

# OFFICIAL VIEW OF EGGS.

## THEIR VALUE AS FOOD DISCUSSED IN A FARMERS' BULLETIN.

Tests for Fresh Eggs—The color of the shell immaterial—Method of cooking Eggs—Setting Eggs by Weight Recommended—When Cheaper Than Meat.

The United States department of agriculture, believing that the people of these United States do not know how good for them are eggs as food, has issued Farmers Bulletin No. 128, entitled "Eggs and Their Uses as Food." It is by C. F. Langworthy, Ph. D.

Mr. Langworthy in his introduction enumerates the sorts of eggs from geese, ducks, turkeys, chickens, and guinea fow. Attention is called to the fact that there are two broad subdivisions into which eggs may be divided, those from which the infant bird comes partly fledged and to a degree able to care for itself, as do chicks of the common hen, and those from which the babies issue naked and helpless against the assaults of hunger and cold, except as they are protected by their parents, as in the case of sparrows and most of the smaller birds of the air.

More nutritive material is needed in the first sort of eggs than in the second, of course, because a great deal more of the youngster's life is developed inside the eggs.

According to the best information of the author, there is very little difference between the eggs of different breeds of chickens. The color of the eggshell, notwithstanding a decided opinion to the contrary, has nothing whatever to do with the contents. In many experiment stations there have been careful analyses to show that white and brown shelled eggs have the same nutritive qualities, if the hens which laid them have been equally well fed.

Eggs are classed as among the most nutritious of food stuffs. They contain more water than cheese, but are more concentrated than milk or oysters. It is true that the flavor of eggs is affected by the food of the hens in some such degree as the flavor of milk is affected by the pasturage. That is the reason why eggs that are perfectly fresh may not seem fit to be used for any other purpose than the polishing of the soles of shoes in factories.

Experiments in the digestibility of eggs show that hard boiled and fried eggs require 3-4 hours for digestion, soft boiled eggs required 3 hours, roasted eggs, 2-4 hours, raw eggs, not whipped, 2 hours and raw eggs, whipped, 1-2 hours. It has also been established that from 93 to 97 percent of an egg that is eaten is digested. Hard boiled eggs will almost always produce more disturbance of the even tenor of the way of the digestive organs than soft boiled eggs. Tea, coffee and cocoa retard the digestion of eggs, but coffee retards the process less than the others.

In the bulletin the following directions are given as to the preparation of eggs as food:

"The following methods of preparing soft cooked and medium cooked eggs have been found to give uniform results in laboratory tests at the University of Illinois: Using a granite ware stepan of one quart capacity, one pint of water was heated over a gas flame; when the water boiled the gas was turned off and an egg which had been kept in a refrigerator was dropped into the water. Without disturbing the vessel it was covered closely and the egg allowed to remain in the water six minutes. It was then soft cooked. As shown by tests when the egg was dropped into the water, the temperature fell almost at once to 155 degrees Fahrenheit, and then slowly to 170-171 degrees Fahrenheit. If the egg remained eight minutes it was medium cooked. In this case the temperature of the water at the end of the cooking period had fallen to 162-164 degrees.

"Poached or dropped eggs are removed from the shell and then cooked in water. Thudicum recommends the use of salted water to which a very little vinegar has been added. The reason for this is perhaps that acetic acid (vinegar) tends to precipitate albumen; that is, to prevent a loss due to some of the egg being dissolved in the water. Flavor may also be one of the objects sought.

"Fried eggs are generally cooked in a flat pan in a little hot fat, oil or butter, and may be either soft or hard, according to the length of time employed in the process. Eggs are also occasionally baked in much the same manner that they are fried.

"The omelet is generally regarded as one of the most appetizing forms in which eggs can be served. It consists of the beaten egg with a little milk, water or cream or melted butter added, quickly cooked in a little fat or butter in a suitable pan and folded over so that it may be turned out of the pan in a half round form. Some cooks insist that the best omelets are made by using hot water instead of milk or cream. The hot water is stirred into the egg yolk in the proportion of one tablespoon to an egg.

