

HOME

LOAF RECIPES.

Veal Loaf.—Buy one-half pound ham trimmings and one and one-half pound veal. Put the meat in water, season and boil until it is tender. Have a cupful of stock left. Drain the meat and run through a food chopper. Into a long narrow pan put half of the meat on which lay, end to end, four or five hard-boiled eggs. Now put in the rest of the meat. Over this pour the stock into which has been dissolved one tablespoon of gelatin. Set aside to cool and when set, slice thin and serve with lettuce or parsley.

Cheese Loaf.—Grate one-half pound cheese. Mix one pint of coarsely crumbed bread with one-half pint of minced boiled ham from which all fat has been removed. Line a buttered pan with some of the bread crumbs mixture; place over the crumbs some of the cheese and continue in this manner until dish is filled; add salt and pepper to season, and pour over all one pint of milk. Let stand five minutes, then bake in moderate oven for twenty minutes. Run a knife around the edges of the pan, inverting on a warm dish when ready to serve. A tomato sauce is poured over the cheese just before sending in to table.

A New Recipe.—A novel way to fix veal or beef loaf for a luncheon or picnic is to put on three hard-boiled eggs in the center of the loaf before baking and then when it is cut in slices the pieces of egg in the center of each slice adds much to the appearance.

Meat Loaf.—One and one-half pounds hamburger steak, one-half pound salt pork, six crackers, rolled, two eggs, beaten. Add to one-half pint milk; mix with the above; salt, pepper, pinch of paprika, sage, and two small onions, chopped fine. Press into pan after having mixed thoroughly, and add one-half pint of milk, into which you put two tablespoons of bacon fat; throw over top of loaf; it will absorb all of the milk in baking. Will serve fourteen people, the cost of which is less than 30 cents. Bake two hours in slow oven.

SEASONABLE RECIPES.

Pompeian Corn.—Put into a skillet a lump of butter, the size of a walnut, add corn, season with salt pepper (a little paprika preferable) and a small quantity of light brown sugar. Fry for twenty minutes stirring frequently so that it will not scorch. The sugar makes the corn brown nicely and is delicious. Serve steaming hot.

Sautéed Green Tomatoes.—Cut smooth, round, green tomatoes into three-eighths inch slices, sprinkle with salt, and let stand about two hours. Wash, dry, roll in eggs, then cracker or bread crumbs. Sauté in butter or half butter and half lard. Be sure to cover and let them cook slowly, browning first on one side, then on the other. This is a fine vegetable dish for late summer and fall.

Fried Peaches.—Take ripe peaches, pare and slice in halves, sprinkle with sugar, dip in egg and cracker crumbs. Fry in butter to a golden brown. Serve hot with fried chicken.

MINT RECIPES.

Mint Extract.—The extract of the mint obtained by placing the mint leaves, carefully washed, in stew pan of cold water and allowing them to boil a few minutes. Strain and cool.

Mint Punch.—Boil one and one-half cups of sugar in a pint of water. When cool add the strained juice of four lemons and as much of the essence from the cup steeped in mint leaves as is desired. Color with green vegetable coloring. One or two oranges will add to the flavor of the punch. When ready to use, add two quarts of water.

Mint Ice.—Boil two cups of sugar in a pint of water five minutes; add the juice of five lemons and enough water from the cup of mint leaves to give the desired strength of flavor. Color with vegetable coloring, when partly frozen add the beaten whites of one egg. Serve in sherbet glasses with a lot of whipped cream in which a bud of mint has been placed.

Mint Cucumber Sandwiches.—For light summer refreshments dainty and delicious sandwiches may be made by dipping thin slices of fresh young cucumbers in well-seasoned French dressing and placed butter. These sandwiches should be put together as short a time as possible before serving, and except the butter, everything should be iced with a sprinkling of finely chopped fresh mint between slices of white bread spread with unsalted.

Mint Jelly.—Boil together one cupful of clean mint leaves, one cupful of sugar, and one cupful of vinegar five minutes. Strain and pour the mixture over one tablespoonful of granulated gelatin which has been soaked in a little cold water. Add one-fourth of a

teaspoonful each of salt and paprika.

