

FIFTY THOUSAND KNIGHTS PARADE

Brilliant Climax of Templars' Conclave in Chicago.

TRIENNIAL A BIG SUCCESS.

Acting Grand Master Melish in Command and Noted Masons From Different Parts of the World Present.

Chicago—Fifty thousand Knights Templar, garbed in the handsome uniform of the order, wearing its glittering jewels and carrying drawn swords, marched through elaborately decorated streets of Chicago Tuesday, Aug. 5, passing beneath great arches and before a reviewing stand four blocks long, crowded with the leading officials of the order and the wives and families of the knights. Forty-two brass bands made music for the marchers, and all along the route they were cheered by the thousands of people who had assembled to witness the spectacle.

This magnificent parade was the climax of a spectacular way of the thirty-first triennial conclave of Knights Templar, which opened here on Sunday, Aug. 7. In accordance with the time honored custom of the grand encampment, the details of the work began with divine service.

The six knights selected Orchestra hall for this purpose and entirely filled the body of that hall to listen to a sermon on "Templarism" delivered by

the first grand stand, one-half mile in length, and this needed no decorations, for it was filled to its capacity mainly with ladies whose beautiful summer costumes made it like a vast garden. About 50,000 persons were in this immense stand, as at its center was a gorgeous throne on which sat the acting grand master, William Bromwell Melish of Cincinnati, who became head of the order on the recent death of Grand Master Henry W. Rugg of Providence, R. I. Mr. Melish will be regularly elected grand master before the close of the conclave.

Just north of the Art Institute the parade passed before another reviewing stand in which were Mayor Busse, the city council and the park commissioners.

At Washington street the marchers turned west to State, where they entered on the "Templar Way." This stretch extended from Randolph to Van Buren street and was made beautiful by a handsome arch and massive Corinthian columns of pure white erected thirty-three feet apart on both sides of the street. Festoons of natural laurel connected the columns, and the bright red crosses and the shield and coat of arms of the order were prominent in the scheme of decoration.

Moving south to Jackson boulevard, the knights again turned west, and near the federal building passed before yet another reviewing stand which accommodated Governor Deneen and his staff. Marching north on La Salle street, the parade passed beneath the grand canopy arch of pure white which spanned the street at the La Salle hotel, the headquarters of the grand commandery of Illinois

Entrancing Scenes at Night.

The scene in the streets at night was especially beautiful, for all the arches, festoons and columns of the decorative scheme were brilliantly lit



WILLIAM B. MELISH, ACTING GRAND MASTER.

Rev. Dr. George H. MacAdam of Madison, Wis., in the absence of Sir Knight George C. Hafler of Cheyenne, Wyo., very eminent grand prelate of the grand encampment. The music was in charge of the grand organist of the grand commandery of Illinois, the choir consisting of several male quartets belonging to the order in this state.

Monday was devoted mainly to the receiving of the grand and subordinate commanderies and escorting them to their hotels.

Parade of the Knights.

The "grand parade" of Tuesday was the largest parade of Knights Templar ever held. The preparations were elaborate and Michigan boulevard was most elaborately decorated. The six knights formed in line of march on the boulevard south of Thirty-first street, and signal to move was given by the guns of Battery B, I. N. G., the detachment for the purpose being composed of Knights Templar all of whom are members of the battery. The same detachment fired the salute to the grand master.

Marching northward in Michigan boulevard, the parade passed, near Hubbard court, beneath an entrance arch built in the form of an ancient battlement with its towers and turrets. This was intended to represent the entrance to the city, and as the column passed under it, buglers stationed on its heights heralded the approach of each grand division.

Next the knights came abreast of

THE OIL OF ENCOURAGEMENT

Some Advice Concerning the Virtue of Freely Awarding Praise Where It is Due.

Don't be afraid to praise people. Charles Battell Loomis writes in Smith's magazine. It is all very well to say that it hurts a boy or a man or a woman to praise; there may be those who do their best work without encouragement, but let us remember that nearly all of us who live on this earth are human being, and human beings work best when encouraged.

It is a great mistake not to tell people when you are satisfied with them. If the cook sets before you a dinner fit for a king tell her so. Don't be too loath to praise the office boy if his work is commendable. Tell him so.

It is harder for some people to give praise than it is for them to give money. Many a generous man is a very stingy of praise.