"Scrambled eggs resemble an omelet in method of preparation, but no effort is made to preserve the characteristic form and appearance of the omelet. Generally speaking, lightness is desired in the omelet and thorough mixing in scrambled eggs. The former is secured by beating, the latter by stirring. Omelets are also made by the addition of various materials, such as parsley, jam, etc.

"The uses of eggs for other purposes than food are numerous. Large quantities of egg white are used in the manufacture of albumen paper for photographic purposes, and the egg white and yolk and products made

from them are very important in the manufacture of many different articles. The washing of new laid eggs greatly impairs their keeping qualities. According to Seibel a new laid egg placed in brine made in the proportion of two ounces of salt to each pint of water will at once sink to the bottom, while an egg three days old will swim just immersed in the liquid. If more than three days old the egg will float on the surface and if more than two weeks old the shell will barely dip in the water.

As to the methods of preserving eggs the only one that the department seems to think worthy of any great attention is that of coating the eggs with water glass. Waterglass is the popular name for potassium or sodium silicate. It is a thick syrup, in the form for which it is sold for commercial uses. It is sold wholesale for as little as 1-3-4 cents a pound in carboy lots. One part of the syrup is dissolved in 10 parts of water. The eggs are coated with this solution. There is also a water glass powder soluble in water. One gallon of the solution is sufficient for 50 dozen eggs if they are properly packed.

The statement so frequently made by housekeepers that eggs at 25 cents a dozen are cheaper than meat is true in one sense. Not, of course, with reference to the total amount of nutriment obtained for the money expended, but because a smaller amount of money is needed to furnish the meal. That is to say, whereas at least 1-1-4 pounds of beefsteak, costing 25 cents, at 20 cents a pound, would be necessary to serve five adults, in many families five eggs, costing 10 cents, at 25 cents a dozen, would serve the same number and probably satisfy them equally well. If the appetites of the family are such as to demand two eggs per person, doubling the cost, it is still 20 percent less than the steak. Many persons eat more than two eggs at a meal, but the average number per person, it is believed, does not generally exceed two in most families. A hotel chef is authority for the statement that at least one-half an egg frequently receives a for one egg. Frequently when omelets, souffles, creamed eggs and other similar dishes are served in place of fried, poached or boiled eggs or meat less than one egg per person is used.

It is suggested that the most needed reform in the egg business is that the eggs should be sold by weight and not by number. Eggs vary so much in size that the numerical terms of sale often are unjust to either the merchant or to the consumer.

### THE DREAM FULFILLED.

Warning of Death That Came True on the Battlefield.

"I noticed an article in The Star a few days ago on presentiments of a death," said an army officer this morning, "which reminded me of an instance coming under my personal observation during the civil war.

"A general officer on the staff of General Rosecrank received a letter from his brother, stating that he (the brother) was in receipt of a letter from a lady friend, in which she stated that she had dreamed that the army officer would be killed upon a certain day which she specified.

"The brother, in acquainting the officer with the premonition, ridiculed the probabilities of its fulfillment, and advised the officer not to take it to heart or attach any weight to what was undoubtedly a visionary creation. "I knew the officer very well. He took an opposite view to his brother, and declared and seemed to feel that it was destined to prove true. He spoke of it often to his intimates on the staff, and made preparations to meet death by arranging his worldly affairs. He was a Catholic, and so convinced was he that he was to die that he received the sacraments of the church.

"On the day when the lady had dreamed he was to be killed the battle of Murfreesboro' was raging. He mounted his horse to carry out an order of his commanding general, and as he was riding over a field a few yards from where I was stationed a shell exploded so close to him that he was instantly killed, being nearly decapitated.

"So impressed was he that that day was to be his last on earth he had spent the morning at intervals reading a small pocket edition of a religious book. This book was in his hand when the shell exploded.

"Strange to say, the lady who had the dream was not well acquainted with the officer, but knew his brother, who was a priest, very well. The fact that she should have such a dream at all concerning one whom she scarcely knew, that it should be communicated to its subject, and that he should be killed on the very day she named, was one of the many remarkable and unaccountable actual happenings of the civil war which I personally knew to be true."—Washington Star.

