

son to practices which are themselves injurious, such as over-indulgence in alcohol or tobacco, or perhaps the use of opium or cocaine or chloral; and disease and death are often attributable to the action of these poisons rather than to the effects of work or worry. But these will not explain the disaster in all cases.

It may be objected despairingly that, if worry is slow suicide, then almost none of us can escape. Very few men can be found who have no unfilled desires which they are striving to gratify, and who are so absolutely secure of the future that they may give literal heed to the biblical command to take no thought for the morrow.

But this forethought is not worry—at least it need not be worry—it is merely uncertainty, prudent care for the future, or even slight anxiety. Harassing anxiety, impatient expectation, disproportionate fear of the unknown; this is worry, and this is what causes the heart to struggle, the kidneys to contract, the arteries to weaken, and the mind to fail.

No one who is not given to worry can conceive of the power which the habit gains over its victim. Such a one will freely admit the excellence of the advice not to worry, but he will add that it is impossible to follow it. This is true only in a measure and in a few cases. Barring instances of exceptional trouble, of extraordinary 'hard luck,' almost every one can by resolute determination reduce his worry within living limits.—'Youth's Companion.'

**Selected Recipes.**

**SWEETBREADS WITH ASPARAGUS TIPS.**—Sweetbreads parboiled and cut in small pieces; asparagus tips cut in small pieces, and boiled till tender. One tablespoonful of butter, one tablespoonful of flour, mixed with butter, one cup of cream, half cup of asparagus liquor; stir until it thickens. Add one cupful of tips, one pair of sweetbreads. Beat yolks of two eggs and stir in; cook three minutes; add one teaspoonful of salt and a dash of white pepper. Serve very hot.

**SWEET POTATO CROQUETTES.**—Mash four boiled sweet potatoes and beat to a cream with a large tablespoonful of butter, three tablespoonfuls of cream, a teaspoonful of sugar, salt to taste, a teaspoonful of lemon juice and a saltspoon of cinnamon. Beat an egg-yolk very light and stir it in and finally add the white of an egg, beaten to a stiff froth. Mold with the hands, dip in egg and roll in bread crumbs and fry in smoking fat. Sift powdered sugar over them and serve on a folded napkin.

**POT ROAST.**—A pot roast is an economical way of serving beef, and one which is generally liked. Use for this a portion of the brisket, which is one of the cheapest cuts of meat. To prepare, place in a pot without water, and stir about over the fire till well browned, after which add boiling water nearly sufficient to cover the meat. Boil slowly till done, allowing twenty minutes to a pound, adding when half done the salt. Half an hour before done, pare a few potatoes, and place them under the meat. When ready to take from the fire, thicken with flour, adding curry at the same time if desired. If properly cooked, the meat will be tender and the gravy rich and free from grease and lumps.

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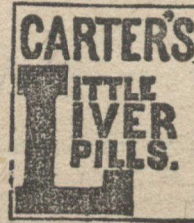
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