Do you like to be praised yourself? Then depend upon it the other fellow will like it.

illuminated, and on State street, in addition to the "Templar Way," the marchers had put up decorations that transformed the great shopping district into a veritable fairy land.

Undoubtedly the most spectacular feature of the night display was the wonderful electric set piece erected in Grant park on the lake front, reproducing in colossal size the official emblem or badge of the conclave. It was 150 feet high and its 5,000 powerful electric lights of varied colors brilliantly illuminated all that part of the city.

Much of the success of the conclave must be attributed to the efforts of John D. Cleveland, grand commander of Illinois and president of the triennial executive committee. Arthur MacArthur of Troy, N. Y., is the very eminent grand generalissimo of the grand encampment and W. Frank Pierce of San Francisco the grand captain general.

Among the most noted of the visiting masons from other lands are: The Right Hon. the Earl of Euston, pro grand master of the great priory of England and Wales; the Lord Athlumney, past great marshal; Thomas Fraser, past great herald; F. C. Van Duser, past great standard bearer; H. J. Homer, acting grand master banner bearer; John Ferguson, past preceptor of England and Wales, and the Right Hon. Luther B. Archibald, most eminent grand master of the great priory of Canada, and official staff.

Pour the oil of encouragement on the wheels of progress and watch 'em whirl.

I'm not advocating soft soap or flattery or gush. No one likes to be gushed at and any fool can tell flattery from the real thing. But when a man has made a hit with you tell him so. He may die before you get another chance or you may die yourself.

It takes quality to appreciate quality, so when you praise a thing you are really offering a compliment to yourself. Doesn't that appeal to you? Will nothing move you? Will you let all the good things in life pass you by, and you as mum as a dead owl?

Wake up, man. Watch out for a chance to praise some one, admit to your own self that you like what he has done, and then—

Tell him so!

He'll Kick Anyway.

"This egg has a girl's name written on it, sir."

"That won't keep me from kicking, waiter, if the egg isn't strictly fresh."

The KITCHEN CABINET

IF A MAN can write a better book, preach a better sermon, or make a better mouse-trap than his neighbor, though he build his house in the woods, the world will make a beaten path to his door."—Emerson.

VERY one must have felt that a cheerful friend is like a sunny day which sheds its brightness on all around; and most of us can, as we choose, make of this world either a palace or a prison.—Sir John Lubbock.

WEDDING REFRESHMENTS.

A sunrise marriage, followed by a porch breakfast is particularly adapted to a small company. For this early breakfast, simple Arcadian fare is the most appropriate. Fresh berries on the stem, brook trout or fried chicken with water cress and creamed potatoes, waffles or baking powder biscuit with honey, and coffee fragrant and rich with thick country cream, will make a collation satisfying to any.

If a wedding takes place at noon, a wedding breakfast follows. A ceremony at four o'clock is followed by a buffet luncheon, which need be no more elaborate than an afternoon tea and still be in good taste. For a more formal entertainment the guests are seated.

A Wedding Cake Novelty.

If the bride is as fortunate as the one at a recent wedding, she may have a composite wedding cake. The bride's cake contained beside its usual ingredients, small portions of the wedding cake of the bride's parents, her sisters and brothers, as well as the silver and golden wedding cakes of the grand parents.

In the wedding cake which the bride cuts there is often hidden a ring, a thimble, a dime and a raisin. These are wrapped in paraffine paper. The one receiving the ring is properly supposed to be the next bride, the thimble foretells spinsterhood, and the dime wealth, in prospect, and the raisin an unannounced engagement.

Aside from the bride's cake, which may be either white or black fruit cake everything is small and made so that it can be handled without soiling fingers or gloves. Usually the cakes are made in sheets, then loaf and cut in squares, triangles or cubes. These may be decorated with candied cherries, rose leaves or violets.

While most brides prefer to cut their own wedding cake as a pretty touch of sentiment, the fashion of distributing small slices of the cake, daintily boxed, is a prevailing one.

IHAVE learned that success is to be measured, not so much by the position that one has reached in life, as by the obstacles he has overcome while trying to succeed.—Booker T. Washington.

BONNY CLABBER.

Bonny clabber is an old time dish that is worthy of revival, and is good in any meal. Allow good unskimmed milk to sour without disturbing it. After about the second day, dish it out in spoonfuls and serve with sugar and nutmeg dusted over it.