Lighting Wood-Carving Machine. Complete plans of a remarkable machine for turning out intricate carved moldings are shown in a recent issue of London Engineering. This machine is capable of working on moldings up to eight inches wide and three inches thick. The machine is claimed to be very rapid in action, a bold egg and tongue molding two and one-half inches thick being finished at the rate of 20 feet a minute, while with smaller molding double this phenomenal rate of production is attained. Any description of wood can be worked. This machine, it is claimed, will do the work of more than 2000 hand carvers, and the moldings are so perfectly finished by the machine that they do not require to be touched by hand.

### SCIENCE AND INDUSTRY.

It is computed that one inch of water on an acre of surface is 27,152 gallons or 113 tons, weight.

A number of young filbert trees have been sent to the agricultural department from Greece. The nuts from these trees are the largest and have the finest flavor of any filberts the department has yet discovered, and every effort is to be made to encourage their growing.

In an open London suburb a scientist found 20,000 dust particles in a cubic centimetre of air—equal to about 0.061 of a cubic inch—while in a ward in the centre of London the number amounted to 500,000. The air was loaded to the extent of about 900 percent more in the city than in the suburb.

Absolute zero is the point at which as has been determined from experiments with gases, matter would be without a trace of heat—could be cooled no farther. This point is 273 degrees below centigrade zero. A degree of cold so intense as this is, however, absolutely unattainable. Even the meteorites which swarm in interstellar space must be heated to some extent by the radiance of the stars.

American material for the building of railroads, tramways, etc., continues to be exclusively employed in Mexico. The latest order in that line placed in the United States amounted to a large figure, for it was destined for three lines of tramway around Medina, in the state of Yucatan. A company was formed for the building and operating of these tramways, with a capital of \$400,000, and it has applied to the state legislature for the concession, which, being a purely formal affair, the official conclusion of it was not waited for by the tramway company.

The Faroe islands are remarkable for the immense numbers of birds that frequent them, and which furnish an important supply of feathers to commerce. The most valuable of these birds for its feathers is the puffin, about 100,000 of which are caught annually. Perpendicular cliffs of rock, facing westwardly, are known as fowling cliffs, because of the birds that cover their shelves. During part of the summer the birds are so numerous around the cliffs that they are said to resemble a thick snowstorm. Very few birds are found about cliffs that do not have a western exposure.

The indigo industry of Bengal is suffering severely from the competition of the manufactured German dye, huge quantities of which are being exported to India and the other markets hitherto controlled by the Indian industry. The German synthetic indigo is considered to be superior and is much cheaper. It is also stated that if the native indigo manufacturers were to conduct their work upon a more scientific basis, and were to extract the maximum quantity of dye from each plant, they would be in a position to meet the German competition. With a view to encouraging the industry, the government of Bengal has voted \$22,500 for research work, with a view to facilitating and improving the existent process of manufacture.

### GERMANY'S NEW OIL ENGINE.

It Operates Without the Use of Boilers, Furnaces or Chimneys.

Great things are expected of the Diesel engine, the latest thing in German engineering, the first working of which in England a London Express representative was permitted to see at Guidebridge, near Manchester, recently.

Economy in fuel and space is the chief merit of the Diesel, commending it to makers of automobiles and small marine craft as an engine with a future. Its claim to originality lies in the fact that it works with crude oil, without smell or dirt, perfectly consuming all the products of combustion. Unlike other oil engines, it requires no ignition point. Compressed air from cylinders starts the Diesel. Oil and air are then admitted to the cylinder, when the compression of the air by the return stroke so raises the temperature that the oil flashes and the forward stroke is delivered.

The exhaust is perfectly clean and free from odor. Thus the claim made for the Diesel is that no boilers, furnaces or chimneys are required. Great economy of space and fuel is effected, as it can be used with any kind of liquid fuel or furnace gas—the waste product of blast furnaces. Hopes are entertained that the Diesel will be used on a very large scale, those who are introducing it to England claiming for it the ability to run a vessel as large as the Oceanic. Already an order has been placed by the French government for an engine of this type, to be used in a submarine boat.

If the Diesel frees the streets from the smell of the motor car and yacht decks and ladies' dresses from the cinders of a steamer funnel, the German inventor will have claim on the gratitude of mankind. If, as seems likely, it will encourage the establishment of small plants in rural districts, where gas is not obtainable and coal is dear, it may do much more than this for industrial England.

