SOME SANITARY ASPECTS OF BREAD | destroy them, that the uncooked yeast | avoids the long period during which MAKING.

BY CYRUS EDSON, M. D.,

Health Commissioner, New York City, It is necessary, if one would under

stand the sanitary aspects of bread making, to fully comprehend the present theory held by scientists of germs and the part played by them in disease. The theory of disease germs is merely the name given to the knowledge had of those germs by medical men, a knowledge which is the result of innumera ble experiments. Being this, the old term of a "theory" has become a misnomer. A germ of a disease is a plant, so small that I do not know how to express intelligibly to the general reader its lack of size. When this germ is introduced into the blood or tissues of the body, its action appears to be analogous to that which takes place when venst is added to dough. It attacks certain elements of the blood or tissues, and destroys them, at the same time so good a chance of gathering germs. baked. producing new substances.

bread has been caten and with it the colonies of germs, that they have found their way into the blood and that the call for our services which The two materials used in the Royal,

germs of disease are to be found in the bir and dust. The longer any subtance to be eaten is exposed to the air, disappear, the substance of both havthe greater the chance that germs will ing been taken up to form the carbon-be deposited on it. Bread raised with ic acid gas. More than this, the be deposited on it. Bread raised with yeast is worked down or kneaded twice before being baked and this process may take anywhere from four hours to with the flour. The proper quantity It has, then, the chance of col- being taken, it is mixed with the flour octing disease germs during this pro- and stirred around in it. The mixess of raising and it has two periods ture is then sifted several times and working down or kneading during this insures that in every part of the such of which it may gather the diri flour there shall be a few particles of containing the germs from the baker's the powder. hands. As no bread save that raised ter being added, the dough is made up with yeast, goes through this long as quickly as possible and moulded process of raising and kneading so no into the loaves.

bread save that raised with yeast has

"DISEASE GERMS FOUND THEIR WAY INTO THE YEAST BREAD."

But the germs of the greater part of | is worth a few words. The introducthe germ diseases, that is, of the infec-tions and contagious diseases, will de-and the addition of heat when the pan velop or increase in number without is placed near the fire produces an being in the body of a human being, enormous growth of the yeast fungiprovided always you give them the the yeast "gern," in other words, proper conditions. These conditions These fungi effect a destructive ferare to be found in dough which is be-ing raised with yeast. They are warmth, moisture and the organic matter of the flour on which the germs, The fermentation produces carbonic

after certain changes, feed. It is necessary to remember at this point that yeast is germ growth, and when introduced into a mixture of glu- pushes aside the particles of the dough cose or starch, in the presence of warmth and moisture sets up a fer-mentation. If the mixture be a starchy It needs but a glance to see that it dough the yeast first changes a portion is, in its effects on the dough, purely of the starch into glucose and then de-composes the glucose by changing it before a close-grained mass, is now into two new substances, viz., carbonie full of little holes, and when cooked acid gas and alcohol.

Now the glutten, which is also a constituent of dough and moist starch, bread enables the stomach to rapidly affords, with the latter, an excellent and easily digest it, for the gastrie nidus for the development of germs of disease as well as for the yeast germs. from all sides. The fermentation of The germs of cholera, as of typhoid the dough, however, uses up a portion fever, would, if introduced into dough, of the nutrient elements of the loaf. find very favorable conditions for their If it be possible, therefore, to produce growth.

I do not wish to "pose" as an alarm- struction and without the "kneading" ist, nor am I willing to say there is very much chance of the germs of typhus and of cholera reaching the stomachs of the people who eat bread ess goes on, the gain in food and the gain in the avoidance of the germs is I have not the slightest cause to doubt exceedingly plain. that other diseases have been and will be carried about in the bread.

dangers which attend the use of yeast I have met journeymen bakers, suf- it is certain that the vesiculating effect fering from cutaneous diseases, work-ing the dough in the bread trough last degree perfect. It is apparent

followed, has rounded off this sequence eream of tartar and soda, are perfectly harmless, even when eaten. But they I have already pointed out that the are combined in exact compensation

The salt and milk or wa

These are placed in the oven and But the very moment the What is meant by "raising" bread warmth and moisture attack the mix-

ture of cream of fariar and soda, these two ingredients chemically combine and carbonic acid or leavening gas is evolved. The consequence may be during the time it is baking in the oven, and this is the most perfect of all conceivable methods of raising it. Here, then, there is no chance for

germs of disease to get into the dough and thence into the stomach, more than that the bread is necessarily as sweet as possible, there having been no time during which it could sour. This involves the fact that the bread so made will keep longer, as it is less likely to be contaminated by the germs that affect the souring process.

