FOOD WASTED IN COOKING.

A series of investigations by experts connected with the United States depart ment of agriculture go to show that there is an immense amount of popular ignorance in the matter of cooking; tast, while the greater part of the food of man is prepared for use by cooking, yet the changes which various foods undergo during the process and the losses which are brought about have been but little studied. Few persons know for instance, that in 100 pounds of nuccooked cabbage there are but 71 pounds of dry matter, and of this dry matter from 21 to 3 pounds are lost in the cooking pot. Experiments with potatoes showed that in order to obt in the highest food value potatoes should not be peeled before cooking; that when potatoes are peeled before cooking the least loss is sustained by putting them directly into hot water and boiling as rapidly as possible. Even then the loss is very considerable,

If potatoes are peeled and soaked in cold water before boiling, the loss of nutrients is very great, being one-fourth of all the arbumenoid matter. In a bushel of potatoes the loss would be equivalent to a pound of sirloin steak. Carrots contain less nitrogen, but relatively more albumenoid nitrogen than potatoes, and therefore furnish more rinsing water, thus making it, in fact, a matter available for building muscular weak brine. Articles so rinsed will not matter available for building muscular tissues. In order to preserve the greatest amount of nutrients in the cooking of carrots, the pieces should be large rather than small. The boiling should be rapid, so that the food value of the vegetable shall not be impaired, as little water as possible should be used, and if the matter extracted is made available as fond along with the carrots a loss of 20 to 30 per cent. or even more of the total food value may be prevented. In the cook ing of cabbage the kind of water used has more effect on the loss of nutrients than the temperature of the water at which the cooking is started. In any case the loss is large. The losses which occur in the cooking of potatoes, carrots and cabbages vary with the different methods of boiling followed.—Pittsburg Dispatch.

### HOUSEKEEPING ABROAD.

American housekeepers struggling with refractory maids may well listen with envy to the tale of some country men in France, says the Chicago

This family has a servant whom it calls its jewel. She gets \$3 a month. and this is what she does for that sum From 6 to 8 am she clean- the drawing and dining rooms and has her own little breakfast of tea and bread. Tuen she carries up hot water to the bedrooms. serves c ffee and rolls in bed and departs to market, where she buys all the provisions for the day. She returns by ten and does the two bedrooms, and at noon serves a luncheon in a dainty manner. in the alternoon she does a little sewing for the family serves tea and prepares dinner, which is a course meal. In the evening she reads the paper and retires when the family does. She has no company, speaks French, Italian German and English. She has her own bottle of the circumstances o her condition, it wine, which lasts two days and costs her | was small wonder that the nurses believ. employers 7 cents. They lock up noth | ed her insane. The n xt day her beneing, and she never so much stouches a | factress (?) called to see her.

On the continent it is the custom to eat baker's bread, which is very good. Washing is never done at home, and | treatment ' and thus two dreaded days-baking and washing days -are escaped The wash ing costs about a third the price paid in this country. In France and Italy Sunday meals are served at the same time as during the work lunch at noon ed the prescribed commitment to the in-and dinner at 7 Servants have the same pavilion hours from 1 to 5 only for themselves on Sundays and holidays.

In England a general servant can be bad for \$75 a year, a cook from \$100 up All the servants expect beer money, and each has his own line of work, which he will not overstep. A cook would not dream of doing bedro m work or a foot man of taking the butler's place. Those who have lived many places say the servants of southern Europe excel those of any other land.

## THE USE AND ABUSE OF TEA.

Tea is an agreeable stimulant, quickening intellectual operations, removing headache and tatigue, and promoting cheerfulness and a sense of well being. A cup of tea now and again is a most refreshing and excellent thing, but when it is used to excess the digestive and

nervous system are especially affected.

There is no doubt that there are cases of dyspepsia caused by the inordinate use of strong tea, and it is also a matter of common observation that sleeplessness, palpitation of the heart, and nerv ous irritability often follow the prolonged

and excessive use of this beverage. People who drink ten to excess are to be found in all classes of society, and the fact should be impressed upon such persons that tea is not a food, and cannot. therefore, without risk to health, be supstituted for articles of diet which form both flesh and hone.

## RECIPES.

OATMEAL (ROQUETTES - These are deli cious. Take two cups cold catmeal, or any cereal left from breakfast. Add two eggs, well beaten, four table spoons cream, a pinch of salt and two table spoons flour Form in little flet cakes and dry on a hot greased griddle.