### The Dean's Joke.

"Some one has stolen the tele- scopes," reported the astronomy professor.

"That ought to be an easy thing to look up," said the dean, and the astronomy professor, in duty bound, laughed consumedly. — Indianapolis Press.

**Gray?**  
"My hair was falling out and turning gray very fast. But your Hair Vigor stopped the falling and restored the natural color."—Mrs. E. Z. Benomne, Cohoes, N. Y.  
It's impossible for you not to look old, with the color of seventy years in your hair! Perhaps you are seventy, and you like your gray hair! If not, use Ayer's Hair Vigor. In less than a month your gray hair will have all the dark, rich color of youth.  
\$1.50 a bottle. All druggists.  
If your druggist cannot supply you, send us one dollar and we will express you a bottle. Be sure and give the name of your nearest express office. Address, J. C. AYER CO., Lowell, Mass.

Treasures of a Countess.  
One of the most noted women of Europe was the Countess De Castiglione, who died in Paris last year. An inventory of the valuables left by her has recently been made. She has five apartments, one in the Rue Cambon, two at Batignolles and two in the Rue Castiglione, for which she paid \$3,000 rent. All these apartments were packed with treasures of every kind. In the Rue Castiglione there were found more than 500 closed silver and gold mounted fans. These were carried by the countess at the fetes at the Tuileries. One chest was packed full of lace, another was full of furs. In one of the trunks there was a pawn ticket for jewels on which \$30,000 had been lent. One of these was the famous pearl necklace worn by the deceased, which was valued at \$30,000. Another chest was a massive silver tea service. In the wardrobe and commodes there were silk, satin and velvet dresses in large numbers, and heaps of the finest French cambric; also of ribbons, Chantilly lace, etc. In one basket were 25 groups of old Dresden china, wrapped up in cambric and other linen. In two trunks there was an incredible number of Louis XV sunshades, with ivory and gold handles and enriched with precious stones. The heir of the Countess De Castiglione is Maria Trilstone of Geneva. He is going to Paris for the sale of her property, which will take place at the Hotel Drouot shortly.

An Expensive Timepiece.  
The most expensive clock now in existence is one owned by the Rothschild family. It dates from the time of Louis XVI, and cost \$165,000. There are many other valuable clocks, some of them very old and exhibiting seemingly inexplicable features. One of these has on top a basin, marked like a dial and filled with water, on which floats a miniature swan of iron. The ball of this swan indicates the hour as correctly as does the second hand of an ordinary clock. As the swan floats freely in the basin and the basin rests loosely on the pedestal, the clock greatly puzzles the uninitiated. Yet the explanation is simple. The basin rests on a thin copper plate; underneath this plate the clockwork rotates a magnet instead of an hour hand, and this magnet attracts and holds in proper position the bill of the iron swan. A springless clock is operated by balls falling on the right side of an over-shot wheel, and by their weight rotating the hands. Whenever a ball reaches the lowermost position it drops through an aperture in the box at the bottom and at the same time another ball drops from the box on top of the wheel. From time to time the balls in the lower drawer have to be removed by hand to the upper receptacle.

We refund 10c. for every package of PERMANENT DYE that fails to give satisfaction. Monroe Drug Co., Unionville, Mo.

There are now 1484 German naval officers on active service and 539 on leave of absence.

All people who throw bouquets at themselves are not contentionsists.

Are You Using Allen's Foot-Ease? It is the only cure for Swollen, Smarting, Tired, Aching, Hot, Sweating Feet, Corns and Bunions. Ask for Allen's Foot-Ease, a powder to be shaken into the shoes. Cures while you walk. At all Druggists and Shoe Stores, 25c. Sample sent FREE. Address, Allen S. Olmsted, LeRoy, N. Y.

The "foreign" population of Yokohama, Japan, averages 2000, of which 500 are English.

Frey's Vermifuge, 25 Cts. Eradicates worms. Children made well and mothers happy. Druggists and country stores.

Last year the gold production of Australia amounted to \$60,000,000.

ETS permanently cured. No fits or nervousness after first day's use. Dr. Kline's Great Nerve Restorer. \$2 trial bottle and treatise free. Dr. R. H. KLINE, Ltd., 961 Arch St., Phila., Pa.

