BOOTS PREVEUE COLDS.

Some City Men Wene Them as Well as Farmers, Miners and Other Ontdoor Workers.

"I once knew," said a citizen who, the New York Sun says, is old enough to remember when everybody in city and country alike wore boots, "I once knew a man who was always catching cold. He worked on a lumber wharf, and it was there one day that he mentioned to me incidentally the fact about his colds. "I looked at his feet. He wore boots, but he had his trouser legs outside of his

bootlegs. "If you would tuck your trouser legs inside of your bootlegs," I said to him, "you wouldn't have any more colds." "And he followed that suggestion and did tuck his trouser legs into his boots

and didn't catch cold any more. "You see, walking about on that wharf all day, handling lumber and with the cold wind coming up from underneath between the planks of the wharf and walking up his trouser legs, he couldn't help catching cold; but with his trousers inside his boots and his legs thus better protected, why, those draughts didn't affect him any more, and he was all

"They don't build wharves now any more as they did that one, but the fact remains that boots are the thing to wear In winter on wharves and everywhere else; and that the way to wear them to get the greatest benefit from them is, with the trousers tucked in them to keep withe cold away from the legs.

"Why do you suppose the countrymen wears his trousers inside his bootlegs? It isn't because he's a hayseed and a countryman, and just wears them that way; it's because that's the best way to wear them to keep out the cold and to protect him from taking cold.

"I don't know anything about the statistics, but I'll bet that there's much less pneumonia in the country than in the city, and this because the countryman in winter wears boots and keeps his legs protected. I know that shoes are commonly worn in the country as well as in the city, but they are so worn only for purposes of ordinary wear. For wet work of any kind, and for winter, the countryman still wears boots.

"Boots are still worn in the city, as a matter of fact, to some extent by men whose employment is out of doors; by policemen and firemen and truckmen and street cleaners, and so on; and you will notice that these not only wear boots but wear them with their trousers legs tucked in them.

"But most of us in the city nowadays wear shoes summer and winter, the year round, and suffer from wearing them in

winter. "Look at the men sitting on either side in a street car. Here is one man knocking his feet together to get his toes warm. Very likely above the tops of his shoes his ankles are protected from the cold only by the thickness of his socks. and the cold has free access above that. His feet are cold, of course, and thus unprotected he is more liable to catch

"Possibly there may be seen sitting near to him a man, an outdoor worker. wearing boots, and he, with his ankles, and has less partly, at least, protected by the bootlegs, is comfortable.

"And then you do occasionaly see among city men even now a man not emplayed in outdoor work who wears boots. Off-fashioned men, these? Not necessarily so, by any means.

"They may be men of years; but still be far from antique. They lived in the day when everybody wore boots, and, knowing well the boots' advantages, still wear them and so preserve health and comfort.

"I don't suppose we'll ever go back to boots in the city; but it would be a good thing for us all to wear boots in the winater, and with our trousers tucked into them in cold weather. There are, I suppose, at least 4,000 different remedies for colds but the best of all preventions is a good pair of boots. And I'll bet that $k_{0,k_{0}}$ three-quarters of the physicians of the city wear boots."

Social Progress.

Chauncey Depew was badly worsted .- the other afternoon in a contest of wit with a young society woman of Washington. The two had been waging a fairly even battle until the senator venfured to praise a certain young woman who for some time had been endeavoring to work her way into exclusive society. The youthful matron with whom Chauncey was conversing does not view this appiration with favor, and he was aware of the fact. "You must admit." said he. "that Mrs. Blanks' crudeness is disappearing. I should certainly say that she is rising in the social scale" "Oh, dear me, yes," was the reply, "she is snubbed by a better class of people every time she appears. To that extend at least the poor thing is making progress."

Adopt American Methods. In 1895 -ee chief engineer of the Moscow water works was sent to the United States to investigate and report on the American system of rapid filtration. On his return to Russia experiments were undertaken which demonstrated that by the American system extremely turbid waters could be rendered bright and clear at a rate of filtration 50 times as fast, and with only about one-thirtieth of the space required under the old stand system, while from a sanitary standpoint the bacteria were reduced over 99 per cent. The lessons taught by these experiments at Moscow resulted in the installation of the American system at Moscow, Nijni Novgorod, Tsaritsyn, Ribinsk, Balashev, Amarvir, Vladimir, Simbirsk and Tomoisk.

Certainly Not.

