

question, under the widest differences of opinion, brings us to dangerous ground. At best, it can only be the exercise of the will of the strongest; and we all know to what an abuse of this power is capable of leading, and has a thousand times actually led.

Canada does not stand alone in the world, and cannot without great detriment to her interests, stop her through traffic on Sundays. Some of our railways connect with railways of the United States; and these through lines, traversing two countries, have to meet the keenest competition from other lines situated wholly within the States. The latter roads run seven days in the week, and if ours could be operated only six days, this restriction might alone be fatal to their chance of success, in the race. When a cargo of immigrants arrives at one of our seaports, connected with the interior by rail, it might be positive cruelty to prevent the new-comers from setting out for their destination, on Sunday. Commerce cannot afford to fold its hands for twenty-four hours, awaiting an artificially-caused delay in the arrival of letters.

These considerations and such as these have decided in favor of Sunday travel, in every other country; and we know no reason to conclude that Canada is to be a solitary exception to the general law. The conscientious scruples of people who uphold the Jewish Sabbath are entitled to respect; but the no less conscientious views of other people who think differently are not the less entitled to consideration. Neither class has a right to impose its opinions on the other by force of law; and the more the attempts to do so are multiplied, the sooner is the existing law likely to be repealed. Better let it die a natural death.

THE SELECTION OF MEATS.

As shown in our issue of 7th instant, the extremities, and internal organs of animals are too often despised and left to waste in times when communities are prosperous. If there be one subject of interest to manufacturers, which illustrates the lesson of economy in a more forcible light than another, it is the remarkable progress made in the last generation in the utilization of by-products or waste substances. In all English-speaking countries very much of what is called offal is used for manufacturing glue, gelatine, fat for soap makers, and blood for albumen and fertilizers. The raw material from which these are obtained has a value of about one to three cents per pound. If these articles be examined chemically some will be found to contain all the elements of nourishing food, while fat may be rendered in the fresh condition and sold as a substitute for butter. Every pound of it should be worth in the household 16 to 18c. in view of the prices of lard and butter.

Those parts of the animal to which we desire to direct attention are the head, feet, tail, heart, liver, kidneys, sweetbread &c. To make all these presentable at the table demands knowledge and skill on the part of the cook. About the only objection which can be urged against the more extensive use of feet is that they are somewhat insipid; a point which depends entirely upon cookery to remedy. Used as a basis for a good soup

well flavored with a selection of vegetables and herbs, there is no more to be desired in the way of nutritious and enjoyable food. Soup is not the only form in which to prepare feet. With shin of beef and pork these constitute when boned by a process of cooking, a most tempting brawn for the breakfast or lunch, in sandwiches. Another excellent combination would be ox-tail and ox-feet flavored with herbs and spices to suit the taste.

In treating all kinds of offal meats, great care should to have feet, heads, and tails properly divided with saw, knife, or axe in order that the greatest possible surface may be brought into contact with the water which envelopes them in cooking. To extract the whole of the gelatine in bones, a very tight fitting saucepan should be used, and after the meat has been cleanly taken off in cooking, the bones should be placed in the steamer above the soup kettle and exposed to the action of the steam for two days, when the bones become softened enough to break down easily into a pulp with the flat head of the meat axe. In this condition they form an excellent food for children combined with oatmeal or wheaten grits and milk, forming phosphoric acid for their bones. If rejected for table use they could be fed to fowls with great advantage and might be sold for such purpose where they could not be made use of by the family.

In preparing soups, care should be observed never to add vegetables or herbs of any kind till a few hours before serving, as there is much risk of the compound souring and spoiling. In the case of heads, whether of ox, calf, or sheep, due attention must be given to the fat-rendering, otherwise the soup, may come to table floating with grease. No one should attempt to prepare heads for soup in a single day, because time is necessary for cooling so that the fat may be entirely removed. After the removal of fat the partially cooked meat may be converted into sea pie or some equally serviceable dish. Such a dish flavoured with finely prepared herbs and served with a selection of vegetables would be found delicious.

In addition to the selection of offal meats may be mentioned other portions of the carcass which can be treated for prepared dishes; such as leg or knuckle of veal. All such are cheap, easily cooked and form most economical food in whatever form prepared. The gelatine obtained from this source is very valuable whether as ordinary diet or food for the sick. Calves' feet for invalids' food is perhaps the best available form of gelatine for sick persons.

The preservation and preparation of blood as an article of diet is a matter that deserves more than passing notice. German and French people both would regard our disposal of blood as most profligate. We seldom or never use it as food, and until recently allowed it to flow down the drains into the sewers. When we remember that in the form of a dry powder, resembling fine cocoa, blood will analyze fourteen per cent of nitrogen, such waste is criminal. In English speaking countries very little is used except to make albumen and fertilizers, while France and Germany convert the whole into sausages, bologna sausages, and meat puddings. Such compounds put up in skins

and treated with groats or oatmeal and finely chopped fat, make a meat preserve which, unlike canned meats, may be cut in slices and toasted for breakfast to suit the requirements of large or small families. Intelligent selections and economical manipulation are the most potent means of reducing the cost of meat.

LOCAL BOARDS OF FIRE UNDERWRITERS.

At a time when agriculture, manufactures and commerce are experiencing in Canada almost unprecedented prosperity it would be a pleasant task to us to chronicle a like assurance of good fortune to the fire insurance companies doing business amongst us, but last month has not only dispelled the dream of a favorable showing for the first six months, but lessens the probability of a satisfactory balance for the year.

So long as any of our financial institutions go astray so long will Canada be subject to undeserved reproach; we say "undeserved" because there is now no reason, in the condition of the country, why any should show deficits. And we feel assured that a proper study of the field, its dangers, its needs, and advantages could be made to result in profit to the insurance companies with equity to the insured. At the same time, we know that no one company can act alone with a reasonable prospect of success, because, so long as companies are greedy for risks at any price, so long will a Dutch-auction mode of doing business prevail to the detriment of all. A belief in this proposition led the respectable agents of London to try to put a stop to the demoralization in their field by uniting. They did unite to prepare a tariff of rates which should pay the companies without being oppressive to the people. In many cases, we think, they unduly favored the property-owners, but we have not been able to find a case of a contrary error. All the same, however, arose the clamour against what its assailants falsely styled a "monopoly"; and agents were found base enough to canvass against those who had simply done their duty, so that one or two of the latter have found themselves assailed as enemies of the city and have suffered the loss of business which had been on their books for years.

Business men who pride themselves on conducting their business on business principles, with one settled price for each grade and class of goods, which contains such a fair estimated profit as will enable them to live honestly, have withdrawn their insurances from companies and agents who only desire like treatment. One agent has been found base enough to endeavor to procure the "boycotting" of the agents who performed the labor of the compilation of the tariff; whilst some few proprietors have so far forgotten themselves as to solicit the agents one by one to vote for a decrease of their rates.

This is the time when the companies can do themselves great good by supporting their agents in all right measures, for the seed sown at London may be made to bear good fruit in towns and cities where a turn of tide, from loss to reasonable profit, is