

## Domestic

(BY MAUREEN.)

### A Use For Empty Egg-Shells.

Save the egg-shells for wash-day, crush them and put them into the boiler with the clothes.

### Care of the Curtains.

Lace curtains should be folded before being washed and kept folded all through the process. This is quite easily done, and they will not tear and will hang as straight as when new.

### Grease Stains.

If grease stains occur in cloth goods lay powdered French chalk over the spot and cover over with a clean cotton rag. Take a hot iron and hold it over the place. The heat from the iron will melt the grease and the chalk will absorb it. Rub off the chalk with a piece of old linen and then brush well with a clothes whisk. Water mixed with ox-gall is another very good means for taking out grease. It is better for large stains, such as may come upon a carpet. It also freshens the color, but leaves a disagreeable smell. The article cleansed in this way should always be hung for a few hours in the open air to deodorize it. Such small grease stains as a candle will cause may generally be removed by the application of a sheet of blotting paper and a hot iron.

### Milk as a Food.

Milk is peculiarly adapted for use as food by man for several reasons. It contains all of the four classes of nutrients: protein, fats, carbohydrates, and mineral matter in more nearly the proper proportion to serve as a complete food than any other food material, although no one substance can furnish a complete food for an adult, for reasons given elsewhere. It is in form well adapted for various uses either alone or more especially

in combination with other food substances, and in the preparation of various dishes for the table. Its use is already considered indispensable in many cases, and it might profitably be used in many more. A quart of milk contains about the same amount of nutriment as threequarters of a pound of beef, or six ounces of bread, but the nutrients are more nearly balanced in milk than in either bread or meat. At the prices ordinarily paid for milk it is a reasonably economical food. The first or principal consideration in regard to milk is, that it should be pure and wholesome. Whole milk has 87 per cent. of water. After average milk is skimmed it still contains nearly 10 per cent. of solids or nutritive ingredients. The amount of fat left in skim milk varies with the method of creaming.

The value of skim milk as food is not generally appreciated. Taken by itself it is rather 'thin,' and, to use a common expression, 'does not stay by.' The reason for this is simple: One has to drink a large quantity to get the needed nourishment, and, further, it is so readily disposed of that it does not satisfy hunger. But when taken with bread or used in cooking, it forms a very nutritive addition to the food. A pound of round steak contains about 0.18 pound of protein and has a fuel value of 870 calories. Two and a half quarts (or five pounds) of skim milk will furnish nearly the same amount of protein, and have about the same fuel values as the round steak. Two quarts of skim milk have a greater nutritive value than a quart of oysters: the skim milk has 0.14 pound of protein and 680 calories, while the oysters contain only 0.12 pound of protein and 470 calories. Bread made with skim milk would contain more protein than when made with water.

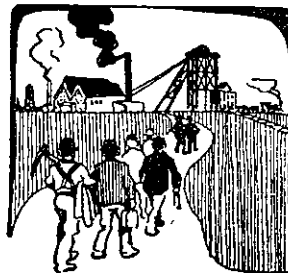
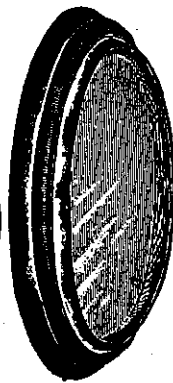
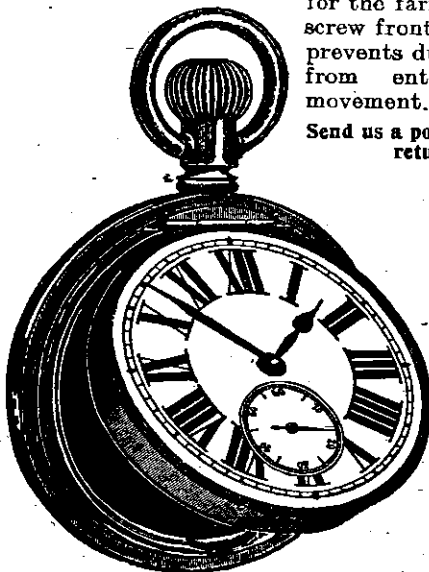
The average composition of buttermilk is quite similar to that of skim milk, though it contains slightly less protein and sugar and a very little more fat. The fuel value is about the same, about 165 calories to a pint. An ordinary glass of buttermilk would contain as much nourishment as a half-pint of oysters, or two ounces of bread, or a good-sized potato.

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