



About the House

DOMESTIC SCIENCE AT HOME
Twenty-Fourth Lesson—Children's Food

The baby who must depend upon the bottle to supply nutriment to maintain life needs good care and attention.

That this baby may thrive, the mother should have the physician prescribe a formula that will agree with the child. Cleanliness is a big factor. It is impossible to keep little bodies, clothing and the utensils in which food is made, too clean. Remember that surgical cleanliness is the price of freedom from much of baby illnesses.

Flies, dirt, impure milk and insanitary conditions are the enemies of childhood.

The baby approaching one year old must begin to eat solid foods. It is at this period that the mother must use care and fore-thought. The delicate digestive organs are easily disturbed. It must be realized that the child should be furnished with foods that will provide growth of bone, muscles and tissues and also furnish it with sufficient energy to exercise its body.

For growth protein is necessary. This is found in milk, eggs and cereals for the small child; and in meat, fish, peas, beans and lentils, in addition to the above mentioned foods, for older children. Baby receives his energy from cereals, bread and butter and milk. The fats in the milk, butter and yolk of egg also act as energy-giving foods. The juice of an orange may be given in small amounts to the child under one year of age, with beneficial results. The value of orange juice in the child's diet is of a laxative nature. The small child from one to three years may have the pulp of a baked apple and prunes in addition to the orange juice.

Children from three to six years of age may have cereals, milk, eggs, finely chopped meats, fish boiled and baked, fresh vegetables and fruits. Corn, beans, tomatoes, cabbage and cucum-

bers have no place in the small child's diet.

Good home-made bread and pure milk contain the necessary elements that are of vital importance for the successful growth during childhood. That the bread contain all the necessary elements of the wheat, it should be made from whole wheat meal or flour. This gives the child the valuable vitamins that are contained in the wheat. The outer covering of the grain contains valuable material for bone and teeth structure.

Know the source of your milk supply and also the conditions under which it is cared for before it reaches you. Upon receiving milk, if it is not already pasteurized, then pasteurize it at once, then cool and store in a place where it will be free from all contamination. Remember that milk will spoil very quickly if it is kept in a careless or dirty manner, or if it is permitted to stand in a heated kitchen. Physicians will tell you that thousands of babies die each year because of the careless manner in which milk fed to them is handled.

Always wash, if possible, under running water, the top of the milk bottle or jar, before opening it. When once the bottle is open turn a jelly glass down upon the top of the bottle. This forms a sanitary covering that can quickly be removed.

Do not give small children candy. Large quantities of sugar overheat the blood stream and upset the digestion. It is positively criminal to give pennies to the children and allow them to buy cheap candies of unknown origin. If candy is necessary, make it at home and be assured of its purity.

Plenty of cool drinking water should be given to the children, even the smallest baby may be given a teaspoonful of water three or four times during the day. Do not give small children ice water; for safety's sake the water should be boiled and cooled.

COOKIES FOR WAR-TIME.

Cookies loom large on the housewife's horizon just at present for winter is near at hand and wherever there are children there must be wholesome, nourishing and delicious cookies to cheer their young hearts and please their palates.

In making the weekly supply the men at the front should not be forgotten for they welcome cookies all the year round, just as much as they did when they were youngsters at home with insatiable appetites. A good scheme is to send the cookies overseas in old baking powder tins. If well sealed they arrive at their destination in excellent shape and if the "kinds that mother makes" are good at home how much better they are in the trenches!

Wholesome, economical and palatable—these are the requisites for wartime cookies whether they go overseas or whether they grace the family table this winter.

Whole-Wheat Meal Cookies.—3 cups fine whole-wheat meal, 2 cups bread flour, 1 cup each brown sugar, shortening and warm water, 2 teaspoons baking powder, 1 teaspoon salt, ½ teaspoon vanilla. Mix dry ingredients all together. Then rub in the shortening and add enough warm water and flavoring to make a stiff dough. Roll one-quarter of an inch thick. Cut in desired shapes and bake in a quick oven.