The young fellow with his first mustache feels down in the mouth.

E. B. Walhall & Co., Druggists, Horse Cave, Ky., say: "Hall's Catarrh Cure cures every one that takes it." Sold by Druggists, 75c.

Australia has 6190 churches, 210 for every 10,000 of her population.

Mrs. Winslow's Soothing Syrup for children teething, softens the gums, reduces inflammation, allays pain, cures wind colic, 25c a bottle.

Family jars are not all we find in the pantry.

Piso's Cure is the best medicine we ever used for all affections of the throat and lungs. W. O. ENDSLEY, Vanburner, Ind., Feb. 10, 1900.

Lots of people kill themselves trying to be popular.

Always keep Garfield Headache Powders on hand; they cure headaches, clear the head of fullness, relieve nervousness and mental strain, and make one feel well. They are harmless and do not derange the system.

The cotton States have 430,000,000 acres fit to grow cotton, and cotton grows on only 25,000,000 acres.

### Giants' Kettles in Minnesota.

In the Inter-State Park, near Taylor Falls, Minnesota, has been discovered a singular group of "giants' kettles," or potholes, covering an area of two or three acres and ranging in diameter from less than a foot to 25 feet. They have been bored in exceedingly hard rock, and in many cases they are like wells in shape, the ratio of width to depth varying from one to five up to seven. Mr. Warren Upham ascribes their origin to torrents falling through glacial "moatins" at the time when the northern territory of the United States was buried under ice. As with similar potholes elsewhere, rounded boulders are occasionally found at the bottom of the cavities.

### Cassava and Sugar Cane.

Farmers in Florida, in the low country of South Carolina and in the southern part of Georgia are experimenting with food crops in the cultivation of cassava and sugar cane, in the hope of developing two ideal money crops. Their interest has been excited by the success of an experimental cassava starch factory in Deland, Fla., which in three years has marketed 2,400 tons of starch, and by expert reports on the high quality and yield of sugar made from cane grown in Florida and Georgia.

### Country Cousins Do Not Figure.

Turks have no family names. For example: A man named Mohammed has a son named Ahmed and a daughter named Sappha. The son will always be known merely as Ahmed and the daughter always merely as Sappha. In the latter case even after marriage. The result is that members of families after one or two generations become lost to each other. In fact, the "sisters and the cousins and the aunts' business is not much exploited in Turkey. One may be talking to two brothers or two sisters without the fact being made known. There being no family ties—no aristocracy. The Grand Vizier of to-day may have been a camel driver or a servant. His rise is not due to any family influence or connection.

Recent census statistics in Italy shows that the proportion of population not able to read or write has decreased to 39 per cent. In 1881 it was 65 per cent.

For the cure of headaches there is absolutely nothing better than the Garfield Headache Powder; these have been successfully prescribed for many years by a prominent physician; they are effective and harmless.

London's new water reservoirs near Staines will cover eleven square miles. One alone will be as big as Hyde Park.

Since the Louisiana and Texas farmers learned to raise rice by irrigation they have invested \$5,000,000 in 1,500 miles of canals, capable of flooding 300,000 acres, and spent \$1,700,000 in building 50 modern rice mills. Under the new system the rice lands pay a net profit of \$15 an acre.

The German army includes more than ten thousand musicians.

**Bromonia** For Headache. Effective in cases of nervous disorders of women. Headaches from overwork, or other causes. Mailed to your address on receipt of 25 cents. Medium size, 50c. Large size, \$1.00. BROMONIA CO., 125 Broadway, 5th Ave. and 6th St., N. Y.

**DROPSY NEW DISCOVERY!** gives relief in cases of dropsy, edema, etc. Box of testimonials and 10 days' treatment free. Dr. H. H. GREEN'S HOME, Box 9, Atlanta, Ga.


"The Name that made West Point famous." **McILHENNY'S TABASCO.**

P. O. U. 26, 1901.

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# LION COFFEE

A LUXURY WITHIN THE REACH OF ALL!



**"THE VILLAGE GROCER."**  
(With due apologies to H. W. Longfellow.)

Under a spreading chestnut tree  
The corner grocery stands,  
The grocer—mighty man is he  
With hard and sinewy hands,  
That weigh out goods from morn till night,  
And also coffee brands.

