

About the House

DOMESTIC SCIENCE AT HOME

Twelfth Lesson.—Cereals.

Wheat, corn, rye, oats, rice, buckwheat and barley are the grains from which cereals are prepared. All cereal foods contain protein, carbohydrates, fats, mineral salts and water in more or less proportion.

Protein is necessary for building all bodily tissues, therefore it is a necessary food constituent. It is also the most expensive in the food groups.

Carbohydrates are the starches and sugars. Cellulose, which also belongs to this group, is valuable to the body for its bulk and digestive properties, but it has no food value.

Fats are found in various proportions in different grains.

Mineral salts are found in abundant supplies in cereals.

The climate, soil and the quality of the grain itself are the determining factors of the actual amount of nutriment that is contained in the various grains that are used for cereals. The methods used by manufacturers in preparation of the various grains for the market are also one of the determining features.

Cereals may be coarsely ground and contain a large amount of the outer coat of the grain, or they may be finely milled, with the outer covering removed. Corn, wheat and oats contain large proportions of fats; rice contains very little. Oats is the richest cereal in protein and fats; wheat ranks second to oats and corn comes next.

Cooking.

Long, slow, continuous cooking is necessary to thoroughly soften and render the cellulose easy to digest. The starch, which is present in the grain, is enclosed in a cell-like structure, therefore long cooking is necessary to soften this cellulose, so that the digestive juices may act upon the cooked starch. Following is a table of proportions to be used in preparing breakfast cereals:

Cereal	Water cupful	Salt cupful	Time min.
Cream of wheat	1	1	30
Wheatena	1	1	30
Rolled oats	1-3	1	60
Rice	14	14	60
Corn meal	1	1	60
Hominy grits	1	1	60
Coarse oatmeal	14	14	90
Cream of barley	1	1	45

Use a double boiler for cooking all cereals. This will also prevent them from scorching. A fireless cooker is ideal for the proper cooking of all grains and cereals. Dates, nuts, raisins, figs, prunes and dried fruits may be added to the cereal, when cooking, for the sake of variety.

Improperly cooked cereals will cause intestinal disturbances. The cereals

Preserving Garden Products.

Lebanon Chow-Chow.—One quart of corn, cut from the cob, one pint of lima beans, one quart of string beans, four red peppers, cut in one-inch blocks, four green peppers, cut in one-inch blocks, ten cucumbers, cut in one-inch blocks, two heads of cauliflower, broken into small flowers. Place all in a preserving kettle. Cover with cold water and cook gently until the vegetables are tender. Drain and cover with a weak vinegar, adding: one pound of brown sugar, two ounces of mustard seed, two ounces of celery seed, three ounces of mustard, two tablespoonfuls of whole cloves, two tablespoonfuls of whole allspice. Bring to a boil and cook for twenty minutes. Seal in all-glass jars. This may be made a mustard color by adding three level tablespoonfuls of turmeric.

Dill Pickles.—Use a lard or butter tub. Cleanse thoroughly and then scald with boiling water and place in the sun to dry. Select medium-sized cucumbers. Wash, to remove the sand, and now place a layer of grape vine leaves in the bottom of the tub. Over this spread a layer of dill. Place a layer of cucumbers and then cover the cucumbers with a good layer of dill. Repeat this operation until the tub is filled to within four inches of the top. Have the top layer of dill one inch thick. Over this place a thick layer of grape vine leaves. Make a brine of water and salt that will float an egg, bring to boiling point and add one ounce of mustard seed, three ounces of horseradish root, cut in small pieces, two ounces of ginger, cut in pieces, one-half ounce of black pepper. Pour over the cucumbers and then cover with a piece of cheesecloth, then with a cover of wood cut so that it will fit inside the top of the tub. Place a heavy stone on this to weigh down the cucumbers. Stand in cool dry place to ferment. Look at the pickles once a week, removing all froth and mold. Wash the cloth and return it to cover the tub. Also keep the tub filled with brine.

Salting Corn For Winter Use.

Use a lard or butter tub. Cleanse thoroughly and scald with boiling water. Rinse in cold water and place in the sun to dry. Now place six inches of

should be made into gruels for small children and invalids, then strained through a fine sieve. This method will remove the coarse cellulose. Cinnamon and nutmeg may be used to flavor gruel.

Cereal Griddle Cakes.

A cup of cold cooked cereal may be added to the prepared batter for baking on the griddle. Try adding one cup of cold cooked breakfast cereal to your muffin mixture. This makes a very good hot bread for breakfast.

Mold the cold cooked cereal in glasses, then cut in thick slices and dip in flour; now brown in hot fat and serve for breakfast.

Left over portions of meat may be minced fine and added to the cereal before molding.

Oatmeal Goodies.

