Statistics show that the longest-lived people have generally been those who ade breakfast the principal meal of the day.___

They say in Texas that the cowboy

the same manner by a volume con-taining early work of her pen, much of which she considers unworthy, cribbed from the columns of the Wis consin village paper in which it first appeared.

The large apple crop this season is giving employment to a great many idle men in the country, notes the American Cultivator. It always makes good times in a fruit-growing region when the apple crop is a good one.

As an old farmer who had made most of his money by growing grain once said: "When 1 get a good apple crop and sell it the money it brings always seems as if I had been made a present of it." This is hardly so now, for besides the cost of gathering the fruit and marketing it, there are few places where fine apples can now be grown without spraying to destroy insects and fungus diseases on leaf and fruit. But even with this extra expense the apple crop costs less to produce it nan any other, and the profit on it in a year when the crop is good is greater than on any other crop, There will be a good many farm mortgages reduced this year from apples, besides which the apple money will generally pay the store and blacksmith's bills and the hired help. If farmers more generally used their apple-made profits to grow more vould make money faster than they usually do. It is a good rule to put money in the business that makes most money for you.

FALLACIES EXPOSED

GOLDBUG SOPHISTRIES AND FALSE HOODS SHOWN UP.

Hammer Test, Payment of Bonds and Silver Producers Considered and Clearly Explained—None Should Be Imposed Upon.

Imamer Test, Payment of Bonds, and Silver Producers Consideration of the day.

They say in Texas that the cowboy of the future will use a wheel instead of a herze. One cow herder in Atchison, Kansas, already uses one.

There is probably nothing about the high state of the third of the producers and the third of the producers and the third of food is playing havoe with the general health.

Devaney, one of the Irish dynamic terre who was released from an English prison recently, was autonished the world of th millions of bonds, and a money syndi-cate was negotiating for the purpose. Pending the negotiation Mr. Cleveland Fending the negotation Mr. Cleveland sent a message to Congress, stating that for thirty year bonds, payable in coin (the only kind then authorized by law), the syndicate would require that the rate of interest should be 3 per cent, but if thirty-year gold bonds could be authorized they would take them at 3 per cent, the consideration could be authorized they would take them at 3 per cent, the consideration in either case to be in gold. The difference, reckoned to the maturity of the bonds, amounted to about fifteen millions of dollars. Congress not being willing to authorize a gold bond, the contract was concluded for coin bonds at 3 per cent, interest—that is to say, the Government obligated itself to nay to the syndicate fifteen self to nay to the syndicate fifteen

Government, which by their terms are made payable in "coin," is either a rank hypocrite or without sufficient intelligence to manage his own business. The honor and credit of a Nation which scrupulously performs its promises, does exactly what it has agreed to do and pays exactly what it has contracted to pay, cannot be tainted or brought in suspicion by the whines of greedy bondholders, echoed by no matter how many of their hirelings. For the third specification I select this in regard to—
"SILVER PRODUCERS."

It is said that free coinage is exclu

"SILVER PRODUCERS."

It is said that free coinage is exclusively or mainly for the benefit of silver mine owners, and the reason given is that they would be allowed to take fifty-three cents' worth of silver bullion to the mint and obtain for it a dollar. This is unmitigated nonsense. Free silver coinage opens the mints, not to producers alone, but to everybody, without regard to locality or Nationality who holds or chooses to procure silver bullion. The privilege is universal, and every ounce of silver in the world can, at the option of its owner, be brought to the mint and converted into American dollars. When two things are freely exchangable, one for the other, it is impossible that there into American dollars. When two things are freely exchangable, one for the other, it is impossible that there should be any difference in market price between them. When with 371 grains of silver anybody can procure an American dollar, no one is going to part with silver at any less price. The bullion value and the coinage value must, therefore (a trivial allowance being made for cost of transportation), be equal in all the markets of the world. Silver producers must always give a dollar's worth of bullion for a coin dollar, it will make no difference to him whether he takes his bullion to the mint or sells it in New York or London market. It he mints it he will receive American dollars, and if he sells it in the market he will receive the equivalent of American dollars. The assertion, therefore, that the mine owners, more than anyone else, can obtain a dollar at the mint for fifty three cents' worth of bullion or any amount of bullion worth in the markets of the world less than one hundred cents is pure fiction.—C. J. Hillyer. in Silver Knight.