."There goes a man," remarked the nervy boarder, "who has drunk three cupfuls of coffee a day for the last 30

"Dear me," replied the interested party, "and hasn't it hurt him?" "Not at all," replied the nervy boarder, with a sigh, "he lives at our boarding house."-Cincinnati Times-Star.

WOOD FOR CINNAMON

C gar Boxes Ground Up as a Substitute for the Spice.

Pulverized Rock in Baking Powder, Honey That Never Saw a Bee and Other Adulterants of Food.

"Do have some cinnamon made of cigar boxes," said Dr. Deghuee, chemist of the department of health, jokingly to a stranger who was paying a visit to the laboratory. He held up for his visitor's inspection what looked like an ordinary piece of cinnamon, reports the New York Sun.

"That's what it is-nothing else but cigar box," he repeated, still smiling as he saw the incredulity on the other's face. And so it proved on examination. But this substitution of wood for cinnamon is as nothing compared with some of the ingenious adulterations discovered by the agents of the health department.

Baking powder made of ground rock and alum was one of the frauds exposed. Not very long ago several-tons of the stuff was found on the East side, taken out through the Narrows on a lighter and dropped to the bottom of the sea. "What did you do about it?" asked the

"Oh, well." answered the chemist, "the makers were down in Tennessee and we couldn't get at them. When we found out the fake they had gone out of

business and disappeared." "Rather lucrative occupation," the other suggested, "putting up rock in packages and selling it to people for

food.' "Just look at this, though," continued the chemist, as he took from the shelf a box labeled "honey." "What do you think that is? Nothing in the world but glucose and paraffine, with maybe a little flavoring. Why, four-fifths of the honey here in New York has never been nearer a beehive than I am to New Jersev this minute."

From a bottle containing several dozen perfectly formed coffee beans Dr. Deghuee took three or four and displayed them in the palm of his hand.

"Sweep out a bakehouse, add the proper liquids, cover with a coloring preparation-there you have your coffee. Good recipe, isn't it? By a little detective work we traced this stuff back from the small grocery to the makers and proved conclusively that it had been made of bakehouse sweepings. Of course, one grain in every three or four or five is coffee, so as to give the drink some taste; but I'll bet you can't pick out the real coffee beans here in my hand. Try."

The visitor tried and failed ignominlously. There was absolutely no difference in appearance between the false and the real.

Coffee, the officials say, is one of the foods most frequently tampered with. It was not many months ago that a Spanish boat brought here a cargo almost entirely made up of adulterated coffee. It was a very poor quality of coffee painted over with a zinc preparation so as to look like the finest variety.

Agents of the health department heard of the cargo's arrival, had samples promptly analyzed and refused to let if land. Whether it was palmed off on some town with less fastidious inspectors nobody here knows.

"Many a man might have been ill from the effects of that zine covering." remarked the chemist, "and never have known the cause. In fact, they would most likely have put all the blame on the Croton water. When people can't think of any other reason for being ill. you know, they decide it's Croton water It still comes in for abuse when all other subjects give out."

From the shelves on which the impure food specimens are kept the chemist led his visitor to a case of drawers and took out a big scrap book. In this were sample labels of all sorts of foods, baking powders, preserves, jellies, honey, and pretty nearly everything else to be found in a grocer's store. The labels were taken from packages which the chemists had had occasion to examine.

They show varied evasions of the pure food laws. There is a statute requiring manufacturers to state on the label every foreign substance put into a food. Some comply with this rule by describing the chemicals in such small letters that it nearly takes a microscope to read

them. Consequently thousands of people buy jellies, preserves and such things and eat them, blissfully ignorant that chemical preservatives are not only in the food, but are described on the outside of the parkage the stuff comes in.

"Keep your eyes on the labels," was the parting advice of the chemist to the visitor. "Read the fine print-then eat the stuff if you want to."

Foreigners in France. According to a French contemporary, France gives hospitality to 1,230,211 foreigners, of whom 1,200,000 are Europeans, while there are only 520,000 French people abroad, and 218,000 of that number in Europe. There are 468,300 Belgians in France, while the Italians on French soil number 287,042, against 12.-000 French in Italy. There are exactly 60:000 more Germans in France than French in Germany. There are further 7.609 Spanjards: 54.000 Swiss and 68.-600 Russians in France.

Wanted to Know. "Mamma," said the little Eden street boy, "does 'dehorned' mean 'with the horns taken off?"

"Yes, my lad." "tioes 'dethroned' mean having his throne taken away from him?"