TASTY DESSERTS.

Iced Cocoa.—Mix one-half cup cocoa, three-fourths cup sugar, and one cup water and boil until it forms a thick syrup. Cool and pour into a jar or bottle and place on ice. Add one tablespoonful to each glass of cold milk for a service.

Cottage Pudding.—Cream one cup of sugar with butter the size of a walnut. Add two well-beaten eggs, one-half cupful milk, one and one-half cupfuls flour with which two teaspoonfuls of baking powder have been sifted. Bake twenty minutes and serve at once with mashed, sweetened raspberries.

Sour Cream Pie.—One cupful chopped apple, one cupful of seed raisins, one cupful of sugar, one-half cupful of sour cream, one-half cupful of milk, one-quarter teaspoonful each of cinnamon, nutmeg, and cloves, one-half teaspoonful of salt. Peel apples and chop with raisins. Mix all together and bake in pie dish over.

Angel Parfait.—Place over the fire in a small sauce pan half a cupful of sugar and water. Stir until the sugar dissolves. Then boil without stirring until it spins a thread. Meanwhile beat until stiff and dry the whites of three eggs and add to them slowly the hot syrup after it has been taken from the fire for about half a minute. Beat well and flavor with vanilla or any preferred flavoring. When cold stir in gently a pint of cream, well whipped and drained. Put into a small mold and pack at once in ice and salt for about four hours. Serve with angel food cake.

Nut Bread.—Two eggs, one cup sugar mixed with eggs, two cups sweet milk, four cups sifted flour, four teaspoonfuls baking powder, one teaspoonful salt, one cup nut meats chopped. Put in two tins let raise thirty or forty minutes, and bake in a moderate oven forty-five minutes.

Novel Dessert.—A novel dessert may be made by using oranges and cranberries together. Cook the cranberries as for sauce and pour over oranges with a light sprinkling of sugar over them. They should, of course, be sectioned. Serve with whipped cream.

Apple Sherbet.—Take half a gallon of fresh cider, add the juice of three lemons, half pound of sugar, and whites of six eggs. Freeze hard.

USEFUL HINTS.

Take your clothes from the line as soon as possible after they are dry. They are likely to become too stiff if left out longer than necessary.

Cups and dishes which have become brown from constant use in baking may be made new and bright by rubbing the stains with a flannel dipped in whiting.

Sick headache is mostly caused by too much acidity in the stomach. A pretty good cure consists in merely eating a little burnt or very brown bread-crust.

Never waken a child suddenly, and never carry a baby immediately into a glaring light when he wakes up; the sudden impression of light is very bad for the eyes. Instead of taking lace yokes and cuffs out of dresses to wash when soiled, if they are rubbed with dry starch, then rubbed thoroughly, the lace will look like new.

Apply glycerine to a scald directly the accident happens, and cover it up with strips of rag soaked in glycerine. If the glycerine is not at hand, apply salad oil in the same way.

It is pointed out by a medical contemporary that there is a right way and a wrong way of coughing. Some chronic coughers seem to be proud of the terrible noise they make.

If you wish to live long and be healthy and happy, fill your lungs day and night with pure, fresh air, and let your system absorb all the sunshine you can possibly secure for it.

Many persons do not drink a sufficient supply of water to maintain health. Six glasses a day is sometimes necessary to help carry off the impurities of the human system.

In preserving, canning and jelly-making iron or tin utensils should never be used. The fruit acids attack these metals, and so give a bad color and metallic taste to the products.

Tarnished silver is easily cleaned with powdered whiting mixed to a paste with ammonia and water. Rub the paste on with one leather and have another leather to polish it off again.

Gilt on china will not last long soda be used in the washing of it; therefore, use soapy water for washing teacups, etc., patterned with gilt, and keep soda carefully away from them.

To clean furred iron kettles place inside a small handful of unsalted lime. Fill with water and boil for half an hour. Rinse well, and water may be used after standing all night if found to be clear.

WEST POINT UNIFORMS.

Cadets Must Sacrifice Comfort For the Sake of Looks.