SOFT CHICOLATE FRO-TING .- Stir into three tablespoons builting mick two heaping tablespoons or breakfast cocoa. Remove from the fire and heat in powdered sugar till just stiff enough to spread on cake. Use the same recipe for white frosting, omitting the coons and add flavoring to suit For excount frosting add one cup of dislocated cocount.

This is very nice and soft. DOUGHNUTS - Set sponge for them about 2 or 8 o'clock ry them the next afternoon. Make weep nige, using 1 quart water and 1 o ke of ) net; let it raise

2 ergs [the potatoes are nicer], and a small nutmeg; let rise until very light; roll and cut; lay enough to fry at one time on a floured plate, and set in the oven to warm; drop in boiling lard; fry longer than cakes made with baking powder. If the dough is light enough, and you heat it before dropping in the

lard, your doughnuts will be delicious FRUIT CHARLOTTE.—Cut any light cake sponge is bear into pieces Sinches long and I inch wide, lay lightly into a large glass dish and moisten with 1 pint soft boiled custard; for the custard use 1 piat and 1 cup of sweet milk, the yolks only of 3 eggs, ½ cup sugar, and when cold flavor with vanilla; after the custard has absorbed put over a layer of any kind of iresh or canned fruit or jam, oranges, bananas, pineapples, peaches or any small fruit such as raspberries, strawberries, or blackberries, crush the fruit and sprinkle well with powdered augar; crumb over a little more cake [just a little], and after whipping the wattes of the eggs to a stiff foam, adding confec tioner's sugar; pile up high over the top; serve cold with sponge lady fingers. This may be made much richer by aprinkling the cake with wine and sub-stituting whipped cream in place of custard and meringue.

The drying of clothes in frosty weather is sometimes, in the case of delicate fabrics, attended with tearing because of the quick suffening in the very cold air. A simple precaution which will prevent any such trouble is to dissolve three or four handsful of coarse salt in the last suffer from or stiffen with the cold.

#### OVER-ZEALOUS PHILANTHROPY.

There are many meddlesome people in he world who, with the best of intentions. do a vast amount of mischief. Philanthropic individuals, particularly, with what the French call "trop de zéle." are often not only mistaken in their kindness, but in many cases do actual harm by their well-meant interference. They do not seem to realize that municipal institutions may be likened to a mouse-trap, inasmuch as it is far easier to get in than to get out, while official red tape, like the apparently fragile ligaments which bound Gulliver in Lilliput land, is, although so slight, nevertheless almost impossible to break if once an individual is caught in its meshes.

A recent occurrence, which might point a moral and adorn a tale was the case of a nervous, overwrought dress maker a widow with two children, who, suffering from some troublesome but temporary complaint, was persuaded by one of her customers to go to one of the city hospitals.

Do not hesitate, my dear creature, said the well meaning woman; 'decide at once. I will take you there now in my carriage, and you will be back in a couple of days entirely cur- d. Your little girls can go to the nursery where I am a director, and, with your mind at rest. you will have nothing to do but get well' Against her wishes the woman consented, but once at the hospital she became hysterical, and demanded to be allowed to return home. This the authorities refused to permit; the poor creature grew more and more excited. fancied she was imprisoned, and behaved so irrationally that, not understanding

'We can do nothing with the patient,' was the report. 'She is entirely out of husband from gambling became her head; she must be committed for

'Is that necessary?' said the visitor. hesitating.

'Absolutely,' said the head nurse, and again believing that she was acting for the best, the philanthropic woman sign-

'It was a case of the most mistaken judgment all the way through,' said another of the poor woman's customers, came nervous and then frightened, and, in her weak condition, lost her head; but if she had been left much longer I believe she might have become insane in reality and all through officious, mis taken kindness.'-New York Tribune.

Cupid breaks his bow at the sight of a face full of pimples. Hollow checks, sunken eyes, and a saltow complexion will defy his best intentions. Beauty is more than skin deep. The skin is merely the surface on which is written in plain characters the condition of the body Dr. Pierce's Golden Medical Discovery is good for the compl-xion because it makes the whole body healthybecause it clears and purifies the blood. makes the digestion strong and clears out impurities of all kinds. By increasing the ability to assimilate nutritious food, and by the in usion of its own ingredients it enriches the blood and so makes solid, healthy flesh It cures diseases or the lungs, liver, stomach, bowels, skin and scalp, simply because all these diseases spring from the same cause—a disordered digestion and conse quent impure blood.