QUANTITY OF MONEY

It Has Everything to Do With a Nation's Prosperity.

It has Everything to Do With a Nation's Prosperity.

The per capita or quantitative theory of money always bothers the goldites and they dismiss it with a reference to gold figures and sneer at their opponents. To deny that the prosperity of a country depends largely on the quantity of money is to deny history. Locke, Ricardo, Lord Averstone, John Stuart Mill and Jevons, all men of undoubted scientific knowledge of the money question, substantiate the quantitative theory of money that the quantity of money regulates prices, and hence business prosperity. There was more money in the country per capita before 1873 if the gold men count all the money that was actually legal tender. The per capita was over \$50.

But that was not all. In 1873 and up But that was not all. In 1873 and up to 1875 over \$3,000,000,000 of silver, the world's supply of silver coin, was made dependent on gold, and just that much actual or primary money, hall the world's supply, was wiped out of existence. So great was this sudden contraction that disaster followed. The actual per capita of the United States to-day is not as large as Ir was in 1873, even accepting the goldite figures. In 1873 it was, according to their figures, \$18.04. To-day, when everything issued with the stamp of figures. In 1873 it was, according to their figures, \$18.04. To-day, when everything issued with the stamp of the Government upon it is dependent on gold, there is but \$600,000,000,000 of the Government upon it is dependent on gold, there is but \$850,000,000 of actual or primary money in the country. While silver was legal tender it was discriminated against by the Cleveland administration, and it is nor legal tender now. There is only about \$350,000,000 in gold it actual circulation counting the reserve. That means that the per capita of money, basic or primary or actual money, the only kind that is wanted in the world's business marts, is only about \$5 FER CAPITA. This is logical, and the hard times of the present are proofs of the contraction.

There are two other fallacies that the opposition coddle as facts. One is that the Government stamp has nothing to do with the value of money. Ask your gold friends what is responsible for the recognition of token money as a medium of exchange. Government has fixed the price of gold and the exchangealle price of silver.

They claim that Divine law has fixed the price of gold and the exchangeal to Earlies Hayen.

Government has fixed the price of gold and the exchangeable price of silver. They claim that Divine law has fixed the price of gold. Then the English House of Parliament, the German Roich stag, and the American Congress have fearfully transcended their prerogatives. And the opposition speakers may bear this fact in mind: By ridicaling economic facts with each palve.

the contract was concluded for coin bonds at 3 per cent. interest—that is self to pay to the syndicate fifteen millions of dollars for the privilege of satisfying the bonds in coin, instead of obligating itself to pay in gold alone. Now, I ask, supposing silver to be cheaper than gold, in what kind of coin ought the principal and interest of these bonds to be paid? Can there be any doubt about the answer? When the Government has paid fifteen millions for the option of discharging its obligations in either silver or gold, instead of gold alone, shall it refuse to exercise its option? If any officer of the Government shall under present conditions pay the interest on these bonds in gold, will be not be guilty of a manifest fraud upon the American people from whom the means of payment are to be procured by taxation. And yet these bonds in one way differ from any others, except no way differ from any others, except no way differ from any others, except to the form the prospective he wall street syndicates entonged their prerogatives. And the opposition speakers tives. And the opposition statistic permits a dear the country of the prospective stability of a country, why did President Cleveland issue bonds to get more money? Why did be not be guilty of a manifest fraud upon the American people from whom the means of payment are to be procured by taxation. And yet these bonds in one of the country is the prospective the Wall street syndicates entonged the proposed payment are to be procured by taxation. And yet these bonds in other street and the prospective the Wall street syndicates entonged the procured to the country is the country in the prospective the Wall street syndicates entonged the procured the proper that the prospective the Wall street syndicates entonged the procured to the country in the prospective the Wall street syndicates entonged the procured t its obligations in either silver or gold, instead of gold alone, shall it refuse to exercise its option? If any officer of the Government shall under present conditions pay the interest on these bonds in gold, will be not be guilty, of a manifest fraud upon the American people from whom the means of payment are to be procured by taxation. And yot these bonds in no way differ from any others, except that in this case by the communication of the President the relation between the consideration of the bond and its obligation is made manifest and indisputable. The man who talks about the honor or credit of the Nation being injured or imperiled by a payment in silver of the obligations of the