"It is true," said a retired army officer in a discussion of West Pointers with the Washington Herald, "that many West Pointers acquire a figure of perfection of symmetry and a carriage the acme of manly grace, but these are due to not any ingenious appliances, but to the systematic drills and exercises that make the cadet, to a certain extent, an athlete. At the outset these young fellows are put through what are called the 'setting up' exercises, their object being to straighten the body and develop the chest. One might suppose that it would require a great amount of such exercise to make any marked showing, but three long hours of such exercise daily will soon produce results in the most stupor of form."

"The cadet uniform is also a great help in this direction. The dress coat is tight, very tight. The shoulders are heavily padded in order to give them a square effect. The chest is made thick, so that there will be no danger of wrinkling. And in size a new dress coat seems always to be designed for a boy several times smaller than the one who is to wear it. A new dress coat, in fact, is always a source of suffering to its owner. When he first puts it on it buttons readily about the neck, but seems to lack about six inches at the waist. The owner may squirm and wriggle and attempt to reduce his waist to a minimum circumference, but his misdeeds efforts are never sufficient to button the new dress coat. Experience is a great teacher, though, and the young fellow laughingly requests one or two of his friends to lend their assistance, and he finally succeeds in buttoning the coat. All this for the sake of looks. Comfort has no place in the makeup of a West Pointer; it's discipline and looks."

WATCHED OVER BY SATAN.

Superstitions That Twins About the Mandrake Plant.

The little plant the mandrake has a wealth of tradition centering round it such as is seldom found in floral lore. Quite an insignificant little plant with a spindle-shaped root often divided into two or three forks and rudely resembling the human form, it is doubtless from this latter fact that it has derived its name. Langhorne in the latter part of the eighteenth century tells us to

Mark how the rooted mandrake wears His human feet, his human hands, while it was once believed that a person pulling up a mandrake would instantly fall dead. This was said to be because the mandrake had a human heart at its root and when pulled it would scream in such a fearsome manner as to terrify the hearer to death or else induce madness. Shakespeare alludes to this where he says:

And shrieks like mandrakes torn out of the earth.

That living mortals, hearing them, run mad.

And again in "King Henry VII," where Suffolk, asked by Queen Margaret, whether he has not spirit to curse his enemies, replies:

Would curse 'em, as doth the mandrake's I would invent as bitter, searching terms As curst, as harsh, as horrible to hear.

From time immemorial the mandrake has been associated with enchantments and was of the most powerful charms of witches. Mr. Conway in a paper on "Mystic Trees and Flowers" states that "by popular superstitions in some places it is said to be perpetually watched over by Satan, and if it be pulled up at certain holy times and with certain invocations the evil spirit will appear to do the bidding of the practitioner."—Westminster Review.

The Holland Primrose.

There is a plant in Holland known as the evening primrose, which grows to a height of five or six feet and bears a profusion of large yellow flowers so brilliant that they attract immediate attention, even at a great distance, but the chief peculiarity about the plant is the fact that the flowers, which open just before sunset, burst into bloom so suddenly that they give one the impression of some magical agency. A man who has seen this sudden blooming says it is just as if some one had touched the land with a wand and thus covered it all at once with a golden sheet.

A Reflection on the Horse.—"My husband," bragged Mrs. Jones, "was a famous long distance runner in his day. He once outran a horse in a twenty mile race."

"Isn't that funny?" answered Mrs. Smith. "We once had a horse like that."

Now Jones and Smith wonder why their wives don't speak.—Buffalo Express.

Father Did the Work.—"Why should you beg? You are young and strong." "That is right, but my father is old and weak and can no longer support me."—Megendorfer Blatter.

Concoited.—Nell-Polly says her fiancé is awfully concoited. Belle-In what way? Nell—He has never once told her that he is unworthy of her.—Philadelphia Record.

A Philosopher.—"Pa, what is a philosopher?" "A philosopher, my boy, is one who tells other people that their troubles don't amount to much."—Detroit Free Press.

DARING WORK IN A FOG.

Clever Seamanship of a Captain in a Landlocked Harbor.