It will be strange if the crowds of visitors to the World's Fair do not greatly increase the number of contagious diseases, which we will have to treat. Under these circumstances is it not folly of follies to open a single channel through which these germs may reach us? Is it not the part of wisdom to watch with the greatest care all that we cat and drink, and to see that none but the safest and best methods are employed in the preparation our food? To me it seems as

though there could be but one answer to questions like these. I have shown the danger of using the yeast raised bread, and with this I have shown how that danger may be avoided. The onuce of prevention which in this case is neither difficult nor expensive is certainly worth many pounds of cure, and the best thing about it is that it may be relied on almost absolutely. Those who cat bread or biscuits or rolls made at home with

It needs but a glance to see that it Royal baking powder may be sure they have absolutely stopped one channel through which disease may reach them

Norn. --Housekeepers desiring informa-tion in regard to the preparation of the bread which, for sunitary reasons, Dr. Edson so strongly urges for general use, should write to the Royal Baking Powder Company, New

Unlike the white men, the Neah Bay (Washington) Indians take most of their seals with the spear. Long praca light porous loaf without this detice makes them proficient in its use, and unlucky is the seal that pops its head above the surface within a radius of ten yards from their canoes. They are as skilful in the management of their frail canoes as a Sioux warrior is of his nimble pony. In their chase they use the native dugout, hewn But while we can easily see the bodily from some cedar tree. It is light and fragile, and rides the swells

off the coast with the buoyancy of ing the dough in the bread trough last degree perfect. It is apparent with naked hands and arms. I have that if we are to substitute any other no reason to suppose bakers are less system of bread making we must have trached to his spear handle the marks-There are two men sent adrift in

TEMPERANCE.

HOUSEHOLD AFFAIRS.

INSECTS ON VEGETABLES.

TO ICE PRUIT.

To ice any fruit, dip first in the

beaten white of an egg, then in pul-verized sugar. Do this until theiring

sufficiently thick. Peaches should

e pared and cut in halves, and sweet,

Cherries, strawberries and other

the

juicy pears are treated in the same

mall fruits are iced with the stems on

only the largest being chosen. Pine-

apples should be cut into thin slices,

lemons cut into horizontal slices; the

oranges divided into quarters.-New

HOW TO WASH DISHES.

is the way to accomplish that result.

leave them to soak. When the meal is ended scrape all the plates clean-not

with a knife, for that scratches and nicks-but with a soft piece of left-

over bread. Put the plates in one

Next wash your cups and saucers-

Tins may be kept in a state of daz-

and the glass and silver together.

Do you know how to wash dishes?

and all the white skin removed,

WAV.

York Times.

WHAT THE PALOON-MEETER MEES

WHAT THE SALOON-REFFER REF. sects clinging to the vegetables fresh from market. Make a strong brine of a pound and a balf of salt to a gallon of water. Place the vegetables in this with the stalks uppermost Let them remain there for a couple of hours. This will destroy the insects which cluster in the leaves, and they will sink to the bottom of the pan.-New York World.

THE TRERIPLE EVIL.

THE TERMINE EVILA Men complain of the ignorance, powerty, and crime that find themselves multiplying in our communities. How many have estimated how much of all these can be traced to the one single bad habit of intemporance which destroys bedy and mind, rutas house and family, and branshes God from mah's heart? As we diminish the evil effects of this vice, can we not see a change for the better coming in the heart, and in the house preserved or modeemed? Christian men and women, but as unite to keep this terrible evil from our homes so that God and happiness may dwell with us.—Sacred Heart Review and these again divided into quarters. Oranges and lemons should be pared

LEASUNG FOR BECOMING AN ADSTAINER.

beauty.

LIQUOR DEINEING AND CROLEBA.