Maple or Brown Sugar Drop Doodles. (3789 calories)—1 cup whole wheat flour, 1½ cups flour, 1 egg, beaten light, ½ cup each shortening and sour cream, ¾ cup each dark brown or maple sugar and chopped raisins, ¼ cup light brown sugar, ¼ teaspoon salt, 1 teaspoon vanilla. Mix ingredients and drop by dessert-spoonfuls on a greased pan and bake in a hot oven about ten minutes.

Spice Tea Cakes (3773 calories)—

2 cups each brown sugar and whole wheat flour, ½ cup shortening, 3 eggs, ½ cup milk, 2 teaspoons baking powder, 1 teaspoon each ground cloves and ground cinnamon, ½ teaspoon nutmeg. Sift the dry ingredients together before mixing. Bake in small muffin pans.

Bran Oatmeal Cookies (6070 calories)—2 cups each rolled oats and whole wheat flour, 1½ cups bran, 1½ cups brown sugar, 2 tablespoonfuls molasses, 2 eggs, 1 cup melted shortening, 1 cup raisins, 1 teaspoon each salt and cinnamon, ½ teaspoon each soda and allspice, ¼ teaspoon each cloves and nutmeg, ½ cup sweet milk. Mix flour, bran, rolled oats, salt, spices and sugar. Then stir in the raisins and add soda dissolved in milk. Stir in melted shortening and add beaten eggs and molasses. Drop on well buttered pans. Bake in moderately hot oven until brown.

Fruit Cookies (5003 calories)—1½ cups each shortening and light brown sugar, ½ cup whole wheat flour, 1 teaspoon each salt, cream of tartar and vanilla, ½ teaspoon baking soda, 1 cup seedless raisins, 2 eggs beaten until light. Cream butter and sugar. Add the eggs and then the other ingredients. Use enough whole wheat flour to make a stiff dough. Roll out very thin. Cut in small shapes and put on a baking pan. Bake for about ten minutes in quick oven.

Hermit Cookies (4626 calories)—3 eggs, 1½ cups each flour and brown sugar, 1 cup each whole wheat flour, raisins and English walnut meats, ¾ cup butter, 1 teaspoon soda, ½ teaspoon each of cinnamon and nutmeg. Cream the butter and sugar and add the eggs well beaten. Sift the soda in the flour. Add the raisins and nuts well floured. Roll medium thin. Cut in any shape desired and bake in quick oven.

THE DECREASING MOOSE.

Growing Scarcity of Once-Abundant Wild Animals.

The moose once ranged over the whole of our northeastern woods. Now, Minnesota is the only state in the United States where there are enough moose to be killed, and there are not very many there. In the state of Maine, which has had perhaps the most thorough and best enforced game laws with regard to moose of any state, a close season was put in effect in 1915, for the simple reason that there were too many hunters. Along the southern frontier of Canada where the country is brought under development, and where the moose once roamed in thousands, you will now seldom find enough moose to make it worth while to hunt them. It is worth while in New Brunswick, because there they have been thoroughly protected. They are scarce even in many outlying districts as, for instance, the Peace River valley, until recently re-

garded as remote but now thrown open to settlement. In 1912, the Beaver Indians were half starved, because they could not get enough meat to keep them alive, and one band of Indians travelled 150 miles up the Liard river to hunt moose. Yet a sportsman's magazine printed a communication entitled, "Game in the Peace River Country Unlimited," which drew a glowing picture of moose, deer and antelope roaming the woods in countless numbers. Where did the writer ever see an antelope roaming the woods? It shows that people do not realize the peril confronting our animals.

Inexperienced gardeners will do well to consult with successful gardeners in the neighborhood. Learn what varieties of plants do best with them. Some varieties of vegetables do better in certain localities than others, and this information should be obtained if possible before purchasing seeds.

SIGNIFICANCE OF DISCIPLINE

SALUTE AS IT ORIGINATED IN THE MIDDLE AGES.

The Training of a Soldier Means That He Will Instantly Obey Orders.

At this stage of the war no one can deny that the British have borne a heavy weight in the war, not only the little army of 100,000 that saved the world at Mons but the big British army now standing between the world and the Huns of Attila.

