elements in the meat.

spices, tied in a piece of cheesecloth: one tablespoonful of whole cloves, one tablespoonful of allspice, two sticks of cinnamon, one tablespoonful of blade mace, two roots of ginger. Add to the syrup and then boil for ten minutes. Now pack the peaches into the jars. Pour the spiced syrup to overflowing in the jars. Place the sterilized rubber and lid in position and then partially tighten. Process the jars for thirty minutes in a hot water bath, after the water starts boiling. Remove from the bath, tighten the lids as securely as possible and then test for leaks. Store in a cool, dry place.

To use the stock syrup left after the peaches are all in jars: Place all the peach peelings in a large preserving kettle and add the stock syrup (the syrup used to lay peaches in while peeling them). Place this on the fire to cook until the pomace is very soft. Stir frequently to prevent scorching. Strain and bottle the same as for fruit juice. Or, to four quarts of this juice add quarter peck of apples, washed and cut into small pieces. Do not peel or core the apples. Cook until the mixture is soft and then drain as for jelly. Measure the juice and then return it to the kettle. Bring it to a boil and then cook for five minutes. Add an equal measure of sugar. Stir until well dissolved, then boil for eight minutes. Pour into glasses and store as for jellies.

Note.—A safe and reliable method of cooking jellies is to use a thermometer. Cook to 222 degrees Fahrenheit.

them. They are high in fuel values and therefore liable to furnish more heat-producing elements than are needed in the hot weather diet.

Foods easy of digestion should be chosen, as the muscular relaxation reacts on the digestive tract, rendering it necessary to lighten its task. Only a few simple articles should be taken at one meal.

When there is any doubt about the ripeness of fruit, it should be cooked and eaten in moderation. Some ripe fruit is a valuable element in the daily diet, in hot or in cold weather, as it contains materials necessary to the body welfare.

Cold desserts of gelatin, cornstarch and tapioca are generally easy of digestion. Even frozen milk or fruit juices may be taken, if used in moderation and only once or twice a week.

Intensely cold beverages should not be gulped down while a person is overheated. Cool beverages, however, take body heat to warm them in the stomach and are, therefore, useful in lowering the temperature, as they carry off the heat when the water is excreted.

Hot drinks are sometimes useful in cooling off a person, because they induce a perspiration, which increases the heat loss from the body. This device for losing heat will not work on a humid day, however, as the perspiration will not evaporate, and in that case the discomfort from the heat is increased rather than decreased.

Eating habits in cold weather should not be changed abruptly when

a hot day comes. Changes should be made gradually, if a digestive upset is to be avoided. A person accustomed to hot food should not be suddenly put on cold dishes alone.

MOTHER, I'VE ENLISTED.

Mother, I've enlisted!
I'm going away to France—
For could I be a son of yours
And disregard the chance
To prove I, too, am worthy
To stand there in the ranks?
Mother, I've enlisted—
Together let's give thanks.

Mother, Red Cross Mother,
I'm going away to fight!
You earned that little cross for me?
You say I'll be all right?
Just keep the workshops busy
To send supplies to France—
Mother, soldier-mother
Give ev'ry boy his chance!

Mother, write me often,
I'll be "Somewhere in France."
The purity of such as you
Has shaped the nation's chance
To send the finest army
The world has ever known—
Mother, Gen'ral Mother,
That army is your own!

THE KITCHENER LIMIT.

Total Cost of Three Former Wars is Now Spent in One Hundred Days.

On Friday, August 3rd, the Great War reached "the Kitchener limit." How much longer is it going on?

Compared with other wars, by length alone, it is by no means a record—yet. But when considering casualties and cost, all other wars pale into insignificance. Take money first. The total cost of the Boer War was \$211,000,000; the Franco-German War cost \$316,000,000; Russia vs. Japan \$174,000,000.

The money spent in these three wars, if poured into British coffers, would last us about a hundred days.

As for the loss of life, 22,450 men fell in the whole of the Boer War; 290,000 in the Franco-German; and 555,900 in the Russo-Japanese.

What the final figures for the present upheaval will be nobody can say. One wonders whether, when they enter into history, they will be realized. Probably not. Print is cold.

To keep a steak, chop or any fresh meat without ice from Saturday night until Sunday noon, place a fresh outside cabbage leaf under and over the meat, wrap in wax paper and set in a cool place.

