

Of Interest to Women

WHEN LIQUID FOODS ARE NEEDED

And Each Serving Should Tell A Different Story

There is a certain degree of satisfaction in cooking for people who have normal appetites and relish what is placed before them. The planning of their menus is an essay matter. It is not difficult to conceive of unnumerable surprises to add here and there to beautify the meals, which always call forth exclamations of delight from the household as they gather around the family board. The one who is entrusted with this type of meal planning and cooking appears to have a fairly easy road to travel. She is acquainted with the likes and dislikes of her family, at the same time she is not overindulgent in gratifying their personal desires. The aim is to give good nourishing food. No concern need be given lest the meals be not acceptable to the family, for they esteem her work and through many expressions of gratitude and appreciation offer their daily contributions.

Let us now envisage cooking from a totally different angle. It is that which deals with preparation of foods for those under special care, and need nourishment perhaps every two or three hours. The amount given may vary from a few tablespoons to a glassful. Therefore, it stands to reason that whatever is given must contain a high percentage of food value. In my estimation, this is the pinnacle of cookery because it embodies a thorough understanding of foods and their classification and values. It will fulfill its purpose when based on vigilance, patience, honesty, and love of service. This work resembles that of a mother feeding her child—ever ready to meet the need of the hour. Since those who have this work to do may not have had the opportunity of special instruction, we hope in these articles to clarify this important subject as well as give a few of the fundamental rules.

Variation in Service

It requires good judgment to use repeatedly during the course of 24 hours a few simple elements and at the same time offer variation—at least in the way of serving. One should be tactful, avoiding the discussion of food with the one under special care. If the nourishment is refused do not become discouraged. This is the time to be resourceful in trying new things.

This important part of cookery is too often misunderstood. One may think that because they give large amounts of chicken and meat broths they are giving sufficient nourishment. This is really to be deplored and would certainly not be done if it were known that broths contain practically no food value unless egg albumen or gruel has been added to them.

Egg albumen is first in the list of liquids. The egg white is forced through a piece of wet cheesecloth and then stirred into half a glass of ice water and served immediately. It is advisable to use the raw egg white in as many liquids as possible. It may be added to milk fruit juices, thin gruels and broths. This gives additional nourishment without changing the appearance or flavor of the drink to which it has been added.

Gruels may be kept on hand and used as often as possible. Gruels are made from all cereals, including corn meal. It is generally understood that old-fashioned oatmeal yields the richest food value.

Fresh fruit juices should be used often. Orange juice, freshly squeezed, is the most generally liked. One must be on guard against too frequent use of strong acid fruits such as lemons. Also guard against an excessive amount of canned fruit juices, as they contain a large percentage of sugar that is often objectionable.

Oatmeal Gruel

1 cup meal
6 cups water
½ teaspoon salt
Stir oatmeal into rapidly boiling water. Boil five minutes over direct flame, then place in double boiler and cook 2 or 3 hours; strain through wet cheesecloth.

The thickest part of the strained gruel may be put into glass molds and served cold with milk, cream, or fresh fruit. This gruel will keep in refrigerator for several days.

Tapioca Gruel

1 pint milk
4 tablespoons Minute Tapioca
1-8 teaspoon salt

Scald milk and add tapioca and salt. Cook over open fire five minutes stirring constantly. Then cook in the double boiler one hour.

Add 2 tablespoons to 1 cup of liquid—a little vanilla and cocoa may be added. Beat with egg beater to make creamy and smooth.

Liquid Custard

2 cups scalded milk
2 egg yolks
3 tablespoons sugar (level).
1-4 teaspoon salt

Beat egg yolk with rotary egg beater until eggs are lemon color, add the sugar gradually continuing the beating until eggs are very light.

The success of this custard depends upon the thorough beating of egg yolks and sugar. Add small amount of scalded milk to egg and sugar mixture, then turn egg mixture into the scalded milk in double boiler and cook stirring constantly until it coats spoon. Frequently the time required will be 1½ minutes and never more than 3 minutes. Remove at once from double boiler into cold container and flavor with vanilla and nutmeg, if acceptable. This is delicious frozen, served in place of ice cream.

We advise frequent use of this custard.

Milk Eggnog

1 whole egg
¾ cup cold milk
Speck salt
Sugar according to taste
½ teaspoon vanilla
Speck nutmeg

If hot drink is preferred use milk at the scalding point. Flavors may be varied by the addition of 2 tablespoons chocolate sirup.