The most necessary thing to win the war is discipline, says Lieut.-Colonel W. Applins, D.S.O., of the British army. It hardly requires any explanation that discipline is the first and last word of modern war. Look at Russia. Comparatively unprepared in 1914, she was able to defy Germany and enter East Prussia, thus giving us valuable time to prepare. Yet the moment she lost her discipline she was unable to prevent an inferior force from over-running the country.

Italy is another example of the vital importance of discipline.

If we have learned anything in this war it is that discipline and efficiency are the same thing. If Germany had not had iron discipline we should long ago have been in Berlin, and the reason we are now able to drive back the Germans and capture ground, guns, and prisoners at any time, anywhere on the western front, whereas Germany has not gained a yard of ground or won one military success in a year, is the fact that our system of discipline is better than theirs.

The Anglo-Saxon Discipline.

Compulsion is purely German, whereas the discipline of the British—or rather of the Anglo-Saxon—is that of free will. It is absolutely voluntary. I can only liken it to the discipline of the football field, where every man submits himself willingly to hard discipline to win the match, and plays not for himself but for the team, obeying instructions, whether he agrees that they are right or not.

Fighting men must submit themselves in the same way to Spartan training to meet the conditions of modern war—conditions far more severe than obtained in any war ever fought. If necessary to the ancient Greeks, if the Romans, whose legions conquered the world, needed it, it is infinitely more necessary to-day when millions instead of thousands are taking the field and when arms have developed and increased from the simple sword and spear to the thousand and one complicated means of destruction which make up the modern battle.

When one thinks of the means of destruction placed at the disposal of the human race one is aghast at the number, size and variety of these implements. Not only do we fight, as of old, upon the ground, but we have weapons in the air and under the water, and to enable us to co-ordinate and bring under the direction of one single brain this mass of material for waging war it is absolutely essential that every unit be perfectly disciplined. Whether it be the fighting man in the trenches, the gunner, the flying man, the transport driver or the thousands of departments necessary to feed, clothe and supply the mighty armies—the first necessity to the smooth working of this gigantic machine is personal discipline of the humblest man.

What the Salute Means.

An American asked me the other day why a British officer drew himself up so stiffly and looked his brother officer full in the face when he saluted. I asked him if he understood what the military salute was. He said he guessed it was a sort of homage. I explained that he was entirely mistaken. The military salute is a kind of Masonic sign between soldier and soldier and it originated in the Middle Ages, when only the highest classes of society were permitted to bear arms. When knights wore armor they rode out with the visors of their helmets down, covering the face. When two knights met it was the custom for the new or strange knight to raise his visor and show his face, the other then doing likewise. If you perform this motion you will find that it is the same as that of the modern military salute. That is why, in our army, a man never salutes unless he has his cap on. It corresponds to the visor over the face.

Unless this discipline is instilled and instant obedience becomes second nature, an incident which happened earlier in the war would be impossible. In this case a company retiring before overwhelming forces of the enemy lost all its officers and non-commissioned officers in an effort to hold an important bridgehead to enable the rest of the army to retire. Suddenly a young man sprang up and shouted a few words of command and the little



Stories of Nursing Sisters.

"I will tell you of a nurse I knew in our clearing station in Ypres. We will just call her Miss Blank, but the story is true, for I saw it myself," says a major who has just returned from Belgium.

"Miss Blank was quite a commander in her ward, and she was very strict and sharp with any of us who dared to venture in and talk with her patients. The wounded soldiers all adored her and she worked hard for them every moment, but she was rather a scold to the rest of us. She had one young patient who had a wound in his lung and she would not allow anyone to talk to him nor let them ask him any questions and make him talk.

"One day King George and the Prince of Wales came to visit the hospital, and while the king was talking with some officers the Prince wandered about it, and as luck would have it he went into that ward and walked over and talked with the young wounded soldier.

"Nurse Blank was at the other end of the ward, but suddenly she heard a cough from her wounded boy. Like a torpedo destroyer she pounced upon the Prince and, seizing him by the shoulder, she put him out of the ward.

"What do you mean by coming in here and talking to my patient without my permission?" she scolded. "I am in charge here." He tried to murmur an apology, but the indignant nurse had no time to listen to him and rushed back to take care of her patient.

"The Prince of Wales looked bewildered for a moment and then he joined the King, and when he explained how he had been pushed from the ward they both had a good laugh over it and the King said, 'She was right; she was doing her duty, and she is in command there.'