"Yes, son." "Then is that the reason that a detailed account like that one the preacher gave at the missionary meeting. seemed to have had its last end removed so he couldn't ever reach it?"- DOUGHNUTS AND CRULLERS.

Some Valuable Suggestions for Young Cooks Who Wish to Have Them Right. .

These sweet cakes are more generally known as fried cakes. They are of two kinds either made from sweetened bread dough or raised with baking powder. Small pieces are broken from the dough and twisted into shape, or the dough is rolled out and cut into rings. The cakes are then dropped into very hot fat deep enough to float them and fried a light brown, then they are rolled inpowdered sugar.

Our most cherished recipes for "fried. cakes" have been handed down from either our Puritan or Manhattan Dutch forebears. It is said that the art of making these cakes was taught the Puritans during their stay in Holland-the land of "olekocks."

These popular cakes are known by various names-fried cake, doughnut, cruller in the north and in some sections of the south you are introduced to them as Friday cakes; a name due, it is claimed, to their being fried and generally served fresh on Friday.

By the great fraternity of "traveling men" they are designated as "sinkers," a suggestive name which does not substantiate the claim made by some that they are wholesome, says the Washington Star.

There is no reason why they should not be as wholesome as other fried foods at least. The reason why fried cakes are so hard to digest is because they are usually fried in lard and are coated with grease which is affected by neither saliva or the action of the gastric juices; consequently these pieces cannot penetrate the impervious covering of the starch, etc., in the interior. Very frequently, too, the inside of the cake is not sufficiently well done and the greasy outside, mixed with the doughy mass inside, makes a combination unfit for food.

For those opposed to lard or those who do not like greasy doughnuts there are other fats which are far more wholesome. Clarified drippings from roast beef may be used, or fresh beef suet may be prepared, and this is cheap.

cleanly and healthy. It is important that the fat be at just the right heat. When it ceases to bubble and is perfectly still try it with a small piece of the dough. It should not be hot enough to cause the dough to rise to the surface in a few minutes and cause the fat to bubble around it while the dough swells up quickly and browns on the under side.

If you wish the doughnuts to be perfectly round like puff balls, turn them frequently while they are browning. This will also prevent their cracking open. If doughnuts are cut into rings they will cook in more uniform manner. the fat bubbling up through the hole in the center until this finally closes up.

Make the dough as soft as can be handled; cut about half an inch thick. Plain sweetened bread dough doughnuts must be fried more carefully than those made with eggs, the use of eggs preventing the dough from absorbing

If you are in the habit of making and frying another supply of doughnuts as soon as one frying is exhausted, you can use the same fat, adding more to it if necessary from one time to another. As soon as you are done frying cut up a potato in slices and put into the fat to clarify it: stand it away until it settles, then strain into a stoneware jar. cover closely and keep in a cool place. An iron kettle is best for frying dough-

Vegetable oils are now preferred by most people for frying, as they leave no residue of fat and are pure, clean and

HIS MUSTACHE WAS GONE.

Former Member of Congress Was Not Recognized by His Old Friends.

A portly, smooth-shaven man walked into the house yesterday and greeted members with "Hello, Bill," and "Hello, Sam," with all the assurance of an old acquaintance.

The members addressed stared at the stranger in blank amazement, relates the Washington Post. They were sure they had never laid eyes on him before, and were not quite able to make up their minds whether he was possessed of unusual gall or was demented. Some were inclined to resent the familiarity, but the stranger didn't seem to mind. He appeared, in fact, to accept as a huge loke the sensation he was creating.

An assistant sergeant-at-arms might have been summoned to eject the intruer had not Mr. Cowherd, of Missouri, solved the puzzle.

"Hello, 'Billy,' " was the cheerful way in which the stranger addressed the Missouri member.

"You have the advantage of me. sir." said Mr. Cowherd, as he straightened with a suggestion of ruffled dignity, "I don't think I have the pleasure of your acquaintance."

"Sure of that?" queried the stranger. with assurance unabashed.

"Yes, I am quite cer-Why, h-e-1-1-o. Dave!" and the Missourian threw his arms around the presumptuous visitor. It was "Dave" Mercer, of Nebraska, former chairman of the house committee on public buildings and grounds, who lost his seat because a newspaper editor didn't like him. By the removal of his mustache, a complete transformation has been worked in the appearance of the former member from Nebraska.