THE SILVER SIDE.

Wall and Lombard streets are bit erly opposed to Bryan—all the more reason why those who earn their own living should support him.

The millionaire speculators who have been bearing stocks in Wall street by working the Treasury reserve apprehensions will find the people gun-ning for them in the autumn and the guns will all be loaded for bear.

If the people of the United State are so universally in favor of "soummoney" and believe in the doctrine of Sherman, Cleveland & Co., wh does it cost so much money to mak them do what they want to do?

If Hanna, Belmont, Morgan & Co. find it necessary to spend hundreds of millions to make the people of the United States vote according to their desires how much would it require to make them vote against their wishes?

The Dollar of our Daddies is chough for the American people, going a group to the American people, going us plenty of silver and we can at least procure the necessaries of life, which is more than the masses now enjoyjunder the beneficent rule of the gold ougs.

A few years ago we were told that God ordained that gold and silver should be money. If true, the rascals who have been doing so much [against one-half of God's money will have a time getting a ticket at the pearly gates!

Why is it necessary for Hanna to expend millions, and why do all corporations and employers of labor exert all the power they have to make the people vote "of their own volition" for the gold standard? For the same reason that the highwayman uses a revolver to make his victim "willingly (20 deliver up his money. deliver up his money.

McKinley and his boss, Hanna, will McKinley and his boss, Hanna, will persist in saying that the tariff is the great isaue. But Sherman's speech treats the money question as the issue. McKinley is lost sight of in the campaign. It is Hanna and kind, paternal protection to laboring men, and John Sherman and protection and prosperity to English capital and American millionaires.

mournful howl of McKinley The mournful bowl of McKinley and others against stirring up class against class is truly pathetic. There is no wonder that the banking combination which is prosecuting a most relentless and cruel war against labor and production and which has produced universal distress would be glad to escape observation, fearing the indignation of the people. We beg pardon for suggesting that "no chief ever felt the halter draw with good opinion of the law."

opinion of the law."

There can be but one question while English financiers rule this country. and that question is, Shall the United States legislate for the people of this country or must we submit to foreign policies and foreign legislation? If the United States cannot maintain an independent financial policy, we are a dependency of Great Britain, and until that question is settled, there is no other question of the slightest importance. If we trust our finances to Great Britain, we may as well trust everything else to her, because whoever governs the financiers of the country, governs the country.—Silver Knight.

The Bryan Dollar, The Bryan Dollar.

The silver dollar under the proposed free coinage act will be as great in purchasing power as the present dollar. We are opposed to a dishonest dollar. Those that charge that the free coinage dollar will not be worth the face value are begging the question. We assert that it will. The ratio production between silver and gold is now in the proportion of 16 to 1. The quantity of silver to be marketed is sixteen times that of gold. Restore to silver its function as money quantity of silver to be marketed is sixteen times that of gold. Restore to silver its function as money and its coinage value will be in the same proportion. The commercial value of silver will, by reason of the same proportion. The commercial value of silver will, by reason of the increased demand, become the same as its coinage value, and will bear the same proportion to the commercial value of gold as the quantity of silver produced bears to the quantity of gold produced. Bryan and the Democratic party are not wedded to a ratio which would prove impracticable. It would be impolitie now to concede the possibility of the ballion value of silver not rising to its coinage value. But in case it does not, we are assured, and we feel confident that such safeguards of legislation will be enacted as will insure the parity of both metals. Of the ability of the Government to insure such a parity there can be no doubt. It is notorious that the present silver dollar, which contains a hundred cents' worth of gold bullion, because of the credit of the Government. To the canciment of such legislation, in case it becomes necessary, as will insure the continuation of this we in case it becomes necessary, as will insure the continuation of this we are unalterably committed.—New York Suburban.