Nothing could be more delicious than Devonshire cream served either on berries or on the breakfast cereal. Scald rich new milk, at least two quarts, put in a cool place for the cream to rise. The next day remove the cream and serve on fruit or cereal.

Fruit omelets make a pleasant change for a breakfast dish. The fruit may be added to the omelet and cooked in it or served around it as a sauce.

For hygienic reasons it is well to have days throughout the summer when a meal may be omitted entirely or serve something very simple.

A favorite breakfast is composed of rolls torn open and toasted in the oven, then lightly buttered, to be served with coffee and a cold cereal in which some fresh fruit was stirred while hot, this to be eaten with cream.

For another breakfast try whole tomatoes that have been peeled the day before and placed on ice, season with salt, pepper and a little sugar and eat with thick cream and toasted bread.

Carrot Soup.

Wash young carrots, scrape them free from skin and cook in boiling water until tender. Press through a vegetable ricer, and to a cupful of carrot add two cupfuls of milk. Cook together two tablespoonfuls each of flour and butter, combine the mixtures and cook five minutes. Season with salt and pepper and a little onion juice. Serve with a little finely minced parsley sprinkled over the top.

Hot Pineapple Compote.

Canned sliced pineapple heated in its own syrup and served with the game or meat course is another novelty, but one generally approved. The fresh pineapple may be served, but it should be cooked in a rich syrup and served hot.

Cherry Pie.

Line a pie plate with pastry, fill with sweetened cherries, put strips of pastry across in lattice work fashion, and bake. Just before serving, put little spoonfuls of sweetened whipped cream on each square and on each mound cream put a fresh cherry.

THE FIRELESS COOKER.

The revival of the fireless cooker has passed through its fad stage and settled down to a practical necessary article. It hardly seems necessary to describe its construction and merits, yet there are many who have not acquainted themselves with its usefulness, as there are so many queries regarding it. One great beauty of the cooker is that any one may have one, for they may be made very satisfactorily at home. The manufactured cooker is more easily kept sweet, but one in use three years is still in good condition. It is packed with crushed paper, and after cooking any odorous vegetable in it, it is taken out of doors and aired on the grass. The earth absorbs all odors in a very few hours.

The cooker above mentioned is made from an old trunk, a small-sized one. It is lined with several layers of newspaper, a partition of thin board put through the center, which makes two compartments. The utensils to be used in each are set in and the paper crushed and packed in by hand pounding. The dishes used should be fitted with tight covers, as the secret of a successful cooker is air-tight dishes. The nests made by packing the paper around the utensils permit their being taken out and put in easily.

Cushions of excelsior and hay cover each compartment tightly, and the cooker is ready to use.

For the proper cooking of meats there is no better device than this cooker, as it is cooked rapidly for ten to twenty minutes on the stove and then as it is put into the cooker and covered tightly it simmers for hours below the boiling point, the ideal way of cooking meat.

Rice and breakfast cereals which take long cooking, if boiled for ten minutes and put in the cooker are ready in a few hours to re-heat and serve. Put the breakfast cereal in the cooker at night for breakfast and the fricassee at breakfast time to be ready for dinner.

As a practical convenience in the army it has been found invaluable, as the men have been provided with hot meals when a fire would reveal their positions to the enemy.

LENJOY your goods as if your death were near. Save them as if 'twere distant many a year. Sparing or spending, be thy wisdom seen, In keeping ever to the golden mean."

CHERRIES ARE RIPE.

The delicious cherry is one of our most satisfactory fruits for canning and preserving, as it keeps its color and flavor so well.

A well-tried recipe for preserving them fresh, if carefully followed, keeps them in such good condition that it is hard to tell them from the fresh fruit.

Pit the fruit and mix with equal bulk of sugar, let stand 12 hours, stirring occasionally so that the sugar is completely dissolved before canning. See that the cans are well sterilized and air tight. Fill them with the prepared fruit, seal and put in a cool cellar. The secret of keeping any fruit in this way is the low temperature.

Other fruits keep equally well, currants are especially fine canned in this manner. Any fruit canned without cooking is more desirable for salads and desserts.

Directions for Canning.

Fruit for canning should be fresh and ripe. If over-ripe the fruit is apt to ferment. Allow one-third its weight in sugar for canning, boiling the sugar with water to dissolve, cooking ten minutes before adding the fruit. By so doing the fruit is kept in better shape.