Tippecanor Pudding. One cupful grated breadcrumbs, onehalf cupful chopped raisins, one cupful milk, a lump of sods size of a bean, onehalf cupful molasses, one egg, one-. fourth teaspoonful cinnamon, onefourth nutmeg, one tablespoonful chopped suet; mix, pour into tin pail, cover closely and steam one and one-half

hours. Serve with sauce.—Boston Globa.

EFFECTS OF RADIUM.

Extravagant Notions of Those Who Write and Talk About It Amount to a Mania.

Among the marvelous effects of radium is one of an intellectual color. It induces in those who speak and write of it. a species of extravagance which may be called radiitis. Some unguarded words of an eminent professor, says the London Telegraph, have thrown weak minds off their balance. People are writing the sheerest nonsense of what will happen when "lead and iron are turned into gold and silver," and when the dream of the aichemists are realized. One thing is not turned into another, except as water is turned into steam or ice, or sugar into charcoal and water-a change of form or product of compounding with some other thing. There may be one primeval element and one form of force. In that case what science can do is to break up the supposed elements into simpler ones, which would merely show that the originals were not elements, but compounds. But, as Prof. Lippmann said the other day: "There is no sort of resemblance between this kind of work and that of the alchemist. They thought they might take a quality from one substance and transfer it to another substance. Modern science has nothing in common with that." Two facts may be recalled. First, that we can combine elements like oxygen, carbon, hydrogen, chlorine, and then decompose the compounds and get back the constituents; they always possess the same qualities after as before the combination.

Secondly, we know matter under various conditions, not merely on earth, but in the sun and stars, and the substances we know here are apparently the same there. Every spectroscopist has come to the conclusion that "the matter composing the stars is the same as that we know on earth-the same aluminium, barium, bismuth, calcium, carbon, copper, chromium, hydrogen, iron, lithium, magnesium, manganese, mercury, nickel, sodium, zinc, and the rest. When the biologist produces life from the not-living the chemist will probably produce gold out of iron or mercury. It is also and equally true that when the sky falls we shall catch larks. A correspondent furnishes another example of radiitis. He protests that it is absurd to say that radium is a million times more dearer than diamonds Quite true. A diamond caratin England is 205.4 milligrams, and was worth recently 25 shillings, whereas the milligram of radium bromide, it has been stated this week, is supposed to be worth a guinea. South Africa has by this time produced for the world about 13 tons of diamonds; we may have some time to wait for 13 tons of radium. Diamonds have, it is believed, been produced artificially, it being always-understood that intense heat and great pressure were necessary. M. Combes discusses the subject in the Monituer Scientifique, and arrives at the conclusion that natural diamonds were not formed under these conditions. He even doubts whether the crytals obtained by M. Moissan under great pressure and in the electrical. furnace can be regarded as diamonds.

THE AVERAGE WOMAN.

She is Doubtless the Most Needed Woman in Our Modern Civilization.

"The average woman" does not sound like a phrase of high compliment. Yet the average woman is doubtless the most needed woman in modern civilization, says Youth's Cimpanion. It is interesting and inspiring to see that she has made marked progress during the centuries. She is much more capable and more lovable than 300 years ago. Her advance is somewhat due to the work of those few leaders who make new paths, and encourage more timid souls to follow them. But for the most part it can be traced to the steady, slow improvement all along the line-an improvement traceable directly to the average woman herself.

She makes better bread and better soup than she used to make; she reads more books and better ones; she has a firmer hand and a more understanding heart with children; she gives more discriminately in charity; her household, small or large, is better ordered; her love has moHre purity and more fire; her religion is more Christ-like in its wisdom and its compassion.

Perhaps every average woman in the world longs to do more than the average. Even that longing is her part in the general store of aspiration and works for good. But it is a kind of graspingness of which circumstances are pretty sure to cure her. The Persians have a proverb: "God takes good care the trees do not grow into the sky." Wordsworth translates that into English poetry, and tells us that even a woman who is "a phantom of delight" must also be

A creature not too bright or good For human nature's daily food

Camelback Riding. Lord Kitchener, of Khartoum, is credited with the best description of camelback riding that is know. The soldier gave this description at a dinner party in London which some Americans attended: "When we asked Lord Kitchener." one of the Americans said, "to tell us what it felt like to ride a camel he twisted his mustache and said: 'You know the game of cup and ball? Youhave a ball and a cup and you throw the ball in the air and try to catch it in the. cup, then bounce it up and try to catch it

missing you nearly every time." As It Is Said. Hoax-Do you know that thin fellow over there?

again. Well, when you ride a camel

the brute plays cup and ball with you,

Joax-O, yes; we are very thick. "And do you know the big fat one?" "Slightly."-Philadelphia Record.