What Demonetization Ras Done.

The demonetization has Done.

The demonetization of silver has checked our advancement as a Nation, and brought us under tribute to thieves; but if we succeed in securing its remonetization, the wheels of progress will turn again, and the people will arise in their might, "like a young giant refreshed with new wine."—Senator Jones, in Arena.

Don't expect much from the ran who is always talking about how much he would give if he had some other mani-purse.

FLEET-WINGED CARRIERS.

PIGEONS THAT ARE TRAINED TO CARRY WAR DISPATCHES.

CARRY WAR DISPATCHES.

How the Birds Are Taught—Mystery of Their Unerring Flight—A Quick Trip From Chicago to New York.

State one ampment in Michigan by sending carrier pigeons to Detroit with dispatches. In the four or five trials the birds brought the messages a distance of forty-two miles in the average of an hour and ten minutes, according to the Detroit Free Press.

It might seem to some to be a new departure in military work, but its origin is buried beyond the records of history. For centuries back the peaceful dove has played an important part in the wars and politics of the world. As long ago as the reign of Rameses full, King of Egypt, the carrier pigeon was used in conveying important dispatches from one point to another. It is even thought by some that Noah's "dove," which flow all day over the theerless waters, was a carrier. Certain it is that the Egyptians made yood use of this method of conveying netlingdom.

Frequent allusions to the carrier are

btelligence from remote parts of the tingdom.

Frequent allusions to the carrier are made by the classic writers of Greece and Rome. A Roman of means, in yoing to the market place, took one of these birds with him in a basket, so hat he might send home the names of he guests whom he invited to dinner. Messages were sent in this way to the faracens in their wars with the Christians. Communication was thus kept up between the people in besieged tites and allies without. In China, Curkey, and, in fact, all Eastern countries, the use of the carrier is still one of the customs. During the wars between France and Germany this was, many cases, the only means of communication. In the siege of Paris, it is said that 25,000 of the birds were used. The Germans employed hawks, used. The Germans employed hawks, as the Saracens had falcons, to destroy

hem. Now, however, it is more for amuse Now, however, it is more for management than as a means of useful com-nunication that the carrier pigeon is sultivated. In Belgium, pigeon flying is one of the greatest of the National imusements. Races are held, at which is one of the greatest of the National unusements. Races archeld, at which from ten to twenty thousand of the birds are liberated, and great crowds of people assemble to see them start in their journey. The course is from afty to 500 miles, according to the go of the birds, and the distance is sometimes covered in remarkably fast time.

sometimes covered in remarkably fast time.

Very few persons know that there is, in this country, a National association, or league, of homing clubs. Nearly every large city, from New York to San Francisco, has one or more slubs that have for their object the raising and matching of fast birds. It is a wonderful power that the carrier has, of finding its home, though separated from it by hundreds of miles of unknown country. Some have alled it instinct, and others say that it is a matter of sight and memory. It seems to be both. Certain it is, at any rate, that the carrier is very intelligent, and has a good memory and remarkable power of sight. On the other hand, it can see, at the most, a distance of seventy-five miles from its exalted position in midair, while 200 miles of country, hitherto unseen by the bird, is often given to it for a course.

The education of the carrier is be-

the bird, is often given to it for a rourse.

The education of the carrier is begin when it is four months old. It is first taken just outside the lott and allowed to make its way back to its nest. It is then taken a distance of one or two blooks away and again liberated. It often happens that the bird will take a long time to find its home on this trial, but on the next at the same distance it will rise a little way in the air and then dart straight for the nest. The distance is gradually increased until the bird can find its way home from two or three miles away. Then begins a regular scale of dights until 500 miles is reached.