O
A
C

THE ONTARIO AGRICULTURAL COLLEGE GUELPH.

Young Man— If you can't go to War Go to College

LEARN to increase your earning capacity on the farm.
LEARN business methods.
LEARN how to produce better crops and better stock.
LEARN to grow good fruit, better poultry and the best of everything.

September to April at the College
April to September at Home.

Public school education is sufficient for admission.

College Opens September 21
Write for calendar giving particulars.

G. C. CREELMAN, B.S.A., LL.D.
President.

Nuxated Iron Makes Strong, Vigorous, Iron Men and Beautiful Healthy Rosy Cheeked Women

Dr. Howard James, late of the Manhattan State Hospital of New York and formerly Assistant Physician Brooklyn State Hospital, says:

"Iron is absolutely necessary to enable your blood to change food into living tissue. Without it, no matter how much or what you eat, your food merely passes through you without doing you any good. You don't get the strength out of it, and as a consequence you become weak, pale and sickly looking, just like a plant trying to grow in a soil deficient in iron. A patient of mine remarked to me (after having been on a six weeks' course of Nuxated Iron), 'Say, Doctor, that there stuff is like magic.'"

If you are not strong or well you owe it to yourself to make the following test: See how long you can work or how far you can walk without becoming tired. Next take two five-grain tablets of nuxated iron three times per day after meals for two weeks. Then test your strength again and see how much you have gained. From my own experience with Nuxated Iron, I feel it is



See! That there stuff (Nuxated Iron) acts like magic. It certainly puts the ginger of youth into a man.

such a valuable remedy that it should be kept in every hospital and prescribed by every physician in this country. Nuxated Iron, recommended above by Dr. James, is for sale by all good druggists on an absolute guarantee of success and satisfaction or your money refunded.

Doctors Tell Why They Prescribe Bon-Opto. Explain How It Strengthens Eyesight Remarkably In a Week's Time In Many Instances.



Has Seen Eyesight Improve from 75 to 100% in a Remarkably Short Time.

Boston, Mass.—Victims of eye strain and other eye weaknesses, and those who wear glasses, will be glad to know that Doctors and Eye Specialists now agree there is real hope and help for them. Many whose eyes were failing say they have had their eyes restored and many who once wore glasses say they have thrown them away. One man says, after using Bon-Opto: "I was almost blind. Could not see to read at all. Now I can read everything without my glasses, and my eyes do not hurt any more. At night they would pain dreadfully. Now they feel fine all the time. It was like a miracle to me." A lady who used it says: "The atmosphere seemed hazy with or without glasses, but after using this prescription for fifteen days everything seems clear. I can read even fine print without glasses." Another who used it says: "I was bothered with eyestrain caused by overwork, the eyes which induced fierce headaches. I have worn glasses for several years, both for distance and work, and without them I could not read my own name on an envelope or the typewriting on the machine before me. I can do both now, and have discarded my long distance glasses altogether. I can now see the fluttering leaves on the trees across the street now, which for several years have looked like a dim green blur to me. I cannot express my joy at what it has done for me."

It is believed that thousands who wear glasses can now discard them in a reasonable time, and millions more will be able to strengthen their eyes so as to be spared the trouble and expense of ever getting glasses.

Dr. Beck, an eye specialist of nearly twenty years practice, says: "Two prominent eye specialists, after a thorough examination of a young girl aged twelve, decided that to save the sight of her right eye the left must be removed. A friend advised her father to try Bon-Opto before permitting the operation. Within three days a decided improvement was noticeable, within a week the inflammation had almost disappeared, and at the end of six weeks all danger was past and the eye saved. I saw the case again to-day. The eye ball has perfect motion. When she began to use Bon-Opto it was in a fixed position. The conjunctival inflammation has disappeared. Her vision is now 20/30 (20/20 is normal as you know) as against 20/200 when she began the use of Bon-Opto. Another patient came to me suffering from Blepharitis Marginalis with all the usual symptoms such as morning agglutination of the lids, chronic conjunctivitis and epiphora. Her eyes had the dull, suffused expression common to such cases. She used Bon-Opto and not only overcame her distressing condition but so strengthened her eyesight that she was able to dispense with her distance glasses and her headache and neuralgia left her. In this instance I should say her eyesight was improved 100 per cent."