DISEASE CAME ALSO.

Typhoid Germ Acquired with New Territory Abroad.

Recent Outbreaks in This Country Are Thus Accounted For-Proper Preventive Precautions Have Not Been Taken.

The cost of the wars of the United States in foreign climes from disease has been far greater than from the bullets of the enemy, and the conquest of the Philippines is no exception to the rule, says a medical journal. During the Spanish-American war the unfortunate conditions that developed in the camps even at home proved serious by giving opportunitles for the wide distribution of typhoid germs. It is probable that some of the malaria

of recent years in districts formerly little affected by its germs has been due to the same cause. Relapses of malaria are not uncommon in the springtime, and so the mosquito gets the chance to become inoculated by the malarial parasites and to spread them in a region never before infected. The epidemic of smallpox which occurred in this country during the Spanish-American war was undoubtedly due to the importation of this disease by the campaigners from Cuba and Porto Rico and its transfer to many parts of the coun-'try by these discharged soldiers. This !has already cost many thousands of lives, and the end is not yet.

During the last three years there has been a noteworthy tendency to outbreaks of typhoid fever which did not exist for at least a decade before the Spanish-American war From a large number of the smaller towns throughout the country have come reports of the existence of typhoid fever in epidemic form. At least four university towns have been badly frightened by the presence of typhoid, and one of them suffered severely from the ravages of the

There is a general feeling of insecurity with regard to typhoid that probably portends the occurrence of further epidemics in the near tuture. We now know that typhoid fever is not the resuit of unsanitary conditions in general, or even of the contamination, of drinking water by sewer or by excrementitious material from human beings, unless those human beings have been suffering from typhoid fever. Unless the principle that typhoid fever reveroriginates de novo is true-that is, unless there is an absolute connection of any given case with a preceding one of the disease-all our modern hecterialogy is founded on a false assumption It is evident that a large number of

scattered fool of typhoid fever have somehow come into existence in "this country, and that it is from these that the specific germs succeed in finding their way into drinking water or into milk or other food materials to cause the disease in new subjects. The only possible cause for this renewed activity and widespread distribution must be some special opportunity for infection, incurred by many individuals in different parts of the country The ideal opportunity for this unfortunate process has evidently occurred in the Philippines. Typhoid fever has been commonly epidemic there, and during the last two years many hundreds of discharged soldlers have returned to their homes in the smaller towns throughout the United States, while, probably still the hosts of typhoid bacilli It is possible at times that the attack of the disease during their campaigning may have been so slight that in the tropical cilmate with the liability to passing fevers among the unacclimated, the affection may have been unrecognized

It is very evident that, to the calcufated lost of our new possessions in treasure and in soldiers, there must be added the fatal results of these epidemics at home. The only possible advantage to be derived from the present unfortunate situation is to see that the essons of these epidemics shall not be lost. We are now made sure that the length of time during which a convalescent from typhoid fever may continue to be a source of infection for others is indeterminate.

The fact that typhoid bacilli may remain absolutely latent in the bone marrow for many years after an attack of typhoid fever, and then after the immunity following the attack has passed off again become a source of danger, shows that there is much yet to be learned in this matter.

Another and even more important lesson is that the government shall take special care that returning soldiers may not prove sources of infection. It would seem that soldiers should not be allowed to go directly from foreign countries to their homes, but that their transfer to this country should be made some months before their discharge, in order to be sure that the possibilities for the conveyance and distribution of infection to others should have disappeared before they return to civic life.

The recent superfences in this country have taught us that war still remains a serious source of disease. Before the Spanish-American war it was thought that the development of sanitary scionce had reached a point that would enable the army medical department to preserve soldiers from epidemic disease. The idea was a complete illusion. The medical history of this country since the war shows the necessity for precaution after men have been assembled in large bodies in tropical and unsanitary climates, and must eventually add another chapter to the science of military hygiene.

Philosophical. "Do you like mountain scenery?" "I might as well." "'Might as well?' I fear I don't get

your meaning." "I might as well like it, for I can't change it."-Houston Post.

NEW THINGS IN DRESS.

Striking Designs in Waists and tiowns for Afternoon and Evening West.

