

Influence of the Kitchen in the Home.

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Many of us do not know how much our kitchens ought to mean to us and the consequence is they are often neglected.

Our grandmothers loved and honored their kitchens, and why should not we? Perhaps one reason for this was that in their day the home work was about the only occupation for women, but in this day and age woman is constantly taking up different occupations in life and thus comes the neglect of the kitchen.

It may be said that there is a difference between our country kitchens and our city kitchens, both may be clean and neat but one is more inclined to think of the country kitchen as being more home like, perhaps too the one contains more good wholesome fruits and vegetables than the other, which is more likely to contain a larger proportion of sweets. Every one or nearly every one loves the old fireplace much more than the ranges of today.

The country kitchen contains nothing so elaborate as the city kitchen is liable

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to contain, and taking into consideration every thing, perhaps in the long run the country kitchen is more beautiful to the tired eye than the other, and one feels rested on entering it.

The character of a person can generally be told by glancing into the kitchen, which she presides over. If it be neat, clean, everything in its place, and all things placed in the most-convenient manner possible, the person will be in all probabilities kind, patient and genial; if the opposite be true of the room, every thing scattered around and unclean, then the person is liable to be cross, sulky, impatient, and unsympathizing.

Circumstances may be such that a large number of our women do not have to work in the kitchen, but some one else will and these rooms should not by any means be neglected. It should be seen to that they are well lighted, well furnished with all the necessities for preparing food. For how much nicer it is to have utensils

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for cooking which lighten the burdens of the cook and improve the looks of the kitchen, but above all the kitchen should be kept as clean as possible.

Many people during their older years are constantly referring back to their childhood days spent in their kitchens, the memory of which is very pleasant to them.

It is said that, - "The kitchen is the heart of the home and the parlor the crown".

How much misery is caused from living in some of the dark dingy dens called kitchens, and how many lives are worn away and influences been wasted in this world that might have done much toward lifting humanity to a higher level.

If the kitchen is kept in the manner as described, the person, who may go from your kitchen will, if she has not learned the lesson already, in all probabilities learn from your example the great lesson of cleanliness.

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Perhaps one of the greatest, if not the greatest influence, which the kitchen has over the homes and lives of so many of our people, is in the preparing of food. We have often heard people speaking of great men and their many noble deeds, and we wonder what they are due to. We agree with one writer who has said - "That they are due to nothing more or less than the consuming of good digestible food." Some say that they come of good blood, but how is blood made good but by good food?

Food has been called the "great circulating medium" of life.

As the body is nourished and kept in good physical condition so will the mind flourish and grow, for it is well known that mental growth depends on proper physical culture.

If the mental, moral and physical growth depends so much on the quantity, quality and digestibility of the food, for every meal has to a certain extent an equal effect.

upon the moral nature as upon the mental and physical, and in order to obtain this food it becomes very necessary that we have people who know how to prepare this food properly.

How many poor cooks we have in this world today, and is it any wonder that there are so many unhealthy miserable people? Half of the misery is attributed to the indigestibility of some ill-prepared food.

The importance of good cooking is much underrated by many of our housekeepers, and many think that if there is a sufficient quantity, and not very much trouble to prepare, it is all that is necessary to satisfy the hunger of the ordinary person. Now quantity is of less importance than quality.

To the average person the question of quality and digestibility of food is but little thought of. Their tastes run in an entirely different direction.

to nice things, things which delight the eye, but these can never satisfy the hunger and insure good health.

Our character is moulded in a more or less degree by what we eat each day of our life. Animals that live on special kinds of food develop various qualities of character. The flesh eating are fierce, daring, energetic, and masterful, while those who live on herbs are peaceful and kinder, but lack courage ambition and energy.

Man eats all kinds of food. Thus we see all traits of character developed, perhaps some trait will be more strongly developed than others, which may be due to heredity, but nevertheless the food which a person eats tends to develop this quality, thus we may say as some writer has said "Feed the child properly and he will be the man sought for".

Every good housekeeper in preparing her meals should take into consideration the kind of work the persons do that are to partake of this meal. A man

who eats the kind of food that nourishes his body according to the work he has to do is seldom the man, who wastes his at the gaming table and over his wine cup. He, who rises from a table filled with dainty wholesome compounds, is in a far better condition to use his brain to accomplish some purpose, than after he has simply satisfied his hunger with food that was ill prepared. It has been said, "The pleasures of the table are those which we first experience, which desert us latest, and which we taste of times!"

How many people there are who have the idea that wholesome living is extravagant, and live on their cheap indigestible food, thinking they are practising economy, and how many of our well to do people instead of having plenty of good wholesome digestible food on their tables, have for its principle attraction elegant china and a gorgeous array of table furniture! This is a terrible mistake which ought to be remedied at once,

they are washing a large amount of material which might furnish them with the best of digestible food. This waste of material may be partly due to the cook, but how can she be expected to practise economy if she has not been taught to and those about her do not set an example for her to follow.

Cruis of many kinds is often caused by the want of well prepared food. Much strength is wasted in trying to obtain the proper nourishment from food which has comparatively little nourishment in it and is hardly digestible.

Many of the great questions of today might have been solved if the women of the house knew how to prepare the food for their husbands so as to work the best results.

It requires careful, faithful, thought and study on the part of every woman to make a success of her home for "what is one man's meat is another man's poison".

She is the one on whom depends to a certain extent the strength which goes to build up the men who comprise our nation. In knowing this, it seems strange indeed that the education of the girls does not include the art of cooking and work in the kitchen.

Some look upon work in the kitchen as work that belongs to the lower class of people, but this is not true.

It is one of the highest occupations that has ever fallen to women, and strange to say, is perhaps the least sought for.

It, therefore, behooves every woman be she rich or poor, to know how to cook and what to cook.

Thus we see what a great influence our kitchens have over the world. And whether work in the kitchen will be more or less carried on in our homes in the future will depend on how extensively the art of cooking is taught the girls of today. And in just so far as the importance of the art of cooking is taught, just

so far will the character of the nation better itself, but- however taught- or carried on it- will still be essential that- our food be well prepared. Then will our nation be truly blest- and our women will look well towards the management of their kitchens.