

stringent regulations against drunkenness in force there. In most German countries the suicides have increased from ninety to one hundred per cent. For each million of inhabitants there are, on an average, every year in Saxony three hundred cases of suicide, in Denmark two hundred and eighty, in Wurtemberg one hundred and eighty, in Mecklenburg one hundred and sixty-seven, in Baden one hundred and fifty-six, in Prussia one hundred and thirty-three, in Austria one hundred and twenty-two, in Bavaria one hundred and three, in Sweden eighty-one, in Belgium seventy-three, and in Norway forty.

THE DINNER TABLE.

OYSTER SOUP.—One quart of *solid* oysters free from grit. Pour into a saucepan two quarts of boiling water; cream a large tablespoonful of flour with a half teacupful of butter, thicken the boiling water with the paste, season with pepper, boil up, add the oysters and cook until the edges curl. Have heated a teacupful of sweet cream or as rich milk as you can get, turn into the tureen, pour in the oysters and serve.

MAKING SOUPS.—To make good soup, the meat should be put on in cold water, and slowly brought to the boil, that the juices may be drawn out. Before it comes to the boiling point, the scum will rise freely; take it off before ebullition has broken and scattered it; then when it does boil, throw in half a cup of water, and skim again—add this water just as it comes to the boil two or three times; it brings all remaining scum rapidly to the surface, and when this rises no longer, set aside to simmer. It must never go below boiling point after this until made. This is the whole secret of clear soup.

Jules Gouffé's receipt for Pot-au-feu. If carefully followed, a clear brown bouillon will be the result, and this bouillon is the foundation of most soups. Boiled down to one-half its bulk it becomes *consommé*.

Pot-au-feu requires four pounds of beef, six quarts of water, eight ounces of turnip, same quantity of onions, and three ounces of celery and cloves. After once or twice making this soup, the cook will be able to judge by the size of the vegetables the required quantity, but weighing is advisable at first, as much depends on perfect proportion. The pot in which bouillon is made should have a very closely fitting lid.

Quick boiling and careless skimming are the causes of cloudy bouillon; supposing as a matter of course, that all the vegetables have been perfectly cleansed.

TAPIOCA PUDDING.—Dissolve one teacupful of tapioca at night in one quart of water; next morning pare and core six tart apples; stew them until tender in an earthen pudding dish; add sugar and lemon to the tapioca; pour it over the apples, and bake until the whole becomes a jelly. To be eaten cold with cream and sugar.

RAW AND COOKED OYSTERS.

Dr. William Roberts, in a series of lectures on digestive ferments, published in the *Lancet*, says:

The oyster is almost the only animal substance which we eat habitually, and by preference, in the raw or uncooked state, and it is interesting to know that there is a sound physiological reason at the bottom of this preference. The fawn-colored mass which constitutes the dainty part of the oyster is its liver, and this is little else than a heap of glycogen. Associated with