"Duty!" That is the watchword with them all, just as it is 'duty first' with the young soldier in the ranks.

"I remember one day, when the firing had been very heavy, a young Canadian boy was brought in. He was severely wounded in the head and in the leg, but his hand was gripped tightly about a live Mills bomb. He was just ready to set it off when he had been hit, and he was too weak to pull the trigger or he would have blown us all to pieces, not realizing where he was and in his anxiety to obey orders.

"So strong was his sense of duty that after his delirium had passed he asked for the bomb. 'I was told to fire it,' he cried excitedly, 'but I don't know what happened next,' and he pulled with nervous fingers at the bandage on his hand.

"It is all right now; you did your duty," said the nursing sister quietly. 'So go to sleep like a good boy.'

"Later his leg was amputated, and when he awoke he seemed to have gone back to his happy childhood days. He was only 20—a mere slip of a lad—but suddenly he became a little boy again and he called out, 'Oh, mother; dear mother, come here!'

The Red Cross nurse went over to him at once and petted him and took his hand in hers. He kissed her hand and said joyously, 'Oh, mother, I need you so much. I knew that you would come. I am so glad that you have come, mother.' And then he went to his last sleep holding her hand. There was a smile upon his lips, for in his dream world he was with his mother. The nurse who had played the part of mother left the ward with tears streaming down her cheeks, and that night, after hours, she sat up and wrote to the mother, far across the sea, and told her how bravely her boy had given up his life—his first thought of his duty and his last thought of his mother.

"The nurses are constantly called upon to fill the role of mother or sister or of wife or sweetheart, and they are called 'nursing sisters,' for they are like good sisters, and are very much beloved by their patients. Sometimes the nurses are happy when they can restore a soldier to his family, and sometimes a family is restored to a soldier, as was the case told by a nurse of the volunteer aid detachment.

"This nurse was very much worried about a wounded young Belgian whom she was nursing. His wounds were mending, but he did not seem to care to get well. He was sure that his wife and five little ones had been killed in their home at Liege. He had seen such horrible sights that he could not get them out of his mind. He could not speak French and it was difficult for his nurse to understand him. But she knew that he loved children and so she moved his bed close to the window, where he might see the children as they passed by on their way to school. They were on the ground floor, and the children would scramble up on the railings and peep in and smile at him and he would smile back, such a pathetic, sad smile.

"One day a tiny tot held in her chubby hand a bunch of flowers, which she handed to him through the grating, and he was very happy with the gift. Suddenly the nurse saw a queer look come over his face and he dropped the flowers, and giving a loud cry he fell back upon his pillow. The nurse looked out into the narrow street, and there she saw a group of Belgian refugees, all buddled together like a flock of frightened sheep. One poor woman had four little children clinging to her skirts, while in her arms she carried a wee mite wrapped in a ragged shawl.

"The nurse seemed to understand at once, and without any thought of order or hospital rules she rushed out into the crowded street and, seizing the started woman by the arm, she dragged her and her brood into the ward. When the woman saw the soldier she gave a loud cry and ran to his bedside. He said not a word, but opened his arms, and she fell, sobbing, across the bed. Then such a look of happiness and peace came over his face, for he had found his family.

"That is what the Red Cross is doing to-day—serving humanity!"

Powdered Fuel.

A large proportion of Canada's reserves of coal is unsuitable for use in the ordinary way as locomotive fuel. The coals of Manitoba, Saskatchewan and portions of Alberta are lignite or sub-bituminous, high in moisture, and owing to excessive "sparking," cannot be used as locomotive fuel because of their liability to set fires. There is a possibility that pulverization will overcome the disabilities of this type of fuel, and Mr. W. J. Dick, mining engineer of the Commission of Conservation, is investigating the problem and compiling information respecting the use of powdered coal and peat as a fuel for locomotives, stationary boilers, cement plants and metallurgical purposes. This class of fuel has already been used with economic success in a few plants. If it can be proven to be a success generally, it will mean that we can utilize much low-grade coal that, heretofore, has been largely wasted, and will lessen the ever-increasing cost of generating power from high-grade coals and fuel oil.

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