"The greatest piece of seamanship I ever saw," said a traveler, "was on a trip to Halifax. It was a marvel, and this is how it happened."

"We were steaming along about twelve hours out from our destination one summer-afternoon. It had been clear all day, and the sea was beautifully blue, but about 4 o'clock the fog began to shut down—one of those swift, dense fogs that come on that coast and shroud a boat from sight in less time than it takes to tell of it. Of course the fog whistles began to blow, and many of the passengers got nervous under the strain of its continued howling."

"After dinner I went up on the bridge and was permitted to stay. The captain would not enter into any conversation—that is, I could not talk to him, but in his restless pacing up and down the bridge he would frequently make a remark to me. It went on for hours, the fog as thick as steam and the whistle reiterating its mournful warning."

"At length the captain gave a sharp order. Two points, northwest by north," he said. "No, a little more—that's right," he finished as his command was executed. I was bewildered, and my face must have shown it, as he glanced at me, for he ruminated the explanation that he wanted to pass within a few hundred feet of a certain whistling buoy near the harbor. I said nothing, but I did not understand. Why, the night was so thick that it was hard work to see from the bridge to the rail, and what could he mean by making a buoy?

"On and on we went, and always the fog seemed to me thicker. I could not sleep, and most of the night I was on the bridge. When it must have been nearly morning a new whistling began to sound on our starboard bow, as nearly as I could judge. It was a fearful fog alarm, and kept getting nearer and nearer."

"Whistling, and the passengers were terribly frightened. I looked at one ex-naval officer who stood with me on the bridge, and his face was like a dead man's. Mine must have been also. Then, just as it seemed that some giant steamship must strike us, so close was the whistling, the fog lifted like a veil, and there, not 150 feet away, was the buoy that the captain had mentioned."

"Almost at once the fog closed down again; but, do you know, he took us past two warships, into the landlocked harbor and up to the dock in it. It was magnificent, and though we really could not put our admiration in tangible form, we got together and gave him a gold watch on the return voyage as a little souvenir."—New York Post.

A Cumulative Persian Story.—A hunter finds some honey in the fissure of a rock, fills a jar with it and takes it to a grocer. While it is being weighed a drop falls to the ground and is swallowed up by the grocer's vessel. Thereupon the hunter's dog rushes upon the vessel and kills it. The grocer throws a stone at the dog and kills him. The hunter draws his sword and cuts off the grocer's arm, after which he is cut down by the infuriated mob of the bazaar.

The governor of the town, informed of the fact, sends messengers to arrest the murderer. When the crowd related troops were dispatched to the scene of the conflict, whereupon the townspeople mixed themselves up in the riot, which lasted three days and three nights, with the result that 70,000 men were slain. All this through a drop of honey.

Early Landholding.

Nothing is clearer than the fact that the system of landholding in the most ancient races was communal. Private right in land was for a long time unknown, the source of life being held in common between the members of the tribe. Not only land, but all property that in any way had to do with the general welfare, was looked upon as belonging to the whole tribe in common, no individual having the right to call it his own. Gradually and after a very long time, under the old regime, the right of private ownership began to creep in until at last it became the recognized right pretty nearly everywhere.—New York American.

The Front End.

A young couple had been married by a Quaker, and after the ceremony he remarked to the husband:

"Friend, thou art at the end of thy troubles."

A few weeks after the man came to the good minister boiling over with rage, having found his wife to be a regular vixen, and said:

"I thought you told me I was at the end of my troubles."

"So I did, friend, but I did not say which end," replied the Quaker.

Way It Goes.—"Give 'em what they want, my boy," said the old physician.

"For instance?" inquired the young medico.

"Well, many a woman will take oxygen treatment at \$5 a throw who wouldn't spend a car fare for fresh air."—Washington Herald.

Aide to Conversation.—"Books help a man's conversation."

"Undoubtedly. But the man who buys them seldom gets to be as good a talker as the man who sold them to him."—Washington Star.

Reliance on the right is expressed by defiance of the right.

GREAT SALT LAKE.

An Immense Fresh Water Sea Some Thousands of Years Ago.