## AGAIN THE MOTHER-IN-LAW.

'Tell me, doctor is there any hope for

'Why, madam. I can promise you that in two weeks at the outside you'll be completely recovered.'

Well, in that case, doctor, I wish you'd break the news to my son in-law as gently as p weible '-Der Fich.



# GOOD FOR EYIL.

Ten or twelve years ago Ethel Denner was considered a very pretty girl. She one in her class. Her parents were in comfortable circumstances, and altogether her lot was an enviable one. This, however, did not prevent her from being very proud, as we will see.

I said that she held the first place in class, and very proud indeed she was of such a distinction.

She was also very confident in her power to hold her place against any

One morning in November the teacher appeared in the door of the class room a small girl, very plain, with a plaid dress and hair perfectly straight. The teacher introduced her as Margaret Magill. The majority of the girls took kindly to her. but Ethel thought her a very insignificant being, altogether unworthy of any notice from her.

After a few days it became quite apparent that she was not a dull girl by any means

One day one of the girls ventured to say to Ethel: 'I shouldn't wonder if the new girl would cone out among the

first at the examinations.' 'Don't think that I'm afraid of that little thing's getting ahead of me!' she answered accentully, and the aubject was dropped. Examination day, however, showed that the girl was right. Poor Margaret was afraid that the vengeance of Ethel would fall on her, but she orly tres ed her with more contempt that ever, and imparted to the girls that night after school her knowledge of Margaret's circumstances.

Her mother is a washerwoman, and she lives in the attic of a four story house in a dark alley. I would not stoop so low as to associate with such a creature.'

Some of the girls did not approve of this, but no one dared to say anything Margaret, however, never said anything to anybody about Ethel's treatment.

One cold night in January, as the girls got out of school, they saw a poor woman fall on the slippery sidewalk Some of them laughed, but Margaret ran and helped her on her feet and accompanied her to her home.

'Ah!' said Ethel. 'See her go and help that old woman; she is one of her own kind I guess.'

After taking the woman home she thanked her and invited her to come again. She went to see her frequently. One day when Margaret went in the woman took her in her arms and said: 'Margaret, I have good news. A distant relative of mine has left me a home and a large fortune. You and your mother will come with me to New York. You will go to the best school and have everything that money can buy."

When Margaret le't school and the news of her good fortune reached Ethel she said to herself, 'Good riddance to her Anyway, it cannot be much of a

turn. Her mother and father died after the latter's business had failed him. Her common drunkard, and at last was killed in a querrel leaving a widow and child with nothing to support them. Ethel was unable to do hard work, and too proud to beg of her former associates Simeway, however, she made her way to

Meanwhile Margaret had grown into a good, sensible woman. She had never married, and spent her time and fortune in helping the poor and destitute.

One evening as she was returning home after attending a sick woman she came face to face with a little girl who asked her for a penny. Something in the child's face caused her to look again, and then, as if a new thought struck her she asked her name
'Ethel Brandon,' the child answered

Mamma is very sick and I am hungry. 'Take me to your house,' she said Then she followed the girl into a dirty by street and into an attic on the fifth floor The room was low, dirty and dark and on an old couch in a corner a woman tossed wildly about in a high fever A glance at the woman told Margaret that she thought right when she first met the child.

Leaving them she ordered a convey ance to take them to her own home. Arrived there she left the child with the servants to be taken care of, and person ally attended to the sick woman.

Thus she watched her until one day the patient opened her eyes, stared at Margaret, clutched the bedclothes, and then lapsed into unconsciousness The next day she awoke, looked at

Margaret, and said, 'Am I right? Is this Marcaret Magill?" 'Yes Ethel.' she answered. 'You and

little Ethel will stay with me always.'
The proud girl of former days burst into sobs. Her sufferings had broken her spirit. How can you forgive me?' she said.

But Margaret only answered, 'Never mind, dear; those days are gone never to return.'-Mary Armstrong, in the Boston P at

## BEWARE THE THIN BANANA,

When you are buying bananas, never purchase the long thin ones unless you want fruit which will pucker your month. No matter how well ripened these thin bananas may appear to be they will always be found both sour and acrid. This is because the bunch which contained them was picked too soon. The banane grows fastest at first in length When it has reached its full development in that direction, it suddeply begins to swell and in a few days will double in girth. It is at the end of this time that it begins to ripen naturally and the efforts of the banana im-

BETTER than cure is prevention. By taking Hood's Sarsaparilla you may keep well, with pure blood, strong nerves and a good APPETITE.

porter is to have the fruit gathered at the last possible moment, and yet before ripening has progressed even enough to tinge the bright green of the fruit with yellow. A difference of 24 hours on the tres at this time will make a difference in the weight of the fruit of perhaps 25 per cent. and all the difference in its final flavor, between a puckery cour and the sweetness and smoothness which are was then 14 years of age and number | characteristic of the ripe fruit. To get the bananas to our market in good condition requires fast steamers, which must be provided with ventilation and other means of keeping the fruit from ripening too fast in the hold. Much of the linest fruit does ripen in the few days of passage, and this is sold to hucksters for street sale .- New York Sun.