LIQUOR DRIVEING AND CHOLERA. It is a striking fact that the cholera scourge in Hamburg was said to be in large part con-fined to men who used alcoholic liquor regu-largely from the same class. This might be a mere coincidence if it were not a matter of being the same class. This might be a mere coincidence if it were not a matter of the same class. This might be a mere coincidence if it were not a matter of being the same class. This might be a mere coincidence if it were not a sentire of being the same class. This might be a mere coincidence if it were not a sentire of being the same class. This might be a mere coincidence of 1840 and 1851 or the there ones in 1856 and 1840 and 1851 or the stater ones in 1856 and 1840 and 1851 or the states were more general among heavy winkers than otherwise. Topers working while their temperate companions escaped. This general testimony to the evel effects at monoicating liquors is a most valuable temthis purpose. are any crevices, clean them with a brush kept for the purpose. Dry on a clean towel and polish with silver powder. This general testimony to the evil effects of intoxicating liquors is a most valuable tem-perame lesson. While no one is so foolish as to suppose that he will be sure to escape cholers, should it gain entrance to this coun-ity, by merely being temperate, yet it cannot be doubted that the boility condition of the toper both invites the disease and renders it less easy for him to combat it. The cholera germ attacks the mucous membrane which lines the alimentary canal, and the continued use of alcoholic drinks seems to leave this lining in such a weakened. If not diseased, state & to make the progress of the disease more rapid and irresistable than it otherwise would be, Every one familiar with the gen-eral effects of liquor drinking upon the hu-man system can understand how reasonable it is that this should he ex one at a time. Use a mop with a han-dle, and don't, in this day and generashaker. Wipe each cup and saucer before putting it out of your hand, or it will dry partially and streakily, and be rough to the touch. After the cups and saucers, wash the plates in the same way. Then clean the tins, and then the pots and pans. To clean knives, rub with a soft damad dinmed in mowdered baths flannel dipped in powdered bath-brick, or in wood ashes. Neverlet the ivory handles be dipped in hot water.

SCIENCE AND ALCOHOL.

ECIENCE AND ALCOROL. It is a common idea that alcohol produces a warming effect in cold weather; this feel-ing of warmth depends, in the first place, on the fact that the paralysis of the central ner-vous system causes an increased blood sup-ply to the surface of the body; and, secondly, in all probability, on the blunting of the sen-sibility of the central organs which are con-cerned in the sensation of cold. The stimu-hing action which alcohol appears to excert on the physical functions is also only a par-alvite action. Again, there is a strong be-lef that alcohol gives new strength and emergy after fatigue has set in; the sensation of futigue is one of the safety valves of our mechane. To stiffs the feeling of fatigue in order to be able to work on, is like forethy belief that alcohol gives strength to the weary is particularly dangerous to the class of pro-ple whose mecome is already insured to make the physical provide the angene size to the safety physical futures of our and the alcohol gives strength to the weary is particularly dangerous to the class of pro-ple whose the come is already in surface to zling brightnesss by being rubbed with sifted wood ashes or with whiten-Copper utensils should be scoured with brick dust and flannel. The dish cloths and mops should be washed, scalded and dried after each using. The towels should never be thrown aside in a damp lump, but should be hung to dry, and then dropped into the kitchen hamper against washing day. The dishpan should be thoroughly washed with soap and water, scoured and rinsed with scalding water, dried is particularly dangerous to the class of peo-ple whose income is already insufficient to procure subsistence and who are misled by procure subalistence and who are misled by this prejudice into spending a large part of their earnings on alcoholic drinks, instead of purchasing good and palatable food, especi-ally meal, cheese, milk, meat and other a itro-genous food-stuffs, which alone can give them strength for their hard work. It is commonly thought that alcoholic drinks aid digestion, but in reality the contrary would appear to be the case, for it has been proved that a meal without alcohol is more quickly followed by bunger than when it is taken. Dr. A. E. T. Longhurst, in Westminster Re-view.



Uncle Sam has 200 female clergy-One New York lady of fashion owns

a solid silver foot bath. The girl of the period's alpenstock

must needs be mounted in silver. Mrs. Mackay is popularly referred to in England as "The Silver Queen."

The fortune of Mrs. W. H. Vanderbilt, of New York, is catimated at \$30, 000,000. An expensive ruffle on a cheap shirt

waist is one of the prevailing inconsistencies.

A small silver heart with plush binding is the latest thing in pocket pincushions.

It may safely be declared that common sense women wear a common scase shoe.

Bow knot rings of gold are the latest, and are intended to be worn on the little finger.

She is a trifle in arrears of the proession who has not a sunshade for every costume.

Not merely so that you get them off the kitchen table into the china closet, Society girls are wearing the ring with the precious stone for the month but so that the despised and dreaded they were born. task becomes almost a pleasure. This

Gossip bags carried by the ladies are now made of the richest and most ex-As soon as the cooking is -done, fill pensive materials. all the cooking utensils with water and

Colored kid slippers are worn with afternoon gowns this season as they never were before.