His goods are varied in their price  
And quality as well,  
The store itself looks neat and nice,  
As all his neighbors tell.  
And his one great ambition is  
To LION COFFEE sell.

Week in, week out, from morn till night,  
You'll hear this fellow blow  
About his coffee, always right,  
The LION brand, you know;  
Because it's pure and honest goods  
He tries to make it go!

Not only is it pure and good,  
But also very cheap,  
Because 'tis best for household use,  
A stock he'll always keep.  
In LION COFFEE thus his faith  
Is both sincere and deep.

Buying—rejoicing—wondering,  
His customers attest  
That LION COFFEE is, by far,  
In quality the best,  
And the premiums also are admired  
And always in request.

In every package of LION COFFEE you will find a fully illustrated and descriptive list. No housekeeper, in fact, no woman, man, boy or girl will fail to find in the list some article which will contribute to their happiness, comfort and convenience, and which they may have by simply cutting out a certain number of Lion Heads from the wrappers of our one pound sealed packages (which is the only form in which this excellent coffee is sold).

**WOOLSON SPICE CO., TOLEDO, OHIO.**

No matter how pleasant your surroundings, health, good health, is the foundation for enjoyment. Bowel trouble causes more aches and pains than all other diseases together, and when you get a good dose of bilious bile coursing through the blood life's a hell on earth. Millions of people are doctoring for chronic ailments that started with bad bowels, and they will never get better till the bowels are right. You know how it is—you neglect get irregular—first suffer with a slight headache—bad taste in the mouth mornings, and general "all gone" feeling during the day—keep on going from bad to worse until the suffering becomes awful, life loses its charms, and there is many a one that has been driven to suicidal relief. Educate your bowels with CASCARETS. Don't neglect the slightest irregularity. See that you have one natural, easy movement each day. CASCARETS tone the bowels—make them strong—and after you have used them once you will wonder why it is that you have ever been without them. You will find all your other disorders commence to get better at once, and soon you will be well by taking—

# THE TONIC LAXATIVE

# Cascarets

LIVER TONIC

**BEST FOR THE BOWELS**

NEVER SOLD IN BULK.

10c. 25c. 50c. ALL DRUGGISTS.

**CURE** all bowel troubles, appendicitis, biliousness, bad breath, bad blood, wind on the stomach, bloated bowels, foul mouth, headache, indigestion, pimples, constipation, liver trouble, all low complexion and diseases. When your bowels don't move regularly you are getting sick. Constipation kills more people than all other diseases together. It is a starter for the chronic ailments and long years of suffering that come afterwards. No matter what ailment you are suffering from, if you will never get well and be well all the time until you put your bowels right. Take our advice; start with CASCARETS to-day, under an absolute guarantee to cure or money refunded.

**GUARANTEED** TO CURE: Five years ago the Great Box of CASCARETS was sold. Now it is over six millions boxes a year. Greater than any similar medicine in the world. It is scientific proof of great merit, and our best testimonial. We have faith and will sell CASCARETS absolutely guaranteed to cure or money refunded. So buy today, two 50c boxes, give them a fair honest trial, use per simple directions, and if you are not satisfied, a 7-day return, the unused 50c box and the empty box to us by mail, or the druggist from whom you purchased it, and get your money back for both boxes. Take our advice—no matter what ailment you are suffering from, if you will never get well and be well all the time until you put your bowels right. Take our advice; start with CASCARETS to-day, under an absolute guarantee to cure or money refunded.

TO CURE: Five years ago the Great Box of CASCARETS was sold. Now it is over six millions boxes a year. Greater than any similar medicine in the world. It is scientific proof of great merit, and our best testimonial. We have faith and will sell CASCARETS absolutely guaranteed to cure or money refunded. So buy today, two 50c boxes, give them a fair honest trial, use per simple directions, and if you are not satisfied, a 7-day return, the unused 50c box and the empty box to us by mail, or the druggist from whom you purchased it, and get your money back for both boxes. Take our advice—no matter what ailment you are suffering from, if you will never get well and be well all the time until you put your bowels right. Take our advice; start with CASCARETS to-day, under an absolute guarantee to cure or money refunded.

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