

AMERICANS GIVEN TO WASTE OF FOOD

NEGLECTED ECONOMIES IN COMMISSARY DEPARTMENT.

Much Money to Be Saved by Women Who Do Their Own Marketing in a Judicious Manner—The French Way of Obtaining Variety at a Slight Cost—Vegetables.

From the New York Sun. Food of all kinds is so abundant with Americans that economy in its use is not necessary and universal waste prevails. What is discarded or thrown away would feed half as many again of the Latin or Oriental races. As the population increases and a greater demand is made upon the sources of supply without proportionate increase of resources, coming generations will be compelled to learn how to utilize the commonest alimentary products with the same skill that European peoples now employ. One-half the amount expended here upon perishable articles could be saved were Americans trained to extract from them their utmost nutritive value in quantity and quality. This means not only thorough acquaintance with the adaptability of a single article of subsistence to its purpose, but also its fitness for the form of cooking to which it is to be subjected. An example of this is found in the use of a piece of beef after it has served its purpose in the making of stock for soups. With Americans the rule is to discard it as no longer of value; whereas it is capable of treatment in many forms for the concoction of very appetizing and nutritious dishes. It may be served cold with a vinaigrette sauce, cut in slices with oil and vinegar, mixed with chopped herbs, or hot, in gratin, hashed and baked in a platter with a rich sauce and mushrooms, or with a sauce plantain, or in little pies. This illustration is only one of a hundred of how wasted products may be profitably utilized.

WASTE IN ORDERING.

The custom that prevails of purchasing perishable supplies through a system of orders rather than in person is another source of waste. Clever marketing not only involves skillful buying, but also the ability to adapt the choice of the provisions bought to the use which it is proposed to make of them. For example, the feminine head of a household desires to purchase a fowl for a fricassee. If she sends an order for one to the dealer, although she may specify the purpose for which she intends it, he will use no discretion in selection, but will send a bird that is suitable for roasting and sells at a much higher price than one of inferior quality that would be entirely adapted to the concoction of the dish. This means so much unnecessary expenditure. If she goes in person to purchase a fowl for a fricassee, and if she is skillful in buying, she will select one that is old, tough, and ill-favored, for it is to be cooked in such a way that these defects will not be apparent when the preparation of the dish is completed. The difference in cost between a fowl of inferior quality entirely adapted to the making of a fricassee and one of superior quality which she will cook in the same way is so small that the dealer will give her if no personal choice is exercised will enable her to buy some other articles for the completion of the meal. A clever woman marketer will not purchase vegetables of the same degree of freshness for the making of soups as for use alone. In a soup it is a matter of no moment whether vegetables are stale or fresh. The former the dealer will dispose of at no much less cost than the latter, for it is to be cooked in a way that the buyer who knows how to use discrimination will save enough to buy two or three portions of choice vegetables for service as separate dishes.

THE MATTER OF MEATS.

The buying of meat offers even greater opportunity for the display of judgment. A woman who is thoroughly familiar with all the cuts into which the carcasses of an animal are subdivided can determine quality at a glance and not purchase an expensive portion when an inferior one will do as well when treated with a special sauce that will transform it into a succulent and appetizing viand and make it far more acceptable than a costly cut spoiled through incompetent cooking. A dealer, when he encounters a marketer of this discriminating and learned type, is interested and does justice to her superior capacity in concession in price that he recoups four or five times over from those who buy through orders. A woman who is a skillful purchaser of perishable food will exhibit her judgment in another direction. If she has a large and hungry family to feed

she will not place before the members of it a great joint of meat which will be eaten until each one is content. Instead, she will serve a small joint, which she will supplement by an generous allowance of good soups, bread and vegetables that when attack is made upon the piece de resistance it will be more than enough to satisfy their appetites, and sufficient will remain to assist at the furnishing of the morrow's breakfast. The cheaper and inferior elements can be made to play a very important part in a household whose head gives her personal attention to the purchasing and preparation of them.

LESSONS FROM FRANCE.