No girl of the period's summer wardrobe is complete without at least one pink gingham dress.

pile, the saucers in another, the cups, emptied of their drainings, together, Marquise fans, recalling a kind in fashion long years ago, have come among this season's revivals. Have a bowl of water cool enough to

allow your hand to remain in it a few Lace of every kind plays a part this minutes without scalding, but hot, and season in the trimming of gowns that is almost as extravagant as it is beauwash the glasses with soap in that Dry them as fast as they are washed. tiful. If you let them stand upon a tray the

The fashion of wearing flowers at air dries them, and does it in strenks the corsage with afternoon and evening where the water is trickling down. toilet has been revived at the watering Have a soft, clean, lintless cloth for places.

The women on the Saratoga piazas Then wash the silver; the water are carrying a single flower with a long stem, oftenest an American should be very hot for this. If there Beauty rose.

To exhibit the now fashionable "Na-poleon curl" over the forehead, the girl of the period must needs tilt back her sailor hat,

Novel French skirts are shaped with tion, be without one of those wire many gores, then gathered front and kitchen conveniences known as a soapbut left with a plain smooth back, gore at the sides.

Mrs. Abram S. Hewitt has inherited Peter Cooper's old Dutch Bible, which, with its data of family history, makes very curious reading.

Black chiffon edged with white lace s partially successful as a fashionable material for the fichus women are trying to wear this season.

Not every girl who does not believe in sleeves below the elbow has either a pretty wrist or hand, albeit one looks for both with that fashion,

Several years ago, when Miss Carrie Astor, of New York City, became Mra. Orme Wilson, \$10,000 worth of roses were distributed at sick beds the next morning.

The Delsarte methods turn out esthetic young ladies, who hang their arms and hands and heads and who are monochromatic instead of polychrome even to their finger rings.

White muslin is worn by young girls for ball dresses, with moire or satin Empire sleeves and a sash deep in

How's This !

Haw's This 1 We offer One Hundred Dollars Roward for shy case of Catarri that cannot be curred by Hall's Charrer & Co., Props., Toledo, O. F. J. CHRNER & CO., Props., Toledo, O. We, the understand, have known F. J. Che-ney for the last 15 years, and believe him por-fectly honorable in all business transactions and financially able to carry out any obliga-tion made by their firm. WHER & TRUAX, Wholesale Druggists, Toledo, Ohio.

Ohin. Waldundi, KINNAN & MARVIN, Wholesals Druggists, Toledo, Ohio, Ha're Catarria Caro is taken internally, act-ing directly upon the blood and muceus sur-faces of the system. Frice, Tec, per bottle, Sold by all Druggists. Testimonials free.

We Cure Rupture.

No matter of how long standing. Write for free treaties, testimenials, etc., to S. J. Hollensworth & Co., Owego, Tioga Co., N. Y. Price \$1; by mail, \$1.15

For Preumonta, no other cough syrup equals Hatch's Universal. 25 cents at druggists. A wonder/ul stomach corrector-Beecham's Pills. Beecham's -no others. 52 cents a box.



KNOWLEDGE

Brings comfort and improvement and tends to personal enjoyment when rightly used. The many, who live bet-ter than others and enjoy life more, with less expenditure, by more promptly adapting the world's best products to adapting the world's best products to the needs of physical being, will attest the value to health of the pure liquid laxative principles embraced in the remedy, Syrup of Figs. Its excellence is due to its presenting in the form most acceptable and pleas-ant to the tasts the acceptable and pleas-

ant to the taste, the refreshing and truly beneficial properties of a perfect lax-ative; effectually cleansing the system, dispelling colds, headaches and fevers dispetting colds, headaches and fevers and permanently curing constipation. It has given satisfaction to millions and met with the approval of the medical profession, because it acts on the Kid-neys, Liver and Bowels without weak-ening them and it is perfectly free from every objectionable subtance

every objectionable substance. Syrup of Figs is for sale by all drug-gists in 50c and \$1 bottles, but it is man-ufactured by the California Fig Syrup Co. only, whose name is printed on every package, also the name, Syrup of Figs, and being well informed, you will not accept any substitute if offered.