Cook a small quantity of fruit at a time, put into sterilized jars, fill with the boiling syrup to overflowing. If a spoon is inserted between the fruit and the jar the bubbles rise to the top and break. Screw the tops on tight and when cool tighten again.

When filling jars, place them on a cloth wrung out of hot water.

To Sterilize Jars.

Wash the jars and fill them with water (cold). Set them on a trivet, and surround them with cold water. Heat the water gradually to the boiling point and fill the jars while hot. Put the covers into the water and let them scald five minutes. Dip the rubbers into the water before putting on the jars. New rubbers should be used each year. Care should be used that the rims of the covers are not bent, as the jars cannot then be hermetically sealed.

Nellie Maxwell.

Katie in Reminiscent Mood

She Gives Reasons Why It Takes a Servant Girl to Be Really Intimate With a Family.

Sometimes I feel as if no other folks on earth had quite as good a chance to know all the kinds of people on earth as servant girls. Maybe policemen do—they're always going into unexpected places, and 'seem' folks in what Miss Lena, which was the fourth from

the last place I lived, called dishabill'. It means not fixed up to receive company, with the parlor dusted, an' the lamps filled, an' high-heeled slippers an' silk stockings on, an' hair waved, but just 'bent' caught in your old shirt-waist with no collar, an' your shoes down at the heel, an' quarrellin' with your mother about something. But, of course, you'd know what dishabill' meant without my talkin' you.

MORE HOMESTEAD LANDS.

Thousands of Acres Will Be Open for Entry in Fall.

Washington.—Thousands of acres of unappropriated lands which were eliminated from the national forest and restored to the public domain by recent proclamation of President Taft will be thrown open to homestead entry this fall.

The lands are located in Colorado, New Mexico, Washington, Oregon, Utah, Idaho and Wyoming. The secretary also has restored to settlement on October 22, and to entry on November 21, about 9,220 acres in the Great Falls (Mont.) land district, formerly withdrawn. The dates of opening the former forest lands, together with the extent of the areas are as follows:

Colorado, subject to settlement October 18 and to entry November 17; White River National forest, 6,766 acres in Rio Blanco and Garfield counties, all of which is chiefly unappropriated; Battlement National forest, 16,562 acres in Mesa and Delta counties, about 85 per cent of which is unappropriated; Gunnison and Montrose counties, all of which is chiefly unappropriated; Uncompahgre National forest, 45,489 acres in San Miguel and Montrose counties, about 45 per cent of which is unappropriated; Cochetopa National forest, 5,640 acres in Saguache county, all of which is chiefly unappropriated; San Isabel National forest, 98,965 acres in Saguache, Fremont, Custer, Las Animas and Muerfana counties, about two-thirds of which is unappropriated.

New Mexico, subject to settlement October 22, and to entry November 21; Lincoln National forest, 68,348 acres in Torrance and Lincoln counties, and Datt National forest, 55,178 acres in Socorro county.

Utah, subject to settlement October 22, and to entry November 21; Minidoka National forest, 22,170 acres in Box Elder county, all of which is chiefly unappropriated.

SLUMP IN THE AUTO BUSINESS.

Bottom Seems to Have Dropped Out Notwithstanding Boosting Efforts of Manufacturers.

New York.—Indications point to the bottom having fallen out of the automobile business. The manufacturers, it is reported in trade circles, are making strenuous efforts to keep up a show of continued prosperity, but it is also said that they are not selling their product, but are storing machines throughout the country at their various agencies to prevent the public realizing the true condition of the market.

Several large concerns are laying off men and giving all sorts of reasons for so doing except the statement that they are overstocked. Two or three of the largest factories recently closed entirely, ostensibly for the purpose of taking inventory, but the workmen were not given any definite time at which to again report for work, and it is not expected that these factories will again be in operation this year.

A well-known automobile agent of this city said recently that all cars would undoubtedly be selling at from 25 per cent to 50 per cent less than present list prices within the next two or three months. He added:

"The trouble with the automobile business is that the farmers and people of the smaller cities and towns have not taken as kindly to the idea as was anticipated. The farmers find that the cost of keeping them in repair and operation is more than the cost of keeping horses to perform the same work, and while there was, for a time, a tendency among the farmers to invest in the machines, the demand for cars from this class of buyers has practically stopped, and I venture to say we will not again sell to the farmers to any extent until prices are materially reduced."