### DOES IT PAY TO TIPPLE.

You know it don't. Then, why do you do it? I know why. It requires too much self-dental to quit. Mr. A. Hurros DIXON'S medicine, which is taken privately, is pleasant to the taste, and will cure you of all desire for liquor in two or three days, so that you would not pay five cents for a barrel of beer or whiskey. You will eat heartily and sleep soundly from the start, and be better in every way, in both health and pocket, and without interfering with business duties. Write in confi dence for particulars. Address The DIXON CURE Co., No 40 Park avenue Montreal.

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O'chek, P.M. Committee of Management meets
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M. J. POWER; all communications to eaddressed to the Hall. Delegates to St. Patrick's League;
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DIVISION No. 2.

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#### A.O.H. - Division No. 3,

Meets the 2nd and 4th Mondays of each month, at Hiberma Hall. No. 2012 Notre Dame St. Officers: B. Wall, President; P. Carroll, Vice-President; John Hughes, Fin Secretary; Wm. Rawley, Res. Secretary; W. F. Stanton, Treus: Marshal, John Kennedy; T. Erwine, Charman of Standing Committee. Hall is open every evening tex opt regular meeting nights! f. r. members of the Order and their triends, where the will find Irish and other leading news; apers on the.

### A.O.H.-Division No. 4.

her Anyway, it cannot be much of a fortune. Thus Margaret Magill passed out of Ethel Denner's life, but they did not forget each other.

Etheldeveloped into a beautiful young lady. In time the married a rich young man, and life to her seemed one continuous May. But soon fortune took a turn. Her mother and father died after. Dame street.

## C. M. B. A. of Canada,

## C.M.B.A. of Canada, Branch 26 (ORGANIZED, 13th November, 1893.)

Branch 26 meets at St. Patrick's Halk 92 St. Alexander Street, on every Monday of each month the regular meetings for the transaction of busidess are held on the 2nd and 4th Mondays of the month. at 8 P.M.

Applicants for membership or any one desirous of information regarding the Branch may communicate with the following officers: M. SHARKEY, "resident, 1338 Notre Damo St. J. H. FEELEY, Trensurer, 719 Sherbrooke St. G.A. HADHOIS, Fin. See, 511 St. Lawrence St. JAS, J. COSTIGAN, Secretary, 325 St. Urbain St

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## St. Lawrence Court, 263, C.O.F., Meois in the Engineers' Hall, 6032 Oraig street, on

the second and fourth Tuesday of each month, at Spm M. M. J. Flanagan, Chief Ranger; Thes. W. Maguire, Recording Sewetary, 119 St Andre street, to whom all communications should be ad-

# St. Patrick's Court, No. 95, C.O. F

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med Such a death rate from consumption and pul-

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PROVINCE OF QUEBEC, DISTRICT OF MONTREAL. SUPERIOR COURT., No. 666. Dame Orise Dagennis, of the City of Montreal, in he district of Montreal, wife common as to property of Joseph Pepin, greer, of the same place, duly authorized a ester en justice, has instituted an acto in separation as to property against her said husband, this day,

Montreal 19th January, 1898.

BEAUDIN, CARDINAL,

LORANGER & ST. GERMAIN,

27-5

Attorneys for Plaintiff.

PROVINCE OF QUEBEC,
DISTRICT OF MONTREAL,
No 2437.

Dame Pommela St. Amour, of the City and
District of Montreal, wile, common as to property, of N policon Viplade, of the same place,
merchant, duly authorized "a enter an justice," has this day instituted as action against her said husband, for secaration from property.

BEAUCHAMP & BRUCHESI,
Atty-, for I leintiff.

Montreal, 18th December 1897. PROVINCE OF QUEBEC, BUPERIOR COURT. No. 2454.

VICTOR THERIAULT, Plaint ff. S. MONDOU, Defendant,

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