I had been troubled five months with Dyspepsia. I had a fullness after eating, and a heavy load in the pit of my stomach. Sometimes a deathly sickness would overtake me. I was working for Thomas McHenry, Druggist, Allegheny City, Pa., in whose employ I had been for seven years. I used August Flower for two weeks. I was relieved of all trouble. I can now eat things I dared not touch before. I have gained twenty pounds since my recovery. J. D. Cox, Allegheny, Pa. @



SKIN.

Hunting Scals With the Spear.

other men, and I know, as every house-wife knows, yeast-raised bread must be will produce minute bubbles of worked a long time. This is an ex- carbonic acid gas throughout the mass ceedingly objectionable thing from the of dough. Now it is in no way diffistandpoint of a physician for the cult to produce carbonic acid gas reason that the germs of disease which chemically, but when we are working are in the air and dust and on stair- at bread we must use such chemicals ways and straps in street cars, are as are perfectly healthful. Fortunately most often collected on the hands. | these are not hard to find. Any person who has ever kneaded The evils which attend the yeastdough understand- the way in which made bread are obviated by the use of the dough cleans the hands. This a properly made, pure and wholesome

means that any germs which may have baking powder in lieu of yeast. Bak-found a lodging place on the hands of ing powders are composed of an acid the baker before he makes up his and an alkali which, if properly combatch of bread are sure to find their bined, should when they unite at once way into the dough, and once there, to destroy themselves and produce carfind all the conditions necessary for bonie acid gas. A good baking powsubdivision and growth. This is der does its work while the loaf is in equivalent to saying that we must rely the oven, and having done it, disap-'n heat to kill these germs, because it | pears.



BREAD WITHOUT YEAST - "THE MOST PEUPE-T OF ALL CONCEIVABLE WAYS OF RAIS-ING IL.

is almost certain that they will be | But care is imperative in selecting there. Now, underdone or doughy the brand of baking powder to be cer bread is a form which every man and tain that it is composed of non-injuriwoman has seen.

underdone bread is unhealthful. This from impure ingredients, or those reputation has been earned for it by which are not combined in proper prothe experience of countiess genera- portion or carefully mixed and which tions, and no careful mother will wish will leave either an acid or an alkali in her children to cat bread that has not the bread, must not be used. been thoroughly cooked. The reason It is well to sound a note of warning given for this recognized unhealthful- in this direction or the change from ness has been that the uncooked yeast the objectionable yeast to an impure dough is very difficult to digest. No baking powder will be a case of jumpone but a physician would be apt to ing from the frying pan into the fire. think of disease germs which have not been killed during the process of bak- shown by analysis, the "Royal." ing as a cause of the sickness following contains absolutely nothing but cream the use of uncooked yeast bread. Yet of tartar and soda, refined to a chemthis result from this cause is more than | ical purity, which when combined unprobable. I have not the slightest der the influence of heat and moisture doubt that could we trace back some produce carbonic acid gas, and having the Senator. of the cases of illness which we meet done this, disappear. in our practice we would find that strength has been found superior to me down," said the man. getms collected by the baker have tound their way into the yeast bread, whow, it is the only powder which will and I think he did just right," said that the heat has not been sufficient to raise large bread perfectly. Its use the Senator.

man has his weather eye out for his sleek-coated victim. With unerring aim he sends his dart through the seal, and with this line draws it into the boat, where it is clubbed to death. They make use of the double-barreled gun, but are not in love with it Their chase seldom leads them beyond fifty or sixty miles seaward, and they are thus enabled to run in and out at

their pleasure and avoid the heavy Sometimes they will follow the gales. eal a long way north and generally return well paid. Their range north and south as a general rule is confined within the limits of Cape Disappointment on the north and Gray's Harbor on the south.

Of the 400 men and youths on the reservation these may be divided into three classes, seal hunters, fishermen

and farmers. There are some who never go out on the chase, but stay at home and grow a few vegetables, fruits, grass, etc., while others angle for the salmon that are almost constuntly to be found in the waters which gurgle and spin about Cape Flattery promontory. A steam schooner calls at regular intervals and carries away fruits of their trolling lines .-Seattle Telegraph.

Stanford's Consideration for the Horse,

In employing men to work at Palo Alto, the late Senator Stanford, of California, gave them the most strict orders. They were told never to strike, kick, or whip a horse, and his instructions to his men were: "Always do a thing a little better than anybody else, and you will succeed. When you haddle a horse, treat him a little better than any one olse. When you breed a horse, breed him to a little better stock each time.