Orange Eggnog

¾ cup freshly squeezed orange juice

1 whole egg
1 teaspoon sugar
Speck salt
Beat all together and pour over crushed ice.

Lemon Eggnog

2 tablespoons lemon juice
3 teaspoons sugar
Speck salt
1-3 cup ice water
Beat all together and serve with crushed ice.

Ginger Ale and Egg

Place whole egg in glass and beat with fork as you fill glass with ice cold ginger ale. Serve at once.

Malted Milk

3 tablespoons malted milk
Speck salt
Cream
1 cup scalded milk
The malted milk should be mixed with small amount of cream before adding scalded milk. Beat thoroughly with rotary egg beater and reheat before serving.

Fruit Juices

Apple water
Cranberry
Fresh pineapple
Grape
Prune
Raspberry
Strawberry
These may be served plain or may be added to milk and egg drinks.

Vegetable Juices

Potato water
Spinach water
Tomato juice
Vegetable juices are very acceptable.

TAXIDERMIST FINDS HUNTER SHOT BIGGEST BLACK BEAR

It took a Jersey City taxidermist, John F. Hanson, to find out that a New York sportsman, S. L. Froelich, had shot a record black bear while big game hunting in New Brunswick, Canada. In dressing the skin, the taxidermist noted it measured seven feet, eleven and one-half inches. Getting in touch with the hunter, he learned the bear was shot in New Brunswick in the vicinity of the southwest branch of the Miramichi River, the guide being Preston Griffin, son of the well known guide and outfitter Bill Griffin. Further inquiry developed it was one of the largest black bears on record, according to the Fish and Game Department of the Canadian National Railways.

DEEPEST SOUTH CITY HAS WINTER 9 MONTHS LONG

Until a few years ago almost any comment about South America was based about individual happenings in one of the various countries of that part of the American continent. Today South America is becoming each day nearer to North America and to Europe through channels of fast sea and air lines on regular schedules and Europe and North America are becoming increasingly and genuinely interested in those countries south of us. They are a major hope of the export business.

The visitor to them, writes Carlos C. Nagel, in "The Boston Transcript", finds many fascinating qualities, paradoxes and contrasts. One seldom discovered is that of Magallanes. It is the nearest civilized neighbor Little America has today, and as such has been used as a supply port by Byrd and others. This makes United States territory a neighbor to Chile.

Magallanes, formerly known as Punta Arenas, is the most southerly city in the world. While Valparaiso, the principal port of Chile and situated near Santiago, the capital, is approximately midway between the north and south extremes of the country, Magallanes is more than 1,400 sea miles or more than 1,600 statute miles from that port.

Probably because of its isolation, the territory of Magallanes, in which the city of Magallanes is located, is highly individualistic in its characteristics. The usual calculations when thinking of all South American ports and towns as being tropical or semi-tropical, suffer a setback here. Magallanes is not hot; it does not even look hot, and moreover the population has none of the traits of the tropical temperament.

In the height of the summer they are in deep winter. From 1 o'clock in the morning until perhaps 2:30 in the afternoon, the inhabitants may enjoy some daylight, although for safety's sake the streets and the pretty plaza have been kept artificially illuminated. The temperature, during their winter months, averages about 38 degrees Fahrenheit, and winter lasts about nine months.

This town, originally a convict colony because of its remoteness, is today probably one of the most prosperous ports in all South America. As a counterbalance, it has the reputation of being a very expensive place in which to live. The barren soil produces no vegetation and all grain and vegetables are imported from Valparaiso, Buenos Aires or Europe. However, the vigor of the population, largely of European extraction, is due in a major part to the rigorous climate, which serves to eliminate the unfit. The bleak, windswept countryside produces a race fundamentally honest, hard workers and energetic players. Isolated as they are—"American Siberians" they call themselves—they know of the depression only from the papers which are brought each week by plane from Valparaiso and Buenos Aires. Their territory and their city know great wealth. They lead active social lives and their activities reflect the predominant English.

The Dutch Braun and the English Browns are families who have made large fortunes in that corner of the world, they and their descendants are as well known as are the Vanderbilts and Astors of North America.