One and one-fourth teaspoonfuls of baking soda, one tablespoonful of water, one cupful of cooked oatmeal, one-half cupful of sour cream, one-half cupful of molasses, two tablespoonfuls of cocoa, one teaspoonful of cinnamon, one-half teaspoonful of nutmeg, one-half teaspoonful of cloves, one cupful of flour, one cupful of dried bread crumbs. Mix in the order given, then mold into balls the size of a walnut. Flatten them between the palms of the hand, and then place on pans prepared as described for crumb crackers. Bake in hot oven for ten minutes.

Note. Use level measurements. A nut or raisin may be placed on top of these goodies. Two tablespoonfuls of shortening and sour milk may be used in place of cream.

Crumb Crackers

One-half cupful of bread crumbs, one-half cupful of white flour, one-fourth cupful of graham flour, one-fourth cupful of sugar, one-fourth teaspoonful of salt, one-fourth teaspoonful of nutmeg, one-fourth teaspoonful of ginger, six tablespoonfuls of lard. Mix the dry ingredients, rub in the shortening and dissolve one-half teaspoonful baking soda in one-half cup of sour milk and add: three tablespoonfuls of molasses, one well-beaten egg, four tablespoonfuls of finely chopped citron. Mix to dough, then roll one-fourth inch thick. Cut and then brush with beaten egg and sprinkle the top with granulated sugar. Bake in hot oven from eight to ten minutes.

Note. Always bake the cookies on up-turned baking pan; grease well and then rinse well with cold water before placing the cookies on it to bake.

salt in the bottom. Select good sound ears of corn and place them in the salt, taking care that they do not touch. Cover with salt. Repeat this operation until the tub is full. Place a cover on top of, or, failing this, cover with two layers of cotton batting and then with a newspaper and finally with oilcloth. Do not remove the husk or the silk from the corn. This can be used late in winter and will keep. The secret is to have each ear of corn entirely surrounded by salt, taking care that the ears do not touch each other.

FOOD SAVING IN ONTARIO.

Community Canning Marks a New Epoch in Rural Life.

Ontario is making rapid strides towards food saving. In these war days, we are doing many new things which we would not have thought out in peace times. Almost the very newest experiment is that of community canning. Barkhill Women's Institute is making a successful trial. The canning plant had a capacity of five hundred cans a day. The machinery is simple—a 5 h.p. boiler, two vats, a sink, a copper kettle, pans, spoons, measures, etc. The vats were heated with steam coils, and can be brought to boiling in three minutes. Fifty quarts of fruit can be cooked at once. The smaller vat is used for blanching and sterilizing, and the copper kettle for making syrups, jams, jellies, etc.

The aim is to conserve perishable fruits and vegetables, and to store material contributed by interested helpers for convalescent homes and hospitals. Everyone in a radius of ten miles, who keeps chickens, has been asked to contribute one chicken, and each woman who canned her own fruit contributed to this store. It looks as if this might be the beginning of a good work that should not end when the war need is over.

An anti-freezing radiator solution used by many motorists with success is alcohol and water, putting 25 per cent. alcohol to 75 per cent. water. When the temperature goes below zero, 30 per cent. alcohol should be used.

ORIGIN OF HALOS

Painters Used Them Long Before the Birth of Christ.

Saints, in pictures, are usually represented with halos. Angels likewise.

Why? Ask the next man you meet, and you will find him guessing at the reason.

Most people suppose that halos were not worn until within the last 1900 years or so. But that isn't true.

Roman emperors and even consuls were pictured with halos long before the birth of Christ. And, if history tells of them truly, they were neither saints nor angels.

The halo was originally a pagan symbol of power. Thus it is not so very surprising to find Satan represented, in medieval paintings, with a halo.

In that period it was customary to depict living personages of great authority with square halos.

Obviously, there would be no conventional impropriety in painting a portrait of Wilhelm the Wicked in a square halo. His Plutonic prototype would naturally wear a round one.

NERVOUS TROUBLE

The nerve system is the governing system of the whole body, controlling the heart, lungs, digestion and brain; so it is not surprising that nervous disturbances should cause acute distress. The first stages of nervous debility are noted by irritability and restlessness, in which the victims seem to be oppressed by their nerves. The matter requires immediate attention, for nothing but suitable treatment will prevent a complete breakdown. The victim, however, need not despair, for even severe nervous disorders may be cured by improving the condition of the blood. It is because Dr. Williams' Pink Pills actually make new, rich blood that this medicine has cured extreme nervous disorders after all other treatment had failed. The nerves thrive on the new blood made by these pills; the appetite improves, digestion is better, sleeplessness no longer troubles the former nerve shattered victim, and life generally takes on a cheerful aspect. Every sufferer from nerve troubles, no matter how slight, should lose no time in giving Dr. Williams' Pink Pills a fair trial, thus regaining their old-time health and comfort.

You can get Dr. Williams' Pink Pills through any dealer in medicine, or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

Hearts Easy to Break.