French women offer a notable example of the possession of this gift. They do not suffer an American woman to waste the least of money for necessary household supplies, because they possess the faculty of making the most of what they have. It is for this reason that eating in French families of moderate means is so far superior to that of the majority of the richer families in other countries, with the exception, perhaps, of those of Italy. While they serve at a meal fewer dishes and in smaller quantities, the execution of each is perfect in itself, and the variety of forms of preparation makes up for the relative absence of variety in the substance employed. The women of French households know how to prepare dishes out of the cheapest and most commonplace ailments, so that each shall have a distinct character of its individual essence and aroma. They are thoroughly trained in the knowledge that poverty does not prevent the exercise of skill in the field in which they are preeminent. Of money they have little, but they substitute for it an abundance of intelligence.

The most striking advance in the economical preparation of food and prevention of waste in food has come through the use of gas and kerosene oil in cooking. Instead of a mass of coal that is kept constantly in ignition, even for the purpose of boiling a kettle of water, a single jet of gas or oil that is burning only so long as it is needed answers the same end. The economy of this system is beyond computation. A chicken is roasted or broiled through the expenditure of only enough heat to accomplish the process. None is wasted to flow off into the chimney, as when coal or wood is used. There is neither soot nor dirt to contaminate the articles that are being cooked. A kerosene stove with two apertures will supply heat enough to prepare a meal for at least six people at a cost of not more than two cents, whereas the same expenditure of energy through the use of coal would cost ten times as much if not more.

WE MUST COME TO IT.

The French are invariably cited as offering examples to thrift and skill in the selection and preparation of food; but those qualities, the result of training, have not been effectively applied except during the past one hundred years. It was not until the time of the Revolution that the cookery was first introduced into France, and then its action was confined to the upper classes. Edible material at that time was very limited. It was not until 1790 that potatoes began to be seriously grown in France, and the skill in the employment of garden produce on a large scale is quite a modern feature in French eating. The use of vegetables has increased so largely there that their consumption now amounts to half of the food of the nation. This has resulted in a change of details and results of cookery so great as to dominate the entire French alimentary system. There is no mystery in the way the French discover fresh forms of culinary treatment or how they continue to add more dishes to their extensive catalogue. They have not kept their discoveries to themselves. They have published them to the world, and have invited and enabled everybody to follow in their track. What it will be necessary for Americans to do in the future in order to practice economy in food is to adopt the system of the French, who know how to eat cheaply, nutritively and agreeably. The change must come through the women who are supposed to supervise American kitchens. In France every maid employed in domestic service is more or less accomplished in cookery. Here those that are not cooks through choice disdain to take a passing lesson from what is going on about them in the preparation of food.

A MONSTER FISH.

Fresh Water Specimen Weighing Eight Hundred and Fifty Pounds.

From the Chicago Times-Herald. A fresh water fish that tips the scales at 550 pounds would doubtless astonish such an expert in fish lore as Isaac Walton himself. Very few of his enthusiastic followers who

Sunday-School Lesson for July 30.

Daniel in the Den of Lions.

DAN. VI:10-23.

BY J. E. GILBERT, D. D., LL. D., Secretary of American Society of Religious Education.

CONTEXT.—The downfall of the Babylonian empire and its absorption in the Medo-Persian empire did not obscure the prospects of Daniel. Left by Belshazzar in great honor, as a reward for service, he was received with special favor by the conqueror. Darius arranged his government in a manner that placed three provinces, over which he placed three presidents with Daniel as first. This act was highly offensive to the native princes, who looked with jealousy upon a man who had been a servant of the late dynasty, and they conspired against him, his administration, however, was faultless, giving ground for unusual honor. They were therefore compelled to attack him on religious considerations. They set a trap for him in the matter of prayer and made the king a party to their scheme by securing a decree that fed the king's vanity.

BRAVERY (Verses 10 and 11).—That decree provided that any man who should offer a petition for thirty days to any except the king should be cast into the den of lions. But Daniel was in no wise disturbed by this decree. He did not cease his prayer, or diminish their number, or perform them in secret. Fully aware that the writing had been signed, he went on as usual, and in the morning three times a day (Psalm iv, 15; morning, noon and night, and prayed to his God (Acts x, 9). This habit had doubtless been from childhood, as was the habit of John Quincy Adams. He knelt down before the open window that looked toward Jerusalem, where had been the temple, and there he prayed (Matt. xxvii, 56), even as the sepulchre of Jesus was sealed, that no one might thwart the royal purpose. Now let the conspirators return with exultation to their dwellings, for the man who stood above them and received greater honor than they had received. And let all the imp of the lower regions dance and shout because iniquity has triumphed over righteousness, and discover the names in bold characters on the page of history to be read in all after centuries that one man in Babylon preferred death to dishonor.

