

About the House

Ice Cream and Water Ices.

Mock bisque ice cream: One quart medium thick cream, one tablespoonful of vanilla extract, one teaspoonful of almond extract, one cupful of brown bread-crumbs, three-quarters of a cupful of sugar.

Scald half the cream, add the sugar, allow to cool, then add remaining cream and flavorings. Chill and freeze; when the mixture reaches a thick, mushy consistency, open the freezer and stir in the bread-crumbs. Continue the freezing to insure thorough mixing, remove the dasher and pack.

Almond macaroons are used for the genuine bisque ice cream, but crumbed brown bread makes a satisfactory substitute. When several flavors are used in ice cream, as in the above recipe, allow more time for the ripening or blending.

Peach ice cream is made with five cupfuls of milk, or half milk and half cream, three cupfuls of sugar, six peaches and the juice of one lemon. Pare the peaches, mash and mix with the sugar and lemon-juice. Scald one-half the quantity of milk, cool and mix with the other ingredients, then freeze. Three cupfuls of strawberries or red raspberries can be substituted for the peaches, or a can of crushed pineapple can be used. Fruit must be thoroughly mashed or crushed, or it will freeze into pellets.

Water-ices are delicious but lack the food value found in ice cream, therefore are less desirable for children. In making water-ices, boil the sugar and water together for just five minutes by the clock, and remove the scum while hot, strain the syrup through a fine cloth and cool before adding the fruit juice. Pack the freezer as for ice cream. Turn the crank slowly for a few minutes, then rest five minutes, turn slowly again, and rest, etc., until the mixture is frozen hard. It takes much longer to freeze water-ices than ice cream. When you can turn no longer take out the dasher, and beat the water-ice well with a paddle. Then repack as with ice cream.

Orange water-ice: Add to the syrup made with one pound of sugar and a pint of water, the juice of six oranges and one lemon. Boil a few strips of the yellow orange rind with the syrup.

Grape water-ice is excellent and is made with one pint of grape-juice and the juice of one lemon added to the syrup made with one pound of sugar and a pint of water.

Frozen strawberries: One quart of berries mashed with three cupfuls of sugar, the juice of one large lemon, six cupfuls of water. Make a syrup of the sugar and water, add the fruit, mix and freeze.

Frozen cherries require three pints of cherries to a pound of sugar and a pint of water. Pit and mash the cherries, crack a dozen of the pits and rub the kernels to a paste, then add the paste to the cherries. Let this mixture stand one hour. Make a syrup with the sugar and water, strain the fruit and add the juice to the syrup. Place the mixture in the freezer and partially freeze before adding the cherries.

Black raspberry sherbet: One quart of black raspberries, six cupfuls of water, the juice of one large lemon and three cupfuls of sugar. Let the berries come to a boil in half the water, mash through a fine sieve, add the sugar, cool, then add remaining water and lemon-juice, and freeze.

Lemon milk sherbet is made with two quarts of milk, three cupfuls of sugar and the juice of four lemons. Scald one quart of milk, cool, mix the lemon-juice with the sugar, add to the milk and freeze at once. No harm is done if the milk curdles, for the mixture always results in a smooth sherbet.

The Tragedy of Age.

We read much of the tragedy of old age, but isn't it rather the tragedy of youth? After all, isn't the tragedy simply the crop which youth sowed back there in the spring of life, and which middle age carefully tended and brought to harvest time? Can old age be anything different from the crop of habits sown? Can we expect the miracle to happen at the last, and all the things which should have been pruned off years ago to be made right, just because the person has grown old? We reap what we sow as truly in human life as in seed life.

The tragedy of old age is not poverty, but loneliness. And harsh as it may sound, most old people are lonely because they are unlovely. And they are unlovely because they have never taken pains to make themselves beloved. Who does try to make himself agreeable and loved by all, in the days of youth and strength? We should

worry whether folks like our ways or not; the world is wide and if one doesn't like us what does it matter? Someone else will. We may not deliberately try to be disagreeable, but we take little pains, in life's morning and noon, to be really thoughtful of others. Indeed it is so seldom that a person does conscientiously try to be considerate, that when we meet such a one it gives cause for remark.

Our thoughtlessness, really our selfishness, doesn't make much difference to us while we are strong and able to hit back. But in the days of helpless old age, when we can't pack up and leave the things we don't like, the reaction is different. The ill-temper in which we occasionally indulged earlier in life has become cantankerousness. Our firmness of purpose has degenerated into pigheadedness. Having never learned how to adjust ourselves to fit into the lives of others, we find it too hard to learn now. We think the whole world is hard and unfeeling towards the aged, when really it is only the natural outcome of the life we have lived. No one can expect the entire family to dance attendance on his whims, just because he has grown old. And no one would expect it in old age if he had not demanded it in youth.

