

The professor pointed out that the snow-fed water supplies, such as those at Christchurch, were deficient in iodine, and that the iodine content of the soil in the great lowlands of Canterbury and Southland was low or deficient; thus the iodine content of the food raised there was low. The State could not afford to leave the supply of such deficiency to the caprice of parents, when the result was of such significance to future generations. Even if the State gave all school children the iodine treatment, it was confining its efforts to a limited portion of the community and leaving alone the equally im-

portant group between the ages of 17 and 25. The remedy suggested was either the addition of the necessary iodine to water supplies or its retention in salt up to a certain proportion. The ordinary table salt of to-day contained 99.80 per cent. of sodium chloride. It was too refined and eliminated from the crude article substances, including iodine, which had the highest dietic constituents.

Dr. J. W. Mayo endorsed the conclusions of Professor Hercus and Dr. Baker, and at the end of the ensuing discussion the conference carried its resolution in regard to table salt.—“Auckland Star.”

Recipes

ORANGE CONSERVE.

Soak the oranges in water and bi-carbonate of soda (one teaspoonful to two gallons) for three days, changing water and soda each day. The syrup: 1 cup of sugar to $\frac{3}{4}$ -cup of water to each orange. First boil the oranges in fresh water for about an hour, slowly. Strain and cut oranges into quarters or eighths, removing pips. In the meantime make syrup as above, using fresh water again, and when it boils drop orange quarters into it. Boil very slowly for about four hours (longer if necessary) and skim constantly.

BLACKBERRY VINEGAR.

Bruise blackberries, raspberries, or black currants; put in china bowl, and cover with vinegar. Let it stand three days, then strain; and to every pint of juice add 1 lb of sugar. Boil eight or ten minutes, and bottle when cool. One tablespoonful or more to a tumbler of water makes a nice drink.

APPLE BARLEY WATER.

Sometimes when patients object to barley water they will take to it more kindly if made up in the following manner: Slice an apple, add juice of a lemon, and cook till soft. Rub through a sieve, and add the pulp to a quart of barley water.—(Gladys May.)

FRUIT SALTS.

$\frac{1}{2}$ lb sugar, 2 oz. tartaric acid, 2 oz. Epsom salts, 2 oz. bi-carbonate of soda, 1 oz. cream of tartar, 1 oz. magnesia. Pound up sugar and salts, dry in oven, and mix well with other ingredients. Keep in well-corked bottles.

LEMON SYRUP.

Dissolve 3 lb sugar and 1 oz. tartaric acid, in 3 quarts of boiling water. When cold, add two teaspoonsful of essence of lemon, and bottle for use. Two tablespoonsful of syrup to a tumbler of water. Raspberry or any other essences may be used instead of lemon. If raspberry is used, put in a little cochineal to colour.

TO SAVE GAS.

Take a biscuit-tin, size about 8 x 9 x 10 ins., or a little larger; cut a hole 4 in. in diameter on one side, preferably on the side below the hinge. Take another tin box that will fit inside the larger tin, and perforate the bottom freely. Use the lid of this box as a tray. Place the biscuit-tin with the round hole over the smallest gas burner. Inside put the perforated tin with its lid acting as a shelf; turn the gas low. Any small dishes, milk puddings, baked apples, or anything in a casserole, can be cooked in this way, using very little gas. If anything requires browning, place under the griller for a few moments.