MALICE (Verses 12 and 13).—The opportunity desired by the princes had come. They felt that the man against whom their enmity burned was at last within their power, and his destruction sure. They had witnessed Daniel's act of devotion and they hastened to testify against him. It was an intriguing party, a company of officials—governors, princes, counselors and captains—the dignitaries of the realm who assembled at court to present charges against the Jew. The mention of who had occurred in the time Nebuchadnezzar (Dan. iii, 2). They first recited the royal decree which had been issued at the king's command, and also an acknowledgment, as they desired, that the laws of the Medes and Persians were inviolable. Then came their declaration that Daniel, whom they stigmatized as of the captivity, had disregarded the decree and the king and was guilty of disobedience, disrespect and diabolical.

REGRET (Verses 14 and 15).—King Darius was greatly distressed when he saw

that the life of Daniel was in jeopardy. It was no small matter to lose a competent and faithful officer, whose abilities had commended the highest place, without a good man who might be trusted in all things. It was more to be regretted that so senseless in itself, was issued by this king. Besides, all this had come about through the conniving of those whose motive was apparent, and to one could tell where such conspiracy might end, or who might be the next victim. All day long the king sought some way by which to avoid the result of his edict, displeased with himself at his own folly (Mark vi, 20). But as the sun was going down the officers again appeared before him and made the king a party to their scheme by securing a decree that fed the king's vanity.

COMMAND (Verses 16 and 17).—This pleading sufficed. Even an absolute monarch does not oppress the established order of his realm and the combined will of the rulers. There was constant danger of assassination. The order went forth against the man of God, who was cast into the den of lions according to the conditions of the decree. A stone was laid at the mouth (Lam. iii, 17) and it was sealed with the signet of the king and the signet of his lords (Matt. xxvii, 66), even as the sepulchre of Jesus was sealed, that no one might thwart the royal purpose. Now let the conspirators return with exultation to their dwellings, for the man who stood above them and received greater honor than they had received. And let all the imp of the lower regions dance and shout because iniquity has triumphed over righteousness, and discover the names in bold characters on the page of history to be read in all after centuries that one man in Babylon preferred death to dishonor.

UNREST (Verse 18).—In this shameful procedure there was one redeeming feature, although he had no right to his consent, did not approve the condemnation of Daniel. Retiring to his palace he refused all company, and would not be brought with which to cheer his spirits. That night he could not sleep, neither did he eat. It is impossible to enter into the thoughts and feelings of that troubled soul. It may be that the Spirit of God was the covenant God of the Jews and the merciful God of the heathen. The mention of who had occurred in the time Nebuchadnezzar (Dan. iii, 2). They first recited the royal decree which had been issued at the king's command, and also an acknowledgment, as they desired, that the laws of the Medes and Persians were inviolable. Then came their declaration that Daniel, whom they stigmatized as of the captivity, had disregarded the decree and the king and was guilty of disobedience, disrespect and diabolical.

INQUIRY (Verses 19 and 20).—When the

morning came, even before the sun had appeared, the king hastened from his palace to the den of lions. When Daniel went in he had expressed faith that God would deliver him (Verse 16), an evidence that he had some knowledge of what had been done under the Babylonian king (Dan. iii, 18), or perhaps his intense conduct of his first president had awakened his confidence. With a loud voice he called the name of the imperious man. They came the strict inquiry, half believing, half doubting, anxious to know whether the good man still lived. The question was put on its proper basis—it continued where the remark of the previous day ended, "Is thy God, whom thou servest, able to deliver thee? What a flood of light beamed forth from that question! "Thy God"—as distinguished from the divinities of Babylon! "Thou servest"—a recognition of the man's constancy and piety. "Able to deliver thee"—those words were destined to acquire value of exceeding comfort in all subsequent centuries.