It was in this way that Stanford revolutionized the horse-breeding of the country. He never allowed on of his men to ill-use a horse, and they

More people die of drink in Stockholm than in any other city in the world, the deaths from that cause numbering ninety out of every 10,000. knew it. There are never noise or blows around the Palo Alto stables, Two hundred and three inmates of the Kanass Soldiers' Home, who have been treated for alcoholism, have left the home, able to maintain themselvers. and the horses are never frightened. To show his feeling toward his horses, According to a statement lately put for-ward at the London Mansion House, the city of London drinks every year 45,000,000 gallons of malt liquor, 8,000,000 gallons of wine, and 4,500,000 gallons of spirits. the late Henry Vrooman once told of an occurrence when he was dining with Senator Stanford. Just after the

dinner, one of the drivers insisted that he must see the Senator. He was ushered in, with blood over his face, which was badly out. "John knocked me down," explained the man, referring to one of the trainers.

"What did you do?" asked the

"Nothing," replied the man. "But you must have done som thing; I want the truth," persisted

"I kicked a horse, and John knocked

DRUNGENNESS AND INCOMPTY.

DRUNKENNESS AND INCEMETT. Dr. James Stewart, an English surgeon, in a recent lecture makes a distinction, not commonly made, between drunkenness and inebriety. The drunkard, he maintains, is a person who drinks whenever he finds an opportunity : the instrinte is a person who, in most cases, is born with an unsound brain and might even be a mar who never tasted alcoholic drink in his life, the one vicious, the other diseased. The following is a sum-

view

alcoholic drins in his life i the one vicious, the other diseased. The following is a sum-mary of Dr. Stewart's conclusions: 1. Drunkenness is a vice. Insbriety a dis-ease the two terms must not be confounded, 2. The disease of insbriety once established may be transmitted to the patient's offspring either in the form of the alcoholic disthesis, summers, choose theoretic removes the descen-

either in the form of the alcoholic diathesis, spilepsy, chorea, insanity, or even tendency to crime. 3. The child of an inobriate born after the functional or structural besion has been established is sure to inherit some ner-vous diathesis. 4. The only assurity against this diathesis developing as inebriety is lite-long total abstimenes on the part of the child. 5. Even the adoption of this presau-tion will not absolutely make certain that ihere will be no transmission of the chach-exia by the child to his or her offspring. 6. To prevent the development of the alcoholic neurosis in other direction - such as epi-lepsy-sudden excitement of the emotions and sensibilities, such as might be produced by corporal punishment by strangers, should by corporal punishment by strangers, should in all cases be guarded against. 7. In the prophylaxis inclusion to children's training is, that if we accentuate the good we attenu-ate the evil. 8. The marriage of the child or even grandchild of an inclusion to a first cough should be absoluted interclined. cousin should be absolutely interdicted.

TEMPERANCE NEWS AND NOTES.

The man who loves the saloon spends many an hour with convivial companions which he ought to spend with his family, helping his wife to bear her burdens and training his little ones in the way of virtue.

Temperators societies are being formed among the Mullis of Russia. The members undertaking to abstain from vodka for a twelve month. The first time one of them breaks his promises he w fined three rubles and receives nineteen strokes of the rod. The second time the punksiment is doubled.

The second time the pullisiment is doubled. The saddest thing is that the drunkard, coming out of his debauch, wants to repeat R. He says. "When shall I awake? I will seek if yet again." The drunkard loses his inderal force, his will power. He becomes a shave to the habit. He is no longer a free man. He knows he is a fool and he wants to be a fool

man. He i to be a fool

and hung on its own hook. Then th sink should be scoured and rinsed with scalding water, in which common soda has been dissolved. -New York World.

IN LOVE-APPLE SEASON.

Tomatoes are healthy and tomatoes are growing cheap. Therefore, the New York Becorder concludes, rules for tomato cookery are in order :

Tomato Eggs-Cut three or four good-sized tomatoes in half. Take out a little of each inside. Fry the tomatoes lightly in a pan containing two ounces of melted butter. When almost done carefully drop a raw egg from the shell into the hollow of each tomato. When the egg is perfectly set take each one separately from the pan and lay it on a small, round slice of buttered toast; dust with a little coraline pepper and sprinkle a little newly grated ham over the white of each egg. Serve on a hot dish, with a garnish of nasturtium flowers and leaves.

