

Home Makers' Column

By "LYNETTE"

STIMULANTS

In the St. John Ambulance lectures and textbooks, there are only two cases where the first-aid is recommended to give alcoholic stimulants, and these are, the bite of a rabid dog, and the taking by the patient of prussic acid or cyanide poison. Both of these emergencies are so rare that it is a fairly safe rule for the first-aid to never to administer alcohol. The stimulants recommended are sal volatile, smelling salts, meat extracts, tea, coffee, and cocoa. So let us look this month at our "kitchen stimulants."

About the origin of tea there are many myths, one being that a holy eastern prince, who spent his nights in meditation upon the Infinite. One night, to his horror, he fell asleep and, to punish himself, he tore off his eyelids, which he found later had grown into a shrub, the leaves of which were capable of being brewed into a sleep-banishing drink.

The quality of tea depends on the size of the leaf, the small, young leaves being the best. The difference between the green and black tea is that the latter is heated or withered in the sun during the manufacturing process. The stimulant in tea is theine, which has astringent properties, and can interfere with the digestion of proteins. The amount of tannin extracted in tea brewing depends on the length of time the tea is in contact with the water, and the temperature of the water, as it dissolves slowly. Three to five minutes is the best time for brewing, and the best tea is that poured off the leaves into another heated pot. As well as these two substances, there are certain "essential oils" in tea which impart its characteristic flavour.

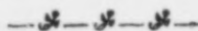
Coffee is manufactured from the seeds of a cherry-like fruit and the legend of its discovery runs thus: A young Arab boy, noticing that his sheep were more lively after eating a certain bush, made a drink from its berries, and experienced the same stimulation. Though his neighbours felt he had sinned against the prophets, the Mohammedans later came to regard the discovery as a gift from God, sent as a reward for their abstinence from alcohol.

The stimulant in coffee is caffeine, and this has proved to be the same substance as the theine in tea. Tannin, too, is present in coffee, though in smaller quantities than in tea. However, this is the reason for the adage that "coffee boiled is coffee spoiled." The flavour-giving materials are caffeine and essential oils.

Cocoa is native to tropical America and the Spanish explorers viewed the Emperor Montezuma drinking cocoa flavoured with vanilla, from a golden

cup. The Spaniards kept this delicious food and drink a secret for many years but now it is universally used.

Here we have a different, though allied stimulant, theobromine, which is less in its effect than those in tea and coffee. A small amount of caffeine is present in cocoa. This drink has food value, supplying starch, fat and minerals such as iron. These are stimulants to give in emergency, with plenty of sugar, which increases the stimulating effect.



AN UNDERSTUDY

To close a really successful year each individual member should have chosen an understudy.

Have you chosen a fine understudy To further the work you have done? Someone called of the Heavenly Father

To complete the task you've begun?

Are you training another to follow The pathway that leads to the goal Of achievement and worthwhile endeavour And stir other folks to the soul?

You've a second who somewhere is waiting To march with you, faithful and true. Now, enlist her, you may need her to-morrow To carry your purposes through.

—"The Alabama White Ribbon."

SOLUTIONS

No. 8.

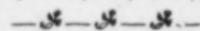
Across.—1, He; 3, Trust; 7, Pa; 9, Arm; 11, Ant; 12, End; 13, Roe; 15, Die; 17, Alcohol; 21, Us; 23, Bored; 25, Sloop; 26, Adopt; 27, By; 28, Weave; 30, Ta; 31, Pestors; 33, Gad; 34, Sod; 36, Hit; 37, Any; 39, Tot; 41, On; 42, Sneer; 43, No.

Down.—1, Ha; 2, Err; 4, Ra; 5, Union; 6, St.; 7, Pie; 8, Am; 10, Moa; 12, Ail; 14, Elbowed; 15, Didders; 16, Busby; 18, Copes; 19, Heave; 20, Attar; 22, Sly; 24, Apt; 29, Atone; 31, Pat; 32, Sot; 33, Gin; 35, Don; 37, An; 38, Ye; 40, To.

No. 9.

Across.—1, Collating; 10, Feature; 12, Fated; 14, Bevel; 16, Fie; 17, Ere; 19, Eva; 20, Inns; 23, Bred; 24, Idiom; 25, Ne; 26, Iran; 28, Abib; 30, E'er; 31, One; 33, U.N.O.; 34, Nests; 36, Deign; 38, Oilwell; 40, Incognito.

Down.—2, Often; 3, Lee; 4, Lade; 5, At; 6, Tube; 7, Ire; 8, Never; 9, Capable; 11, Scapula; 13, Aintree; 15, Evening; 18, Reign; 21, Sin; 22, B.M.A.; 27, Arson; 29, Built; 31, Oslo; 32, Eden; 35, Tic; 37, Eli; 39, W.G.



He was one of the "lucky people" in raffles. He could win in a big bazaar, a cushion, a picture; once even a pup. Of course he never missed taking part in a raffle. From that he went to mild forms of gambling, which increased until he became a close follower of the races. He never settled down to a steady job; never married. The gambling spirit caught him, and it grew on him, all unnoticed by those who loved him. The issue of life were confused for him by these seemingly harmless practices.

"W.R. CROSSWORD" — 10

CLUES.

Across

- 1—Periods.
- 5—Mountains.
- 9—State in S. America.
- 13—Original movers.
- 16—Drink.
- 17—Tiny —.
- 18—Chum.
- 19—Make thread.
- 21—Peace emblem.
- 23—Before due time.
- 23—Decree.
- 24—Volcano.
- 26—Steep.
- 27—Used teeth.
- 29—Muddled untruth.
- 30—Accusers of crime.
- 33—Surpass the Cheshire Cat.
- 34—Purposes.
- 35—Cosy home.

Down

- 2—Breaths.
- 3—Law.
- 4—Please.
- 5—Eden dweller.
- 6—Had a solid wife.
- 7—Relative measurements.
- 8—Lubricates.
- 10—Stirs up.
- 12—Small island.
- 14—Fluffier in surface.
- 15—Hungry hunter for food.
- 20—Pretty material.
- 21—Fitting.
- 23—Medical status. Abb.
- 25—In addition.
- 27—Pieces.
- 28—Small lake.
- 31—Mire.
- 32—Bond.