Dr. Juddins says: "While house surgeon at a New England Eye and Ear Infirmary and during many years in general dispensary practice, I found oculists too prone to operate and oculicians too willing to prescribe glasses, and both inclined to neglect the strengthening and developing of the eyesight. The success of Bon-Opto in strengthening the eyesight will soon make eyeglasses old-fashioned. The Director of Medical Inspection of Boston Schools in a report published February 29, 1917, states that only 14,916 pupils out of 8,175 examined need to wear glasses now, a marked decrease over the previous report. Bon-Opto is hastening the eyeglassless age in Bepsectacled Boston."

Dr. Smith, an oculist of wide experience, says: "I have treated in private practice a number of serious optic diseases with Bon-Opto and am able to report ultimate recovery in both acute and chronic cases. Mr. B. came to my office suffering with an infected eye. The condition was so serious that an operation for enucleation seemed imperative. Before resorting to the operative method I prescribed Bon-Opto and in twenty-four hours the secretion had lessened, inflammatory symptoms began to subside, and in seven days the eye was cured and retained its normal vision. Another case of extreme convergent strabismus (cross eyes) escaped the surgeon's knife by the timely use of your treatment. The tightened external muscles yielded to the soothing and anodyne effects of Bon-Opto. By cleansing the lids of secretions and acting as a tonic for the eyeball itself the vision is rendered more acute, hence the number of cases of discarded glasses."

Dr. Cannon says: "My eyes were in bad condition owing to the severe strain arising from protracted microscopic research work. Bon-Opto used according to directions rendered a surprising service. I found my eyes remarkably strengthened, so much so I have put aside my glasses without discomfort. Several of my colleagues have



"Bon-Opto Is Hastening the Eyeglassless Age in Bepsectacled Boston."

also used it and we are agreed as to its results. In a few days, under my observation, the eyes of an astigmatic case were so improved that glasses have been discarded by the patient."

Eye troubles of many descriptions may be wonderfully benefited by the use of Bon-Opto and if you want to strengthen your eyes, go to any drug store and get a bottle of Bon-Opto tablets. Drop one Bon-Opto tablet in a fourth of a glass of water and let it dissolve. With this liquid bathe the eyes two to four times daily. You should notice your eyes clear up perceptibly right from the start, and inflammation and redness will quickly disappear. If your eyes bother you even a little it is your duty to take steps to save them now before it is too late. Many hopelessly blind might have saved their sight if they had cared for their eyes in time.

NOTE—A city physician to whom the above article was submitted, said: "Yes, Bon-Opto is a remarkable eye remedy. Its constituent ingredients are well known to eminent eye specialists and widely prescribed by them. I have used it very successfully in my own practice on patients whose eyes were strained through overwork or night glasses. I can highly recommend it in case of weak, watery, aching, smarting, itching, burning eyes, red lids, blurred vision or for eyes inflamed from exposure to smoke, sun, dust or wind. It is one of the very few preparations I feel should be kept on hand for regular use in almost every family." Bon-Opto is not a patent medicine or secret remedy. It is an ethical preparation, the formula being printed on the package. The manufacturers guarantee it to strengthen eyesight 50 per cent in one week's time in many instances, or refund the money. It is dispensed by all good druggists, including general stores; also by G. Tamblin and T. Eaton & Co., Toronto.

Health

Diet For Hot Days.

Many heat prostrations would more properly be termed "food prostrations."

Meat is "heating." Protein foods in general—meat, fish, fowl, eggs, etc.—have what is called a "specific dynamic action"; that is, they stimulate the production of heat, aside from their regular fuel value. In general, therefore, the quantity of meat eaten should be somewhat less in summer than in winter. A moderate amount of lean meat is permissible, or its equivalent in eggs, cheese, milk or other meat substitute.

The need of reduction in summer time also applies to the total quantity of food intake. There is not so great a heat loss from the body in hot weather and, therefore, less fuel is required. Enough food should be taken, however, to maintain normal weight, endurance and a general feeling of well being.

Pastries, cakes, sauces and gravies are good things to cut out when the hot days come. Hot breads, particularly with syrups, are especially liable to cause trouble.

Foods rich in fats are not only slow of digestion themselves but retard the digestion of other foods taken after