The only way to escape the tragedy of old age is to begin to fight it off in childhood, and keep up the fight right on through. One family shelters the two sorts of old folks, an old lady of eighty and a man of seventy-eight. The woman is the widow of a minister and has been in training for old age ever since she was a girl. Now, far be it from me to say that all clergymen's wives make it a practice to make themselves fit their circumstances, and to try to live with others. But this one always has been the one to compromise. Very early in life she learned that someone has to give up first if there is friction, and being anxious to help make her husband a success, she formed the habit of being official giver-up for the family. She learned that hardest of all lessons, how to get along with folks; all sorts of folks, pleasant and cranky, rich and poor, learned and ignorant. She knew that she couldn't move on every time she found a neighborhood where the folks weren't just to her liking. She moved when the bishop said she might. And being a wise woman, she didn't spend her time in fault-finding; she looked for the best in everyone.

The old man in this family didn't see life that way. When he didn't like things he told the world, and most of the time he didn't like anyone or anything. When things got too bad in one neighborhood for him he moved on to another, and he has lived in a good many places.

Now, by a freak of fate these two folks are thrown under the same roof, though they are the most remote of in-laws. The contrast between them is so marked, that every chance caller remarks on it. There is no tragedy of old age about the woman. She is the bright spot in the family life, always busy, always considerate, always thinking of others, full of bright little anecdotes of folks she has known, and never asking a thing for herself. But the man fairly oozes old age tragedy. He glowers in his corner, only speaking to find fault or make an inconsiderate demand for attention. He feels that he is neglected and abused, because folks don't swarm about him as they do the old lady. It never once occurs to him that it is his own unlovely nature which drives would-be friends away.

Of course, old age has its hardships even for the bright and cheerful. There is sickness, pain, sorrow, all too often poverty. But none of these spell tragedy if one has friends. And friends can only be had by the making.

Cats and Clocks!

At first the connection between cats and clocks does not strike one as being quite obvious, but the Chinese declare that the pupils of cats' eyes get steadily narrower and narrower until noon. At this time of the day the pupils look like fine hair lines, and after noon they gradually dilate.

Thus, we are told, the Chinaman has a timepiece in his cat, when a clock is not at hand!

Whether a Chinese cat is any different from a Canadian one as regards the pupils of its eyes has yet to be ascertained; but the writer—although having confirmed the time through his cat's eyes—finds that a strong daylight puts this curious "cat-clock" all out of gear. In a weak light the experiment was certainly successful.

Star gazing pays the astronomers, anyway.

THE FUR INDUSTRY IN MANITOBA

HUDSON'S BAY COMPANY 250 YEARS OLD.

Northern Part of Province is Still One of Great Fur Reserves of Continent.

That territory, which is now known as Western Canada, first attracted British capital owing to the value of the peltry which the country could supply. Thus it was that the Honorable The Company of Adventurers, trading into Hudson Bay, were able to obtain support in high quarters, and to show, after a few years, very substantial profits on their business operations.

The Hudson's Bay Company has now operated in Canadian territory for more than 250 years, and the profits from the fur department of their manifold activities are still very substantial. In their activity in Western Canada, the part played by Manitoba soil has been the predominating role. On establishing on the shores of the Hudson Bay, Churchill and York factories, both of which posts are now in Manitoba, they became important posts on the West coast. When, a century later, the inland post was established at Cumberland House in order that the trade of the interior be directed to Hudson Bay and away from the Montreal fur companies, the route for supplies through the Hayes, Nelson and Saskatchewan Rivers was again wholly in Manitoba. When finally the territory controlled by the Company was handed over to the British Crown, the headquarters of the great company, whose posts extend from coast to coast and from the International Boundary to the Arctic Sea, were established in the City of Winnipeg, in whose early beginnings as Fort Garry the Company has had so great a part.

Rapid Settlement of Manitoba.

The rapid settlement of Southern Manitoba by an agricultural population attracted by the far-famed reputation of the Red River soil, in time eliminated the fur-bearing animal from that part of the province. The beaver were greatly reduced in numbers, and now for many years it has been declared illegal to trap beaver except in Northern Manitoba, where beaver are still plentiful. Interest in the fur industry in Manitoba has consequently centred more and more in the northern and eastern sections of the province, which have not been colonized by an agricultural population and where the forests are yet to a large extent intact. Even in this very sparsely populated territory, close seasons are observed on all fur-bearing animals and are strictly enforced by the game wardens.

The Indian and half-breed population, who, except during the periods of very high price on furs, form by far the most important section of the fur trappers, fully realize the necessity of protecting fur-bearing animals, and may usually be relied on to assist in enforcing the statutes and even in suggesting modifications in the interests of the industry.

The principal fur-bearing animals of

HEALTH EDUCATION

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Dr. Middleton will be glad to answer questions on Public Health matters through this column. Address him at the Parliament Bldgs., Toronto.