The carrier's flight is very swift, the average being over forty miles an hour. Several birds in this city have flown 300 miles at the rate of over sixty miles an hour, and there are well-authenticated cases in which a speed of ninety miles an hour has been attained. This, however, is with the help of a good breeze. As night comes on the pigeon rests on some tree or in some plowed furrow, but at the dawn it is away again on its swift career.

It sometimes happens that a pigeon misses the right direction in its flight. When it finds this to be the ease, instead of flying around until it sees something familiar, the carrier goes directly back to the starting point and tries again.

The carrier is not fond of flying over water, perhaps because there are no guide marks and no resting places. A large number of New York homing pigeons were liberated at the World's Fair. All but one seared around for awhile and then started down Lake Michigan, following the shore. The one exception flew to the top of one of the high buildings, where it sat for fully ten minutes and then shot off eastward, directly across the lake, This bird made the flight to New York in the interest and the sate of the high to New York to the interest of the high to New York to the starting point and then shot off fully ten minutes and then shot off fully ten minutes and then shot off fully ten minutes and then shot off ful The education of the carrier is be

fully ten minutes and then shot of eastward, directly across the lake, This bird made the flightto New York in thirty-six hours. Very often the pigeons lose their way and never reach home. The fanciers are desirous of getting rid of these birds, as either their flight is not strong or their institute weak. Only the swift, strong birds are kept, and the greatest care is taken in breeding them.

"Willie Taddells," said the school-teacher firmly, "you have a piece of chewing-gum in your desk. Bring it to me instantly." "Yes'm," replied Willie, "but it ain't the flavor you use. Yours is orange, an' this is wintergreen."—Harpper's Bazar.

Lost Recipes.

Lost Recipes.

During the last two centuries even there have been recipes lost. For example we cannot now make china as they used to make it. A piece of imitation Crown Derby could instantly be recognized as such, first, by the color, which cannot now be reproduced, and, secondly, by the glaze which the old pofters used, and of which the recipe is entirely lost to us. The same applies to Lowestoft, Bow and Chelsea ware—the glaze cannot be reproduced. For s long time it was not known how cameo Wedgwood was made, and when that was known the question arose, How was the Portland vase—now in the British Museum, and the only specimen of that kind of ware known—made? It was not made on the same principal as the Wedgwood ware, for although Josiah Wedgwood tried, he could not reproduce work anything like the original vase, the cameos on which stand out as sharply as the moon in a cloudless sky. Certainly the artist which produced the Portland vase had a recipe which is now lost, for not the slightest idea of how it was made existe, nor can even a reasonable theory be evolved.—New York Post.

Martial Music.

Martial Music.

A question which has been agitating the military critics of Europe is in what way music assists the soldier on the march. All men, it is claimed, having any appreciation of music feel prompted to step in time [to a march inne.

prompted to step in time [to a march inne.

Music on the march therefore substitutes a new and pleasanter stimulus to exertion for the monotonous and somewhat dreary work of keeping place in the ranks. It is well known that weariness is, as a rule, more a matter of mind than of body, and that the muscles of the body do not tire half so soon as the nerve centres which move them.

Mail so soon as the nerve centres which nove them.

Music, by bringing a fresh nerve centre into play, will often, it is held, banish all sense of weariness, and will even sometimes afford rest to the qual nerve centre, so that when the music ceases the soldier feels fresher than before it began. Why men's timbs should tend to move to music no one knows, but it is practically the same thing as dancing, and is believed to have to do with the instinct all men display, which urges them to associate with what is beautiful in nature and art.—New York Journal.

Chinese Buttons.

Chinese Buttons.

Has the button craze been helped by Li Hung Chang and the fashion for things Chinese? Buttons play an important part in the dress of Chinese mandarins. Those of the first and second class wear a button of coral red, suggested, perhaps, by a cock's comb, since the cock is the bird that adorns their breast.