Tomatoes and Shrimps-Choose dozen smooth-skinned, medium-sized tomatoes; cut a piece off the top of each and acoup out a portion of the interior. Scald, bone and fillet three auchovies; pound in a mortar with a half pint of freshly-skinned shrimps, a tablespoonful of ham, one of taragon leaves, a pinch of salt and a dash of Mix .together and nearly cayenne. fill each tomato with the mixture then pour into each a little oil and vinegar, seasoned with prepared mustard; lay the tomatoes in a bed of freshly-picked and washed cress.

Tomato Fritters-Boil, peel and pound to a pulp four tomatoes. Beat up with this the yolks of four and the whites of two eggs, two tablespoonfuls of cream, two tablespoonfuls of white wine, sensoned with a little grated nutmeg and dash of cinnamon. Beat until very light; then divide into small fritters and fry in a pan of heated butter; drain on paper and send to the table with a sauce made of an ounce of melted butter, the juice of two lemons and a tablespoonful of caster sugar.

Solidified Petroleum Fuel.

Considerable attention has been attracted in engineering circles abroad during the past year by the use of petroleum in solid form. The details of the Chenhal process for solidifying petroleum are now made public, brief, this process consists in heating 600 parts of the oil with 300 parts of melfed and dissolved soda, ten parts of concentrated calcium chloride solution and ninety parts of resin. After the mess has become solid it is cut up into briquettes, which can be used in the same way as coal or any other similar fuel .- New York Commercial Advertiser.

In the hot months, camels cannot march on the desert longer than three days without drinking.

front, narrow toward the back, finished off with a small bow and long ends, There is a sudden revival of all the

rich and pale shades of brown, from chostnut, Vandyke, etc., auburn, through the many handsome half tones, to beige, fawn and pale amber brown.

Miss Jeannette Gilder is said to be the author of the remark that New York men divide all women into two classes-fools and rogues; and that they prefer the rogues, although they marry the fools.

The day is fast approaching when every one in the feminine world above seventeen years of age will again have a "best black silk," which this fall will be of satin, bengaline or satinfigured gros grain.

"Novelty" hop-sackings and dainty mountain suitings are set forth by leading Broadway importers this week. These two fabrics are excellent in quality and especially well adapted for traveling, beach and mountain costumes. They are fifty inches wide and cost sixty-five cents a yard.

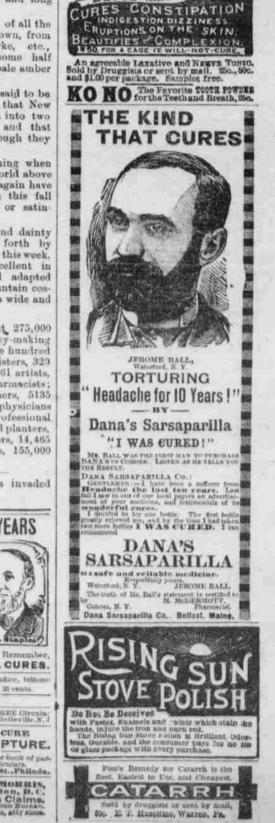
In 1890 there were about 275,000 women engaged in money-making occupations, as follows: One hundred and ten lawyers, 165 ministers, 329 authors, 588 journalists, 2061 artists, 2136 architects, chemists, pharmacists 2106 stock raisers and ranchers, 5135 Government clerks, 2438 physicians and surgeons, 13,182 professional musicians, 56,800 farmers and planters, 21,071 clerks and bookkeepers, 14,465 heads of commercial houses, 155,009 public school teachers.

The Salvation Army has invaded thirty-five countries.

SALT RHEUM FIVE YEARS

In the form of arunning sore on my ankle, four physicians failed to cure. then commenced tak-雨雨 ing Hood's Sarsaparilla, and using Hood's Olive Ointment, and at the end f two years I was completely cured, and have hal no trouble with it since." SIMKON STATLES, HOOD'S SARSAPARILLA CURES. Hoad's Pills cure liver ills, jaundice, bills NYNU-34 GOITRE CURED J. N. Elster, Hellewille, N. HARD RUBBER RUPTURE. TRUSSES Bend for twok of pas-teniars.

DENSION Washington, B.C. Successfully Prosecutes Claims, ale Principal Brancian U.B. Penalon Bureau minister un 19 adjudication characteristics



It is a belief as old as the hills that alum or those which are compounded

The best baking powder made is, as Senator.

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