Many people cannot quite understand what the term "preventive medicine" means. Some think it is a kind of liniment that you rub on your face and hands like citronilla, to keep mosquitoes away. Others think it is something that one must drink if he wants to protect himself against typhoid, tuberculosis or any other disease that is "going around." There are many communities one visits where "something is going around." Nobody knows just what it is or how it got there, but anyway it is "going around," and so if the oldest inhabitant dies, or a child stays at home from school or Mrs. So-and-so keeps indoors for a day or two and complains of having got a chill—people begin to talk. "Ah, there it is," you will hear them whisper, "something is going around." I heard this expression very often in an Ontario town recently, and it interested me very much to hear it repeated, without any further interest being taken in what it was that was going around, where it came from, and when and how it would go away. As a matter of fact there was nothing "going around" in that town as far as I could see, except ordinary colds. Friends would call on friends and one would infect the other by coughing, probably while at tea or having a little confidential chat. It is worth while to remember that common colds are very contagious, and the "go around." Even robust persons may contract colds from those who have them. Care should be taken that no person with a cold either coughs or sneezes near anyone else without covering his mouth and nose with a handkerchief. If anyone coughs or sneezes without this precaution, a fine spray, carry-

ing with it untold numbers of these germs, is spread into the surrounding air for a distance of several feet. These germs may then be breathed into the mouth and nose, with the air.

"Preventive medicine" is not a liniment as some people suppose. It is a science, a system of teaching and practicing rules of health and the prevention of disease. This branch of medicine, so far as it relates to the individual, is concerned with the normal, healthy body and how to keep it so; the care and usage it should receive, the protection of its vital organs from abuse or overstrain; how to fortify the body against diseases and to cultivate its mental and physical efficiency, thus prolonging the span of life. Preventive medicine as regards the community pertains to the removal, control or lessening of the causes of disease and physical decay, and to removal of condition favoring them. Its aim is therefore preventive rather than curative. It regards the community as a group of individuals whose health has to be safeguarded, the interests of one is the interests of all, and it is the duty of each and every individual to preserve those interests. This is civilization, and is different from an unorganized community such as a jungle. The Orillia Packet aptly expresses the point this way: "In the jungle every creature thinks of its rights and none of its duty. That is the reason it is a jungle."

The aim of Preventive Medicine is to promote health and raise the standard of citizenship. In so far as its principles are adopted and carried out by the individual, so will the race improve. For the health of the individual determines the health of the nation.

Manitoba are beaver, otter, muskrat, ermine, fisher, marten, mink, fox (red, cross, silver, white, black), wolf, skunk, lynx, wolverine and bear (black and polar). To a large extent their distribution is determined by climatic and geographical conditions. The white fox and the white or polar bear are found on the shores of Hudson Bay. The muskrat inhabit the swamps on the lower Saskatchewan River from Cumberland House to Lake Winnipeg, probably the greatest muskrat preserve on this continent. The periodic flooding of the Saskatchewan River replenishes from time to time the lakes and swamps of outlying flats and provides ideal conditions for this important fur producer.

Beaver, Marten, Fisher and Lynx.

Beaver are sought particularly on the Churchill Basin and in the Oxford House territory in Northeastern Manitoba. Marten and fisher are numerous from Oxford to Island Lake, but are well distributed throughout Northern Manitoba generally. Marten are even trapped in the fringe of timber along the Hudson Bay coast. Mink are plentiful on the northern waterways. Otter are not numerous, but may still

be reckoned among the northern fur. Lynx, and to a lesser extent the fox, follow the periodic variations of the rabbit and suffer a serious diminution on an average every seven years. A periodical variation has also been noted in the case of the marten.

Wolves follow the Barren-land Caribou in their winter migrations, and are therefore most numerous north of the Churchill River. Their pelts are heavy and trapping is unprofitable at any great distance from the railway line. The wolverine or glutton is not infrequent and always unwelcome visitor to the traps in the whole territory, but particularly in the more northern sections.

Value of Catch Approximately \$2,000,000.

It has been difficult in the past to estimate the value of the fur catch in the province for any one year. The statistics have been incomplete. With the more accurate system of checking now in vogue, fairly complete details will be available in the future. An estimate was made of the fur catch in that part of the province generally known as Northern Manitoba, which was added to the older province in 1912, for the year December 1st, 1918, to November 30th, 1919. The value of the catch was approximately \$1,875,000. This figure would represent at least two-thirds of the total catch of the province.

The area to which the traffic is reaching out is being gradually extended northwards, but the southern limit of the trapper's activity moves northwards with advancing colonization as well. It is probable therefore that the value of the catch given uniform prices maintains a fairly constant level.

The northern territory of the province of Manitoba, which played its part in the early history of the fur industry, remains to-day one of the great fur preserves of the continent. The province will see to it that with the impending industrial development in that, as yet, practically unpopulated area, every provision will be made for the protection and preservation of these so interesting and valuable creatures, the furry denizens of the woods.

Trade in Sea Water.

A London business firm is carrying on a profitable trade—in sea water! Trawlers are sent regularly from London to the Dogger Bank to collect sea water for London hospitals and doctors.

As a natural medicine for nasal troubles and infantile cholera, this new remedy is in great demand; it is also used for injections for rheumatism.

Specially fitted-out vessels are used to collect the Dogger Bank sea water, which is remarkably free from contamination. After the water is collected it is sealed and kept in ice until its arrival in port.

—and the worst is yet to come