The third class are gorgeous with a robe on which a peacock is emblazoned, while from the centre of the red fringe of silk upon the hat rises a sapphire button. The button of the fourth class is an opaque, dark purple stone, and the bird depicted on the robe is the pelican.

And the bird depleted on the robe and a clear crystal button on the hat are the rank of the fifth class. The sixth class are entitled to wear an embroidered stork and a jade stone button; the country of the results of the results are constituted to the results of the results stork and a jace stone outcon; the seventh a partridge and an embossed gold button. In the eighth the part-ridge is reduced to a quail and the gold button became plain, while the ninth class mandarla has to be content with a company sorray for his some with a common sparrow for blem, and with silver for his -New Yrok Journal.

Great Names Die Seon.

Great Names Die Seen.

It is a curious fact, one which does not appear to have received the amount of attention it deserves, that a large proportion, perhaps the majority, of our greatest men have died childless, and of those who had children a large number predeceased their parents. Few of the great names in literature, science or art are to-day borne of direct descendants.

The families of Chaucer, Shakespeare, Spenser, Milton, Cowley, Butler, Dryden, Pope, Cowper, Goldsmith, Scott, Bryon and Moore are all extinct. There is no direct descendant living of Sir Philip Sidney, Sir Walter Raleigh or Sir Francis Drake, Cromwell, Hampden, Monk, Marlborough, Clarendon, Addison, Swift, Walpole, Chatham, Pitt, Fox, Burke, Canning, Disraeli, Bacon, Locke, Newton, Day, Gibbon, Macaulay, Hogarth, Joshua Reynolds; all these are reminiscences, not one of them being borne by a descendant. And in those cases where the name is yet extant it is borne by a collateral relative, or has been adopted by a distant conucction.—Golden Penny.

A Camel's Speed.

A Camel's Speed.

In spite of its having carried Mohammed in four leaps from Jerusalem to Mecos, seven miles an hour is the camel's limit. Nor can it maintain this rate over two hours.

Its usual speed is five miles an hour—a slow pace, beyond which it is dangerous to urge it, lest, as Asiatics say, it might break its heart and die literally or the spet.

ally on the spot.

When a camel is pressed beyond this speed, and is spent, it kneels down, and not all the wolves in Asia will make it bulge again. The camel remains where it kneels, and where it kneels it dies.

A fire under its nose is useless.

London's Tower.

London's Tower.

The tower of London was built at various periods. The white tower was built in the time of William the Conqueror. Grandulph, Bishop of Rochester, was the architect, and began it about 1018. In 1096 William Rufus commenced another castellated building, known as the tower of St. Thomay, under which is the "Traitor's Gate," Henry I. completed it.

HOUSEHOLD AFFAIRS.

A CULINARY HINT.

A CULINARY HIST.

One question often asked teachers of cookery is: "What makes pies run over?" Probably the most common cause is that the plates are not deep enough to hold the juice and steam. With a deep agate plate there is little trouble. One device recommended by a good authority recently is to insert a little funnel of stiff paper in an opening in the crust, thus allowing the steam to escape." Better still, leave sufficient opening in upper crust in the beginning.

the beginning.

HOW TO WEIGH WITHOUT SCALES.

Those who would like to test some new recipe not infrequently find themselves perplexed to accurately do the measuring and weighing required.

This schedule of equivalents will in such cases be found very helpful: Wheat flour, one pound is one quart; Indian meal, one pound two ounces are one quart; butter, when soft, one pound is one quart; ten eggs are one pound; flour, four pecks are one bushel; sixteeen large teaspoonfuls are one gill; four large teaspoonfuls are one gill; four large teaspoonfuls are one gill; four large teaspoonfuls are one pint; eight large teaspoonfuls are one gill; it wo gills are one pint; two pints are one quart; four quarts are one galling; one common-sized tumbler holds half a pint; a common-sized wineglass holds half a gill; a teaoup holds one gill; a tablespoonful is half an ounce; ten drops are equal to one teaspoonful; four teaspoonfuls are equal to one teablespoonful.—Boston Transcript.