Japanese Poacher Is Seized.

Washington.—The seizure of another Japanese schooner, poaching in the Bering Sea, was reported to the treasury department by Captain Foley of the revenue cutter Tahoma, which is guarding sealing fields in that section.

Dogs Must Be Muzzled.

Washington.—Dogs in the national capital will have to run around with muzzles on for the next year. In an effort to stamp out rabies in the District of Columbia, the commissioners have sentenced all dogs, of both low and high pedigree, to submit to this indignity to their feelings.

Vegetarian Company Totters.

Washington.—Peanut steaks, nut chops and other protein preparations have not proved profitable substitutes for the good, old-fashioned meats and vegetables, according to A. L. Clark and a number of other stockholders of the Vegetarian Meat Company of this city, which was cited to appear in court to show cause why the company should not be dissolved and a receiver appointed.

Investigation of Meat Packers.

Chicago.—The federal investigation being conducted into the affairs of the Chicago meat packers is to be turned to Denver, and the alleged acquisition of three independent packers concerns in that city by the National Packing company. Five witnesses from Denver arrived here and are expected to testify before the grand jury. That the Waterman wheat deal on the Chicago board of trade may be investigated by the grand jury was intimated by W. S. Kenyon.

Washington's Will.

Washington.—Four photographs of the will of George Washington, which is preserved in the office of the clerk of Fairfax county, Virginia, may be made by the librarian of congress, in accordance with an order issued by Judge Thornton of the Sixteenth judicial district. No duplicates of any kind are to be made now or at any other time, according to order. Two of the photographs are to be placed in the library of congress. The other two will be delivered to the clerk of Fairfax county.

Eighty-seven Thousand Men Fixed for the Same.

Washington.—The enlisted strength of the army during the present fiscal year has been fixed approximately at 87,000 men, under the arrangement of the estimates by Major General Leonard Wood, chief of staff, and as approved by President Taft. General Wood's plan is to use the army appropriation for soldiers and materials and make reductions in other directions.

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Fight Pictures Draw Few.

Peoria, Ill.—The Jeffries-Johnson fight pictures have been showing in Peoria during the entire week, Mayor E. N. Woodruff having granted license for the public display of the films. Small crowds have been in attendance at the performance, and while the pictures are excellent reproductions of the fight, little interest has been given by the public to them. There has been no demonstration of any kind between the whites and the blacks, the only opposition shown being by the local ministers.

THIRTEENTH CENSUS

NINETY MILLION PEOPLE IS THE ESTIMATE.

FIGURES COME IN OCTOBER

Postmaster General Hitchcock Makes a Statement in Regard to Postal Savings Law.

Washington.—It will be about the middle of October before the people of the United States learn their true number as revealed by the official count of the Thirteenth census. It is generally believed that the number will be about 90,000,000, and the census officials are known to share this belief.

About 200 of the more than 1,800 clerks in the census office are compiling population figures only, while the others are working on other statistics. Contrary to the general opinion, all the counting of the people is done by hand, tabulating machines being used only in classification as to race, sex and other conditions.

Enumeration figures will continue to be given out day by day for the next two months or more, while the sociological and industrial figures will come later. All the enumeration figures are counted from three to four times and investigation is ordered if there is any suggestion of an error. In two cities evidence of fraud has been discovered and in one, Great Falls, Mont., a prosecution has been undertaken for fraudulent enumeration. The intention of Director Durand is to tabulate first the population of the large cities, after which the figures for the states will be given out as they are ascertained, the returns for all counties in the state being announced at the same time as the figures for the state.

Hitchcock on Postal Savings.

In a statement detailing the reduction of \$11,600,000 last year in the postal deficit, Postmaster General Hitchcock shows that \$2,900,000 of the sum represents economies in postoffice management and nearly \$1,000,000 by a more business like handling of the city deliveries. While this service was extended, and the number of carriers increased during the year, the reforms of management introduced cut down the general cost.

Reorganization without curtailment of the rural delivery service was responsible for a saving of \$1,900,000 and a reduction of \$900,000 was credited to the stare route service, including miscellaneous transportation of mail other than railroads.

Rolling Pins.

