

The Farm and the Fireside

CHEMISTRY OF COOKING

In all the various modes of cooking, chemical changes in the food are produced which adapt it to the purposes of nutrition.

Now let us start upon a walk, clothed in well-fashioned Arctic costume. The thermometer is, say, 25 deg. not lower, and the wind blowing a brisk breeze, but gently.

Close the lips for the first time, and admit the air steadily through nostrils and mouth. Presently you breathe in a dry, pungent, but gracious and agreeable atmosphere.

But we have been supposing your book to be the wind, and if you are a good fire-fighter, a warm glow is already being felt.

Now turn about and face the wind; what a change! How the atmosphere is wafted off! How penetratingly the cold trickles down your neck and in at your pockets!

But we must postpone the proper consideration of this subject to another time.

Story of a Buttery. The following beautiful sketch is by Grace Greenwood. It occurs in her account of her voyage across the Atlantic.

One day, much to my surprise, I spied a real, live butterfly on one of the seats of the vessel. It was flying about the shore, the captain said. But its wings were wet with rain and torn by the wind.

Why! you would have me like the angels? exclaimed a young girl with whom a friend had been talking.

Two other machines have been invented in this country, that have presented large claims to public attention, the nature of them can do anything with unrotted flax, and in this very fact is demonstrated the superiority of Mr. Clemons' machine.

AT AN ABORTIVE WALK

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We American women certainly owe a debt of gratitude to our countrymen for their kindness and consideration for us generally.

Under such circumstances, it must be the woman's own fault if she be not thoroughly respected, and if her position be considered to be favorable.

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