

Domestic

By Maureen

Feather Cake.

One cupful of sugar, one cupful of milk, two cupful of flour, one egg, one tablespoonful of butter, half teaspoonful of bicarbonate of soda, teaspoonful of cream of tartar. Soften, but do not melt the butter, and beat it with the sugar and egg. Add the milk and the flour mixed with the bicarbonate of soda and cream of tartar. Bake the cake in a shallow pan in a quick oven.

Lemon Cakes.

Yolks of 4 eggs, 1 cupful of castor sugar, 2 cupful of dried and sifted flour, and the grated rind of a large lemon. Beat the yolks of the eggs into the sugar until quite smooth. Whip the whites to a stiff froth, and add to the yolks and sugar. Then beat in slowly the flour and the grated lemon rind. Line a cake tin with buttered paper, pour in the cake and bake for about half an hour in a brisk oven.

Oat Bread.

Add one cupful of rolled oats to two cupful of scalded milk; let stand until lukewarm; add one dissolved yeast cake, two teaspoonful of salt, one tablespoonful of melted butter, two-thirds a cupful of molasses and five cupful of flour. Mix thoroughly, beat (do not knead), and set aside to double in bulk; pour into two buttered bread pans; let rise again, and bake three-quarters of an hour in a moderate oven.

Fruit Pudding.

One cupful of stoned prunes, one cupful of stoned dates and raisins, half cupful of chopped nuts, one tablespoonful of sugar, quarter teaspoonful of salt, quarter teaspoonful of cinnamon, one teaspoonful of cornflour, two cupful of boiling water or prune juice, one teaspoonful of lemon juice. Simmer all the ingredients except the nuts and the cornflour for ten minutes. Add the nuts and then the cornflour stirred into enough cold water to make a smooth paste. Boil the mixture, and as it boils stir it constantly for five minutes; then pour it into moulds, cool it, and serve it with whipped cream.

Food Wisdom.

It is one of the first duties of the individual to know and follow sound rules of diet.

One of the most important of these rules has to do with the health influence of fruits and certain vegetables in their raw state. For in this process of natural disinfection raw foods are of great value.

The process of ripening, as carried out in fruit and nuts, largely prepares these articles for easy and comfortable assimilation, and thus their protective qualities—notably valuable in the case of fruits, by reason of the acid they contain—are made quickly available.

Here, again, we see the benefit of the sun. These raw foods are not really raw, but are in a sense "done to a turn" by the hottest thing in our universe. And while ordinary

boiling, stewing or baking on a range radically changes the nature of whatever is thus cooked, and often robs the foodstuff of some of its most active health principles, those things ripened (cooked) by the sun bring to the body exactly the elements Nature intends man should have, and in exactly the way she wishes them delivered to the blood.

Pavlov, the great Russian physiologist, was among the first to discover the real reason for the beneficial effect of fruit and to demonstrate his discovery.

He showed that the acids of fruits have a tendency to stimulate production of gastric acid in the stomach, and this acid is vitally necessary to digestion. In fact, it is the only fluid in the body which is an active disinfectant. Pavlov proved by countless laboratory experiments that where there exists a lack of this important gastric acid, the acids supplied by fruits will in a measure take its place.

That is one reason why the tomato is highly valuable. Also why so many "fruit cures," notably the grape and apple cure, have gained popularity.

A stomach which does not promptly and properly digest the food put into it becomes a sort of laboratory of fermentation, and this condition carries on to the intestines and is apt to produce such trouble as constipation, diarrhoea, appendicitis, dyspepsia, flatulency, dilations, and pyloric stenosis. To this source also may be traced many headaches, fever attacks, dizziness, and cases of tonsillitis, asthma, anaemia, and even diabetes.

It must be remembered—though, unfortunately, it seems to be seldom taken into consideration—that children are susceptible to auto-intoxication almost in the same degree as grown-ups.

It is a common mistake to think of the body mechanism of the child as capable of coping with almost anything, owing to its vigor and resilience; in fact, until late years auto-intoxication has not been looked for in children. However, where one finds a boy or girl irritable and difficult to control, fickle of appetite and with faulty circulation, constantly taking cold and unusually susceptible to tonsil infections, one may reasonably look for some form of auto-intoxication.

It is the part of wisdom to be always on the lookout for this condition when dealing with children. If these cases are permitted to drift along, by the time adult life is reached serious affections of kidney, heart or bladder may develop, making one long battle with useless cure the chief end of existence for those unfortunate victims of auto-intoxication.

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