In glacial times Great Salt lake was a magnificent fresh water lake the size of Lake Huron—that is, about 18,000 square miles—and had its outlet into the Port Neuf, the Snake and the Columbia rivers. This was at least 10,000 years ago, but since that time the climate has become arid, and not enough water has fallen over the Great basin to supply that lost by evaporation. Consequently the lake has ceased to flow from its outlet and gradually dried up from over a thousand feet deep to fifteen feet and from 18,000 square miles in area to less than 1,700.

It is now seventy miles long and about thirty wide, but is beautiful still and is the home of myriads of sea birds and other waterfowl. It is the great resort of the people of Utah, for from 3,000 to 5,000 visit its shores daily in the summer, and many bathe in its waters. The lake contains about 7,000,000,000 tons of salt.

When the lake is high the salt is so diluted that it has gone down to 11 per cent. When it is low, as it was not many years ago, it reached saturation which for the mixed ingredients of the water is 33 per cent.

There is nothing mysterious about it any more than there would be about a teaspoon with a teaspoonful of salt in the bottom. If a tablespoonful of water were put in the cup on the salt it would taste very salty, but if the cup were filled to the brim with water it would not.

The salt has come from the water of the rivers flowing into it since it ceased to flow from its outlet. All river water contains salt, and the annual evaporation of from two to five cubic miles of this water leaves large quantities of salt behind, and so it has accumulated for thousands of years.

A DREAM JOURNEY.

It Was a Very Long One, but It Took Only a Few Minutes.

"Dreams are curious things," remarked the amateur psychologist. "Time does not seem to enter into their composition at all. For instance, the other day I was sitting on the porch of a hotel with a friend of mine smoking after lunch. It was a dreary day, and conversation lagged. Presently I saw my friend nodding in his chair. He had dozed off, holding his lighted cigar in his left hand, which was folded over his right. His left hand relaxed, and the end of the cigar came in gentle contact with the right hand, inflicting a slight burn."

"The devil it won't!" exclaimed my friend, waking with a start. "The sentence sounded so incongruous that I burst out laughing. 'Won't what?' I asked."

"How long have I been asleep?" he asked.

"Not more than a couple of minutes," I replied.

"It doesn't seem possible," he said. "During that time I had a dream that pretty nearly took me around the world. I sailed for Southampton, did England, France, Switzerland and a part of Italy, then through the orient to India. It was in India that I became much interested in one of the native snake charmers. He had the snakes crawling all over him and offered me one to fondle. I told him I was afraid it wouldn't bite me. He assured me that it wouldn't, and I took the reptile in my hand. It promptly bit me on the finger. I said: 'The devil it won't!' and dropped it, and then I woke up."

"I explained the episode of the lighted cigar," concluded the amateur psychologist, "and we both laughed."—New York Sun.

Southey's Industry.

Southey probably deserves to rank as the most industrious of authors. In the greater part of his life he spent fourteen hours a day in composition. He had six tables in his library. He wrote poetry at one, history at another, criticism at a third, and so on with the other subjects upon which he was engaged.

He once described to Miss de Stael the division of his time—two hours before breakfast for history, two hours for reading after, two hours for the composition of poetry, two hours for criticism, and so on through all his working day. "And pray, Mr. Southey," asked madam, "when do you think?"—London Chronicle.

"Come Across."

"Do these Englishmen understand American slang?"

"Some of them do. Why?"

"My daughter is to be married in London, and the duke has just cabled me to come across."

"Well?"

"Does he want me or my wad?"—Philadelphia Bulletin.

Two Tales in One.

Six-year-old George's father had taken him to a circus, and that night the mother asked her little son what he had seen.

"Mamma," said George, all excitement, "I saw a great big 'phant with two tails, and he was eatin' with one of 'em."—St. Louis Times.

Sarah's Request.

Doctor (to his cook, who is just leaving)—Sarah, I am very sorry, but I can only give you a very indifferent character. Sarah—Well, sir, never mind. Just write it like you do your prescriptions.—Stray Stories.

Justice Zaccaria party, friendship and kindred and is therefore represented as blind.—Addison.