Very drosey lace and crepe waists are trimmed with the narrowest bands of fine für, such as sable, ermine, and chinhills. They are worn with cloth skirts. of a matching shade, reports the New York Post. One such in palest yellow attracted attention. The material of the waist was a fairy-like fabric approaching crepe de Chine, but was much more lustrous. It had a collarless lace yoke. A narrow band of ermine outlined the yoke at the back and crossed the shoulders, being brought down the front of he blouse in a pointed design. The sleeves were puffed at the top with a flounce failing below, trimmed with lace frills and bands of chiffon matching the crepe. The cloth skirt exactly matched the blouse in color. Sometimes white cloth skirts are worn instead of the matching shade, but the effect is not quite as good

These narrow fur bands are very good on ball gowns of net and even tulle, although the combination sounds impossible. Spangled gowns made up in triple skirts, each one with a narrow fur edge, are charming. The effect is light, rather than heavy, as one might imagine. The merest touch of fur on the bodice suf-

Returning to afternoon gowns, the use of dyed lace was beautifuly illustrated in a cloth gown of rich red, combined with coarse lace in a Bruges imitation. The skirt was rather long-that is, it Trained slightly in the back and was long in the front and on the sides. There was a hip yoke of the dyed lace, and this was extended in the front to form a narrow panel to the hem of the gown. A soutache braid outlined the skirt where it attached to the lace yoke in large, square scallops. The same soutache in a scallop design trimmed the skirt about the knees.

A short bolero trimmed with the braid was worn over a blouse of the dyed lace. very simply made. The sleeves of the bolero were slashed in the back to show the full lace sleaves of the blouse Brass. bullet buttons were used on the bolero and sleeves.

A lovely home gown of blue cashmere is combined with blue lace in some hing the same manner. The skirt has a hip yoke, but of the cloth this time "Soutache braid is applied to parallel rows in a simple loop design, ourlining the hip voke and extending down the front on either side of the lace panel which forms' the front gore. The waist is gathered full on a yoke which is lace in front, the shoulders and back being concealed by arape collar trimmed with the brai! The lace yoke has a pointed front, from the center of which the braid design forms loops down the front of the waist. The renter of each loop is filled in with the lace, thus connecting the lace of the skirt and waist. There is a high girdle of heavy blue sating

TO CLEAN DAINTY FABRICS.

An Art That Will Prove tarful to Every Housewife on Oc-

No art pertaining to the household should be neglected by the wives of the present day time of the manifestured these is the cleaning at embroidery. To go this without njury to the wash silk the articles should be immersed in warm sads made of pure upweither, soap. Add. a masponitul of powerfiel borax and

times the cloth up and down in the suds. but do not rubit. When it is clean, rinse it in a series of clear waters until the water is not at a. clouded. Then, without wringing. squente as much water as possible out of

he n Lay the piece in a clean, soft cath, making it as smooth as possible, and wrap both together Remove it in a few narrates and dry quickly near a fire, or, better still, in the air, but do not put

it in the swn. It is well to change the position of the drying linen constantly, so that the possibility of the colors running may be prevented. Let it dry thoroughly before

When perfectly dry lay the embroidery face downward on a smooth, fine sheet and carefully draw the edges into place. Dampen the linen in sections with a fine sponge, taking care mor to wet the silk. This must be done with a sponge; because the linen will at once take up the moisture, while the silk will mor, if the sponge is moved quickly engugh.

Now pass a hot iron over the cloth in the direction of the grain of the material. moving the linen on the sheet until the entire surface has been pressed.

The iron should be hot and should be moved very quickly, so that the silk will not be crushed, as it would by a slow process with an iron of medium heat. Press all the hems from the right side.

as they do not iron prettily from the wrong side Put the fringe in order with a comb and

trim it with a sharp scissors

A German Tomato Soup. Put a pound of the meat from a shank of yeal into a soup kettle, first cutting the meat from the bone. Add three quarts of cold water. Brown a sliced onion in an ounce of butter and add 'o the meat with a sliced carrot, small 4" bunch of parsley and cook until the meat is nearly tender, then add salt and pepper, two cupfuls of tomatoes, a green pepper shredded and freed from the seeds. Cook very gently until the mest is in shreds-about three hours altogether. Add a cupful of plain boiled rice and cook a little longer, then serve, removing the bone. Washington Star.

The Small Roast. When cooking a small roast, first sear it all over on a hot spider. This will immediately drive in the meat juice, and less heat will be required in the oven .-Orange Judd Farmer.

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