Berips.

It is the trifling expenses,

It is the trifling expense that must be looked after if a housekeeper intends to conduct her domestic affairs on lines of economy. The woman who knows how to handle a hammer, to mend and to contrive can stop manya leak in the family purso—each small in itself, but often amounting to a large sum in the course of a year. For instance: Certain kitchen utensils are usually thrown away as hopeless cases as soon as they are cracked. This is especially true of articles made of paper or granite ware. A high wind, after rolling a light paper tub about promiscuously, threw it against a stone, and, to all appearances, wrecked it forever. But the tub was owned by a woman who had few penies but original ideas, and she straightway went to work to demonstrate that, although mutilated, the tub was not beyond repair. First she took some purty and put this over the hole and smoothed it down carefully, until it was about the same thickness as the paper mace of which the tub was made. This was then allowed to dry. Pieces of stout muslin were then pasted over the putty and a coat of paint was put over the cloth to hold it, and to make the mended part of the tub look like the rest of it. Several coats of paint were added from time to time, and the mended place is probably the strongest part of the tub. The mending is a simple matter and the time required was small. The same woman mends small holes in granite ware with copper rivets, carefully fitted and hammered down.—Detroit Free Press.

RECIPES.

Grapes—Grapes should be rinsed in cold water, drained in a sieve, and then arranged in a pretty basket; fruit seissors should accompany the basket to divide the clusters.

basket to divide the clusters.

Celery Salad—Cut the white stalks of celery into pieces a half inch long. To one pint of these pieces allow a half pint of mayonnaise dressing. Dust the celery lightly with salt and pepper; "mix it with the dressing; heap it on a cold plate, garnish with white tips of the celery and serve at once. Do not mix the celery and dressing until you are ready to use the salad.

salad.

Breakfast Dish—Take a teacupful of freshened coddsh, picked up flue. Fry a sliced onion in a tablespoonful of butter. When it has turned a light brown, put in the fish, with water enough to cover it; add five ripe, medium sized tomatoes and cook nearly a bourt, seasoning with a custor.

enough to cover it; and five ripe, medium sized tomatoes and cook nearly an hour; seasoning with a quarter teaspoonful of repper. Serve on slices of dipped toust, hot. This is a very nice dish.

Meat Gems—Remove all pieces of fat, bone and gristle from cold roast beef or pork that is very lean, and chop fine or put it through a meat cutter. To one large cup of the chopped meat add an equal quantity of bread crumbs, half a teaspoonful of salt, as altspoonful of peoper and a teaspoonful of butter; moisten with half a cup of milk and heat thoroughly. Then fill gem pans nearly full with the mixture; break an egg on the top of each and bake until the egg is cooked.

Cheese Cream Toast—Stale bread

and bake until the egg is cooked.

Cheese Cream Toast—Stale bread
may be used as follows: Toast the
slices and cover them slightly with
grated cheese; make a cream for five
slices out of half a pint of milk and a
tablespoorful of flour; the milk
should be boiling and the flour mixed
in a little cold water before stirring
in. When the cream is nicely cooked,
season with a small half teaspronful season with a small half teaspoonful of salt and one of butter; set the toast and cleese in the oven for four minutes; then pour the cream over them.

Broiled Steak—Select a nice porter-Broiled Steak—Select a nice porterhouse steak; have it cut at least one
and a half inches thick. Trin it and
place it on a hot wire broiler. Put as
near the flame as possible for a moment to sear the utside. Turn and
cook more slowly for ten or twelve
minutes. Rab a warm plate with garlic, and then put in a tablespoonful of
butter, half a teaspoonful of salt, and
dash of pepper. Put the steak in this,
turning it once or twice. Dish, and
pour over what remains in the dish.
Serve at once.