When the young housekeeper is buying a rolling pin she might as well buy a pretty one as an ugly one, especially as there is no difference in the price. Some wooden pins are as highly polished as a fine piece of furniture and china rolling pins may be either perfectly white or of delft blue and white. In selecting a rolling pin, however, a thought must be given to cleanliness. A wooden pin may not be as pretty as a china one, but if the wooden handle of the roller one does not fit closely into the roller the dough will get inside and there is no way to get it out. So, however pretty the china roller, see that the wooden handle fits snugly. There are glass pins which many housekeepers prefer to either china or the wooden.

A simple syllabus for young people may be made by whisking a pint of cream and the whites of three eggs together, and adding the juice of a lemon and a little lemon flavoring. Put just a little wine in each glass and add the whip. It is not real syllabus, but it is a pleasant addition to the refreshments at a young people's party.—London Daily Mail.

More Pay Wanted.

Eighty Thousand Western Railroad Men to Ask for a Raise.

St. Louis, Mo.—The eight-hour day for freight conductors and trainmen and the mileage basis for passenger train crews are the two most important propositions which will be submitted to the Order of Railway Conductors and the Brotherhood of Railroad Trainmen in the next ten or fifteen days. Eighty thousand men will be involved on western roads in the United States and Canada.

The crews will seek the equivalent of a 20 per cent increase in wages, the concessions to be requested from the carriers to be in the form of improved rules and conditions of work.

Base Ball in Heaven.

Mattapoisett, Mass.—"Base ball in heaven," was the subject of a sermon preached Sunday by the Rev. C. Julian Tutill, pastor of the Congregational church. He said in part: "Heaven is but an evolution of this world. A Christian may love a ball game and loving it remain a Christian. Why then, is it not safe to prophesy that even the game of base ball will have its place in some spiritual form in heaven."

Vaudeville for Miss Leneve.

Quebec.—The Belle Elmore murder case reached the inevitable commercial stage Saturday, when Miss Leneve received a telegram from a New York theatrical manager offering her \$1,000 a week for an indefinite engagement in vaudeville, to begin immediately on her release from prison in the event that she is set free.

Long Flight for Aviators.

Paris.—Eight aviators started at daylight Sunday in the great 485 miles cross-country race and at nightfall six of them had covered the first stage of the journey to Troyes, 85 miles from the starting place.

Child Attacked by Rooster.

Chicago.—Everett Busse Weber, a 5-year-old boy, was attacked and badly injured here by a thoroughbred game rooster.

UNCLE SAM'S ARMY.

Washington.—The enlisted strength of the army during the present fiscal year has been fixed approximately at 87,000 men, under the arrangement of the estimates by Major General Leonard Wood, chief of staff, and as approved by President Taft. General Wood's plan is to use the army appropriation for soldiers and materials and make reductions in other directions.

Mushrooms en Ragout.

Put a little stock in the chafing dish, and when hot add a little vinegar, chopped parsley, chopped green onion, salt and pepper; when scalding hot, put in the mushrooms nicely cleaned, and when done, thicken with the yolks of one or more eggs and serve hot.

Sauce Pochontas.

A delicious maple sauce for vanilla ice cream is made of hot sirup with chopped hickory nuts stirred into it. The pretty name is in Sauce Pochontas.—Harper's Bazar.

Luncheon Cake.

Three and a half cupfuls of flour, two of sugar, one of butter, four eggs, a teaspoonful of soda in a tablespoonful of milk or wine, half a grated nutmeg. Bake carefully in a quick oven.

DELIGHTFUL DRINKS

HINTS ABOUT MAKING THEM FOR HOT WEATHER.

Delicious Old-Fashioned Syllabus in Which the Juice of the Grape and That of the Cow are United.

When July has come, and cows are standing knee deep amid the lush grass, all starred with buttercups, the mind, weary of stale and solid winter fare, turns with fresh pleasure to the thoughts of Arcadian banquetings of yore, when the unsophisticated English cook fed her guests on junks, summeries, syllabubs, and other sweet country things.

The syllabus is the aristocrat of the dairy, and creates delight by wedding the juice of the grape to the juice of the cow.

The genuine way to make a syllabus is to put four ounces of sugar, the rind of half a lemon, a pint of sweet wine, half a pint of sherry, and a grated nutmeg in a bowl and stir until the sugars are dissolved. Then take it to the cow house at milking time, place it under the cow and milk into it until the milk froths high