In any of the excellent social clubs of the city, among which the English Club is outstanding and has the reputation of being the best on the west coast of South America, the conversation among the Tuxedo-vested members will be concerning the price of wool, mutton and coal. These are the products which have brought fabulous fortunes to the "Chilean" families of Browns, Blanchards and Brauns. They and the less wealthy travel frequently to England and Europe to rest or visit their sons and daughters in English or continental schools. Big passenger planes touch Magallanes from Santiago and Buenos Aires at least once a week and steamers from Valparaiso and Buenos Aires enter the well-protected harbor at regular intervals.

WOOL

Canada is a heavy importer of wool for her textile manufactures the cloth that makes our clothes that makes our blankets rugs and a wide range of necessities. Most of that wool is from the fleece of the sheep and the two great sheep countries for the Empire are Australia and New Zealand. In fact the Antipodes is the largest sheep emporium in the world.

Last year we imported 15 million pounds of raw wool that is, sheep wool. We got about 7 million, or nearly half of the total, from New Zealand, close to 6 million from the United Kingdom, and over 3 million from Australia. Besides this, we got 11 million pounds of wools and worsted tops mainly from the United Kingdom. No doubt, however, most of the wool imported from Great Britain came originally from other Empire countries, as well as India, British South Africa and the Irish Free State.

It is surprising to find that most of our wool comes from New Zealand rather than from Australia, for although New Zealand has great flocks of sheep totalling over 20 million head Australia, the greatest sheep country in the world, has four times that number.

Canada is by no means a sheep country, with only about 3½ million head, so the chances are overwhelming that the cloth we wear is made of wool that came from the other side of the world.

ARTIFICIAL HEART SECRET PUBLISHED BY LINDBERGH

Details of Mechanism Designed to Keep Human Tissues Alive Are Revealed by Famous Inventor.

NEW YORK, September 6 — The mechanical secrets of the robot glass heart which Colonel Charles Lindbergh built to maintain life outside the body were revealed officially for the first time by a Rockefeller Institute publication.

The success of this heart, announced last June without explanation of its mechanism, was hailed by scientists as one of the great achievements in medicine.

The heart is a single piece of glass, roughly resembling an old-fashioned pump, in which an entire kidney, liver, spleen, or other organs of the human body can be kept alive indefinitely. It is the first robot in which artificial life can be kept going as long as the medical scientists wish, in plain view of their eyes, where they can study the otherwise hidden progress of disease.

The Lindbergh device—its proper scientific name, a perfusion pump—supplies not only the heart beats of human pressure and rhythm, but artificial blood and air to maintain life.

Is Simple Device

Yet it is a device of marvelous simplicity. As diagrammed by Lindbergh himself, it is three glass chambers, connected, one above the other, in vertical position. In the top chamber lives the organ endowed with artificial life. The bottom floor chamber is filled with the artificial blood which medical scientists have long known how to create. The second floor bulb serves to regulate to human-like rhythm the flow of artificial blood.

The flow up and down this three-storey device is automatic. It is caused by gas piped under pressure into the two lower floor chambers. There are no moving mechanical parts. The gas pressure, which pumps the artificial life stream, is varied by a piston of oil.

Air Is Kept Out

The power driving the oil piston is compressed air at the outer end of the oil column. The air does not penetrate the oil.

Hence it is easy to maintain complete sterilization of the "life stream" and the living organ. It was lack of perfect protection from outside infection that previously prevented scientists from keeping life going indefinitely in whole organs outside the body.

The biological part of this work is done by Dr. Alexis Carrel, of the Rockefeller Institute, who made the June announcement jointly with Colonel Lindbergh.

The colonel published the mechanical details yesterday under his own name in the Journal of Experimental Medicine.

HERD OF SEA LIONS GREET CRUISE SHIP

A herd of sea lions, estimated around 2,000, roaring down the rocks of an unnamed island in the Queen Charlotte group, off the Pacific Coast, into the ocean when the ship's whistle sounds was the unusual sight which greeted passengers on the "Prince Charles" of the Canadian National Steamships when on a cruise along the Pacific Coast from Vancouver recently. The older animals appeared to be of tremendous size. Perhaps no cruise on the Pacific Coast is more popular than that through the Queen Charlotte islands. Floating logging camps, whaling stations, canneries of various kinds are all ports of call. Sometimes the loggers stage old-time dances when the ship arrives and passengers are invited.

It pays to advertise in The Daily Mail.

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