In the simpler forms of life the heart is a mass of pulsating cells, which, as the creature grows to maturity, lengthen out into a tube. In many insects and flies the heart takes a pencil form, running from the forehead to the tip of the body. In animal and bird life the heart becomes more nearly round and proportionately stronger. An insect, owing to its peculiar structure, does not have to be crossed in love to die of a broken heart. A thumb on the back will do it.

Garden spiders feed on large flies, small moths, etc.

Stimulate corysanthemums with liquid manure.



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FLOWER OR FOOD.

Bought as a Vegetable, This Plant Produced Gorgeous Blossoms.

One of the most often-repeated anecdotes of the famous tulip mania in Holland, when frenzied speculation in choice bulbs raised prices to abnormal and ridiculous heights, is that of the cook in a well-to-do Dutch family who accidentally served her master the chief part of his fortune as a dish of vegetables—and not very appetizing vegetables at that. She had mistaken a small collection of his most valuable bulbs, placed apart in a storeroom, for onions, and had boiled them.

During these days of distress and war prices abroad tulips have been used, intentionally, for food, but only inferior and waste bulbs, and those dried and ground and used in combination with cereals. Lately, in Germany, dahlias have sometimes helped eke out the shortage of potatoes.

Cooked dahlias are not wholly a novelty in Europe. A foreign garden journal has recently pointed out that Dr. Dahl, the Swedish horticulturist for whom the dahlia was named, introduced it in the beginning as a vegetable, hoping that it would prove a useful and profitable edible. It was unknown in England, however, until Lady Holland, the imperious hostess of Holland House and its famous circle, imported it by mistake. She had ordered a small consignment of Jerusalem artichokes after tasting, during her travels, a certain "Jerusalem soup," which so pleased her palate that she wished to be able to serve it to her guests. She was mightily disappointed when only one of the roots survived, and that proved to be no artichoke but an entirely strange plant. It was ignominiously discarded from the vegetable garden; but as its buds showed a promising glint of color, it was not thrown away but was transferred to a modest corner of the flower garden. There its glowing vermilion blossoms soon dominated the scene, and gardeners from miles around hastened to inspect the wondrous novelty. A London florist offered Lady Holland a huge price for it, which she refused; having had to do without her soup, she had no mind to part with her flower.

Several of the Holland House guests, gentlemen for the most part more apt at politics than poetry, attempted to celebrate in verse the new flower and its patroness—particularly its patroness. There is none of the haunting loveliness with which Eng-

lish poets have written of the less gorgeous rose and violet, daffodil and daisy in the stilted, old-fashioned galantry of such lines as these:

Neither with Venus nor with saint
Proud lady wilt thou share
Nor claim the Lily, pale and faint,
The Rose, too wanton fair;
Bright as thy wit thy Dahlia glows
And gleams above the crowd—
How noble, high and proud it grows
For thee, as high and proud!

INNOCENT EYES NOT OURS.

Innocent eyes not ours
Are made to look on flowers,
Eyes of small birds and insects
small;
Morn after summer morn
The sweet rose on her thorn
Opens her bosom to them all.

The least and last of things
That soar on quivering wings,
Or crawl among the grass blades
out of sight,
Have just as clear a right
To their appointed portion of delight
As queens or kings.

—Christina G. Rossetti.

Tommy (seeing empty boots after explosion of shell)—Lumme! if those are my feet I've had a horrible accident!

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City Eye Specialists Tell How To Strengthen Eyesight 50% In a Week's Time In Many Instances

A Free Prescription You Can Have Filled and Use at Home.

Boston, Mass.—Victims of eye strain and other eye weaknesses, and those who wear glasses, will be glad to know that Doctors of 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 it: "I was almost blind. I 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 eye strain caused by overworked, tired eyes which induced frequent headaches. I had 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 count the butterflings 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 multitudes 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: "A patient came to me who was suffering from Blepharitis Marginalis with all the concomitant symptoms, as morning agglutination of the lids, chronic con-

junctionitis and epiphora. Her eyes when not congested had the dull, suffused expression common to such cases. Having run out of her medicine a friend suggested Bon-Opto. She used this treatment and not only overcame her distressing condition, but strange and amazing as it may seem, 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%. I have since verified the efficacy of this treatment in a number of cases, and have seen the eyesight improve from 25 to 75 per cent in a remarkably short time. I can say it works more quickly than any other remedy I have prescribed for the eyes."

Dr. Smith, an oculist of wide experience, says: "I have treated in private practice a number of serious ophthalmic 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 treatment I prescribed Bon-Opto and in 24 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) was cured by the timely use of your collyrium. The tightened external muscles yielded to the soothing and anodyne effects of Bon-Opto. I always instill Bon-Opto after removal of foreign bodies and apply it locally to all burns, ulcers and spots on the eyeball or the lids for its therapeutic effect. By clearing 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. Conner says: "My eyes were in bad condition, owing to the severe strain arising from protracted microscopical 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 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 over-use of 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.