SAFETY (Verses 21, 22 and 23).—The answer that came back out of the den filled the heart of the king with gladness. The words told the story of God's keeping power and of the safety of His servant. Withal there was no mention of evil doers. There are but two possible issues in every persecution. That which is conceived may be executed. Liberty may be taken away, and life itself. But God may overrule and vindicate His servant and put to shame all of his adversaries. He certainly will glorify His own name and establish righteousness by what His people suffer for Him (Acts ix, 16). The testimony of Daniel after deliverance may be the cheering word of all who suffer. The confession of Darius and executed plans for the establishment of His Kingdom. It was a long and dreary night that Darius passed face to face with the hope of deliverance and faith, righteousness and of judgment.

REFLECTIONS.—A good man has no reason to fear the devices of the wicked (Heb. xiii, 6). One who trusts in God need not be troubled by the persecutions of evil doers. There are but two possible issues in every persecution. That which is conceived may be executed. Liberty may be taken away, and life itself. But God may overrule and vindicate His servant and put to shame all of his adversaries. He certainly will glorify His own name and establish righteousness by what His people suffer for Him (Acts ix, 16). The testimony of Daniel after deliverance may be the cheering word of all who suffer. The confession of Darius and executed plans for the establishment of His Kingdom. It was a long and dreary night that Darius passed face to face with the hope of deliverance and faith, righteousness and of judgment.

annually whip the streams and lakes of the country have ever seen such a monster. It was caught by set lines in the Colorado river, where it weighs several hundred pounds. Salmon and other fish are protected by state laws at certain seasons, and unless the sturgeon soon has the benefit of similar legislation it will become extinct in these waters.

DWARF BEASTS OF THE ORIENT.

Some Midget Animals That Live in Our New Possessions in the Philippines.

From the Washington Evening Star. Another freak beast which will excite curiosity in our zoological gardens is the marmoset, a dwarf marmoset found in the forests of Mindoro of the Philippine group. It is a stunted form of the Old World marmoset, not of the American kind. It sometimes occurs high up in the mountains. It tunnels pathways through the thick bamboo undergrowth, covering its tracks with its sharp claws. Hunters must go upon hands and knees to follow these trails. The marmosets never hunt this little beast, being greatly afraid of it.

The midget Philippine squirrel is another odd creature. It is about the size of a mouse, has long ears in proportion to those of the ordinary squirrel, larger eyes and rounded ears. A large brown rat, gray underneath and with a squirrel-like head and eyes, but black, cord-like tail, is of still greater interest from an evolutionary point of view. It differs from the ordinary squirrel in that it has a long, thin, rod-like link needed to complete the chain of relationship between the true rat and the water-rat. A wild pig, dignified by the name of "Sus cebolensis Philippineus," is found throughout the whole Philippine group. It is exceedingly docile during the day, when it hides in the forests, but sallies gamely forth during the night into the native maize and rice fields, where it does much damage. The natives call this badly beloved pig "Ebabul."

The Philippines will also contribute a giant fruit-eating bat. All American bats, of course, are provided with sharp teeth with which to nip them. The fruit-eating bat of these islands is larger than a rat, has a long head and blunt teeth. It makes nightly incursions into the banana plantations and other fruit preserves. During the day it sleeps hanging head downward from a tree.

In Bataan, of the Philippine group, is found a chevreton, or "mouse deer," a tiny little piggy as cunning as a fox, and with the same snarling and squealing, when it takes to the woods, that a lightning flash and leaps to the forest leaving the inexperienced trapper in great surprise. The Philippines also contain civets, wildcats, porcupines, lizards, snakes and alligators. The "chacals," one variety of alligator, is prized by the natives as affording immunity against death by earthquake shock.

Professor Dean C. Worcester, lately appointed a member of the Philippine commission, has submitted to the

Smithsonian an extensive report upon the ornithology of those islands, where he recently counted no less than 256 different species of birds. Notable among these are some beautiful parakeets, cockatoos, mound builders, hornbills and jungle fowls. The last named are the principal game birds of the group. The natives take the hornbills and keep them as pets. The only important food of the forest warblers of the Philippines are species of catfish and carp.

ONLY.

It was only a little blossom, That started the first of the flowers. But it brought a glimpse of summer To the darkened little room. It was only a "good morning," As she passed along the way; But it spread the morning's glory Over the livelong day. Only a song, but the music, Though simply pure and sweet, Brought back to better pathways The reckless, roving feet. Only in our blind wisdom, How dare we say it at all? Since the first of the flowers, Which is the great or small. —Carolina Parry.

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