A VERY PLEASANT HOME.

All Because of the Way He Solved the Closet Space Problem.

I must tell all my brothers how my wife and I have solved the problem which so bothers those who dwell where there is but little closet room. With one dressing case between us there was not room for all our things. As to the closets, they were crammed full, and even under the bed there were many hat boxes. So I purchased another dressing case.

I then took all my clothes, which had been crowding my wife's in her dressing case, and arranged them in my own. In the top drawer I put my handkerchiefs, collars and ties and all those other little articles of dandy which every man loves so much. In the second drawer I placed my shirts and underwear and devoted the lower drawer to my trousers, neatly folded, and my hose. My wife was delighted, as it gave her her own dresser all to herself and relieved the closet somewhat.

But in a day or so the new plan proved to have a few defects, so at my wife's suggestion I emptied one of the upper drawers in my dresser, putting its contents into the other and allowed my wife to use the now vacant receptacle for a few of her jackets, scarfs, etc. The second day it was decided that my shirts and trousers could occupy the same drawer, the lowest one, so this was fixed, and into the second drawer my wife moved a few of her petticoats and such things.

Soon finding that I was still using too much space, I permitted her to put my collars and such effects into the lowest drawer with my trousers, etc., thus giving her both of the upper drawers and the next and still leaving me plenty of room in the one bottom drawer.

Since then, however, I have found that I do not require so much space for my few things, so have taken them out of the bottom drawer and packed them into a hat box, which I keep under the bed, thereby giving my wife all the drawers in my dressing case. I find the present arrangement very satisfactory, as all I have to do now is to empty the hat box on the bed when I want anything in it and then, when I have made my selection, sweep the other articles back into place.

In this way I have solved the dressing case problem, and everything is quite pleasant in our home.—Paul West in Delinestor.

FREAK TREASURY NOTES.

The Face of the Bill, Not the Back, Indicates Its Value.

Despite the careful scrutiny given every bill that leaves the bureau of engraving and printing, a number of "freak" notes and their way into circulation from time to time. Such a one was a note that came to the subtreasury at New York. It had the imprint of a twenty dollar note on one side and of a ten on the other. But, inasmuch as the face showed the figures 20, \$20 was the legal value of the bill.

In most cases the "freak" bills that have escaped the vigilance of the bureau's officers are national banknotes, which, like the regular treasury notes, are printed there. As intimated already, the face value is always recognized when the "tranks" come to be cashed at any branch of the treasury. The imprint on the back has no lawful status whatsoever.

The notes are printed in sheets. Usually there will be one twenty and two tens on a sheet. They are printed one side at a time, so it can readily be seen that the printer in turning over the sheet might get it upside down and thus put a ten dollar back on the twenty dollar note or a twenty on the back of one of the tens.

When errors are discovered the misprinted sheet is laid aside to be destroyed. It cannot be torn up at once, for every sheet has to be accounted for. After some formalities it is ground into pulp.

Almost all the "freak" bills that have been issued in the past have found their way back to the treasury, there to be destroyed. It is thought that very few of them are now scattered about, and these are for the most part in the hands of curio hunters.—Harper's Weekly.

The Talipot Palm of Ceylon.

The talipot palm of Ceylon has gigantic fanlike leaves, which when fully expanded form a nearly complete circle thirteen feet in diameter. Large fans made of them are carried before people of rank among the Chinese. They are also commonly used as umbrellas, and tents are made by neatly joining them together. They are used as a substitute for paper, being written upon with a stylus. Some of the sacred books of the Chinese are composed of strips of them.

The Modest Hunter.

"Can you show me any bear tracks?" asked the amateur Nimrod.

"I kin show you a bear," the native replied.

"Thanks, awfully, old chap. Tracks will suffice."—Pittsburg Post.

Enthusiasm.

Anxious Messenger—Say, fireman, there's another are broken out of the street. New Recruit—All right, old chap; keep her going till we've finished this one.—Punch.

Not Always.

"Does your wife always insist on talking to you when you are shaving?" "No. Sometimes I shave when she is away from home."—Chicago Record-Herald.