

yolk of an egg grated over milk toast, or two tablespoonfuls of cheese added to hot milk poured over toasted bread. Avoid, of course, excessive sweets, hot breads and fried foods.

Q. What about pie?

A. Well, it is better to eat the fruit in another way.

Q. Why?

A. Because acid fruits cooked with sugar change both the character of the fruit and the sugar. Even if we use cane sugar it is split into dextrose and lavulose by the acid and heat—two new sugars prone to fermentation. The fat and the flour are exceedingly nutritious, each one separate, but when the grains of starch are enveloped with the grease it prevents the direct contact of the starch with the mucous secretions of the mouth and hinders their digestion, so that, besides giving a great deal of extra work, good food is converted into bad.

A Voice. "Oh, my, but pies are good."

A. "It would be an unwise man indeed who would eat pie." (Laughter and applause.) "It is not he articles used in the pastry that are injurious, but it is the combination, especially as the fat is a covering to the starch."

The Art of Cookery.

The importance of the art of cookery is very great; indeed, from the richest to the poorest the selection and preparation of food often becomes the chief object in life. The rich man's table is luxuriously spread; no amount of money is spared in procuring the rarest delicacies of the season. Art and Nature alike contribute to his necessities. The less wealthy have, indeed, fewer resources, yet these may be greatly increased by the knowledge of what may be called trifling details and refinement in the art of cookery, which depend much more on the *manner* of doing a thing than on the cost attending it. To cook well, therefore, is immensely more important to the middle and working classes than to the rich, for they who live by the "sweat of their brow," whether mentally or physically, must have the requisite strength to support their labor. Even to the poor, whose very life depends upon the produce of the hard-earned dollar, cookery is of the greatest importance. Every wife, mother or sister should be a good plain cook. If she has servants she can direct them, and if not, so much the more must depend upon herself. To such we venture to give a few general hints. An old saying (to be found in one of the earliest cookery books): "First catch your hare, etc.," has more significance than is generally supposed. To catch your hare well, you must spend your income judiciously. This is the chief thing. In our artificial state of society, every income, to keep up appearances, has at least half as

much more to do than it can afford. In the selection of provisions, the *best* is generally the *cheapest*. Half a pound of good meat is more nutritious than three times the amount of inferior. As to vegetables, buy them fresh. Above all, where an income is small and there are many to feed, be careful that all the nourishment is retained in the food that is purchased. This is to be effected by careful cooking. Cleanliness is an imperative condition. Let all cooking utensils be clean and in order. Uncleanliness produces disorder, and disorder confusion. Time and money are thus wasted, dinner spoiled, and all goes wrong. In the cooking of meat by any process whatever, remember, above all, to cook the juices *in it*, not *out of it*.—*The Ideal Cook Book*.

An Insect That Can Count.

An account of a curious insect found in the French colony of New Caledonia is contributed by Lieut. Col. Delauney, of the French army, who believes, from the regularity of certain gyrations that he has seen it make that it can count, or estimate numbers, up to six. We translate Col. Delauney's letter in *La Nature* (Paris, July 8). He says:

"In my capacity as an entomologist I have observed many curious customs and habits of insects. I have often employed my time in watching the sports of the flies in the sunshine; I have looked on with interest at the toilet of these same diptera, as they rub their legs, bodies, and heads; and I have seen many other things. But I never had the fortune to witness so extraordinary a spectacle as that offered to me by an insect in New Caledonia on September 29, 1892.

"I was walking, on that day, in my garden at Noumea, when my attention was attracted by the singular movements executed by a small insect on a banana leaf; it was turning about its own head as a pivot, describing rapid circles, every now and then it made a sudden stop and then went on again; it seemed, in short, to be a sort of 'skipper,' which was executing its gyrations on a leaf instead of on the surface of the water.

"All of a sudden the insect came to a full stop, and I waited patiently a good quarter of an hour to see what it would do. I resolved to observe and note the number of circles that it should describe in either direction, and when it began to move again, I put down the following data successively:

"Six turns in the direction of the hands of a watch, then a stop; six turns in the opposite direction, a stop; five in the first direction, a stop; five in the opposite, a stop; four in the first direction, a stop; four in the second, a stop; three in the first, a stop; three in the second, a stop; two in the first, a stop; two in the second,

a stop; one in the first, a stop; one in the second, a full stop.

"I waited for the insect to begin to move again, but I waited in vain; an hour was passed uselessly in this occupation; the creature was immovable and seemed to be asleep. I then decided to put it into my poison bottle, and some time afterward I examined its corpse at my leisure.

"It belonged to the order of *hemiptera*. Its length was about three millimeters ($\frac{3}{8}$ inch), and its form was in general that of a 'water boatman' with large head and powerful legs, although it was flatter than this celeopter. * * * Its color was a light tan.

"I made a note of what I had observed, and placing the insect in a little paper box I packed it in cotton and sent it with a letter to M. Stanislas Meunier, at the Museum.

"Alas! Three months later this scientist sent word that he had received both my letter and the box, but that there was no insect in the latter. Owing to its smallness and lightness the *hemipter* had slipped out.

"Six months afterward I was fortunate enough to find one of the same kind of insects again. I hastened to capture it and placed it in a large box, with a glass cover. I then promised myself a very interesting series of observations.

"But on the morrow there was no insect in the box; it had disappeared. My servant had evidently involuntarily aided it to escape by displacing the glass cover of the box while setting my table to rights.

"During more than a year's stay in the colony I never met with the creature again.

"However this may be, in reporting the observation of September 20, 1892, I may be permitted to think that I have seen an insect that knows how to count, at least up to six, since it made movements numbering successively from six down to one."—*Translation made for the Literary Digest*.

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