

### IN THE HIGHWAY.

Two men gazed at the self-same star  
That gleamed out through the night;  
One saw a wondrous world afar,  
One saw a point of light.  
The wind blew through the swaying trees  
And stirred the grasses there;  
And one heard wondrous melodies,  
One but the swish of air.  
And one of them was rich and proud,  
Whom people served for bread,  
And one pale-featured whom the crowd  
Will honor—when he's dead.  
—Chicago Record-Herald.

## THE LLAMA'S CURSE

A Story of Tibetan Magic.

THE waiter brought us the change out of Tom Morton's half sovereign. I pushed the latter over toward him with my left hand, and with my right raised the water bottle.

"Your change, Tom," said I.  
"Yes, of course," said Tom, who was absorbed in the story he was telling me. He put out his hand as if to pick the money up, but seemed to remember something, for he drew his hand back suddenly.

"Good heaven!" said he, "and I had forgotten that."  
He took out his handkerchief and wrapped it around the forefinger of his right hand, and then, with the forefinger so covered, gently scraped the money toward him, piece by piece, and earnestly looked at each coin.

"Now, look here, Tom," said I, "this is a very pretty story that you have been telling me, but don't try and give it an air of reality by a performance like that."  
"You can believe it or not, just as you like," said Tom, "but I tell you, Fred, that piece of money is coming along this way some day. I have seen it once, and I left it on the table. You don't catch me touching any coin while I am certain that one is in circulation. But let me conclude what I was telling you."

"Urza is one of the most peculiar places you could think of, and one of our first duties was to present ourselves to the Grand Lama. We had to get a palanquin, for it was only meet that Europeans of our importance should go in state, and it was while en route that we suddenly came to the praying mill. This was a sort of 'roundabout,' with huge wooden posts sticking out at the side, which every Buddhist passing was supposed to take hold of, and push the mill round at least once.

"What caused Phil to do what he did then I don't know, but something seemed to impel him to get out of the palanquin, make a run over to the mill, catch hold of one of the wooden posts and commence to push it around at its topmost pace. The square where the mill was erected was pretty well filled with people, and when some of those saw what had been done they came rushing toward us, shouting and gesticulating. Phil had undoubtedly committed a sacrilege, and I was fearful for his safety. These fanatical Mongolians, once their religion is assailed in any shape or form, would certainly have no mercy upon the assailant.

"Phil came hurriedly back to me, jumped into the palanquin, and ordered the bearers to get on. The mob came to us, smashed in the doors of the palanquin, dragged us out, and for two minutes there was the liveliest fight on record going on. We got the worst of it, and bruised, bleeding and insensible, were carted off to prison.  
"We were taken before the Grand Lama, and then and there he ordered us to be sent across the Siberian frontier with the utmost dispatch. The next day we were hurried along under an escort of soldiers, and it was not long before we arrived at the frontier, the town of Miamatshin, which really is the Mongolian portion of Kinkia. We were taken to the yellow posts which marked the actual frontier, and there the soldiers of Llama stopped. We were removed from the palanquin in which we had been carried, and were commanded to sit down a few yards from the posts. Not twenty feet away were the black and white posts of the Russians, and it was indeed something to gladden our eyes to see the brown coat and the astrachan fox of the Russian Cossack who stood there on sentry.

"Our guards spread themselves out, then there came forward a Buddhist priest, who began to talk to us in a jargon which, of course, we could not understand. He finished at length and produced from his robe a wire on which were threaded some hundreds of brass 'cash,' which the Chinese always carry. He took two of the 'cash' off the wire and laid them in front of us on the ground.  
"Then the priest began waving his arms about, and the Mongolians took out their hand prayer mills and began turning them for all they were worth. The voice of the priest then rose on the air. He said three or four words and spat deliberately at each of the coins, which had been put on the ground before us.  
"That was all. The priest departed, the soldier escorted us to the posts, the Russian sentry presented his rifle and we presented our passports. We passed over and breathed the comparatively free air of Russia. Our first duty when we were in Kinkia was to go straight to the Governor and lay our complaint before him. He was agitated when he heard of the ceremony at the frontier, and told us that the Buddhist priest had put into circulation two coins which had received the sun god's curse, and that these coins would circulate

throughout the world, harmless to everybody except the two they were destined for. The instant possession of either of these by the person cursed would mean immediate destruction.

"Nor was this all—the coins might not come to us as brass 'cash,' they might come to us as a kopeck piece, or as a rouble; as marks or pfennigs, as francs or centimes, as anything, wherever we might be. We should never know when they were coming; we should take them in the ordinary way; we should handle them, but only for one moment; the next moment we should be dead."

One day Tom sent for me, and it was to tell me he was going to be married. This struck me as something peculiar, for I had thought Tom Morton was one of the last men likely to fall in love. The wedding duly came off, everybody was pleased, and Tom and his bride went away to the south of France. A few more weeks rolled by and Tom returned. There was to be a reception at their London house, and the invitation which was sent me was one which I could not well refuse.

In the evening I had the opportunity of a chat with Tom. We had gone out on the balcony, which overlooked the garden, and there I purposefully made reference to the superstition which he had for the Llama's coin.

"Perhaps," said I, "now that you have gone unscathed all these years, you are beginning to lose faith in the potency of that prophecy?"

"Well, to tell the truth," said Tom, "I am getting a little shaky about it, and when one begins to reason, superstition on any subject is likely to get knocked out. It has struck me that after all it may be but mere foolery."

We entered the room once more, but I was dying for a smoke, and, making some excuse, I slipped away to the smoke room. I had been sitting there about five minutes when Tom Morton came in.

"What do you think?" he said. "My wife has got this Mongolian story into her head so much that she is perfectly ridiculous. She has been telling everybody about it, and, of course, they are all laughing, and the worst of it all is that she is laughing with them at me. But come, come, old fellow, I want to show you something."

I rose, threw my cigarette end away, and followed him. We went along the corridor to the drawing-room, which was crowded, and even as we entered I heard Mrs. Morton's voice.

"I really do believe it will be such fun," she was saying. "Here comes Tom, and now we will try. A coin, if you please, from each of you. Let me see—how many are there here?—twenty-six, good; then I want twenty-six coins."

"Now, Tom," she said, "take off that wretched glove and let us demonstrate that you can touch money with your ungloved hand."

Tom was pale, and I saw his brow shining with perspiration. He muttered something, but what it was was lost in the laughter and banter which went around the room. With a quick, impulsive movement, he drew off his right glove.

"Well," he said, and I saw his lips smile into a hard, unwholesome wreath. "I will take the coins just to show you that I am not afraid."

Then, one by one, his wife counted out the coins into his hand. Twenty were already there, when, unable to control the impulse which came over me, I started up, and cried: "Drop it, Tom. Why challenge such a thing as that?"

He looked at me, and I saw how pale and how stern was his face. He said nothing to me, but merely turned to his wife with the whisper: "Go on!"

"Twenty-one, twenty-two, twenty-three, twenty-four, twenty-five, twenty-six, twenty-seven—"

"Twenty-seven," I cried, "what is that, there are only twenty-six people here, there is a mis—"  
But I could get no further. Tom had staggered back, his body shrunken in size. He fell to the floor. A death-like silence fell over the assemblage. I strode over to my friend's prostrate form.

Tom was dead and cold, and in his right hand there were twenty-seven coins. I looked at the top one; it was a German piece, value twenty marks. I took it to the light and gazed upon it. Across the profile of Emperor William II. I saw a mark which described a true square, and then I knew that Llama's curse at length had had effect.—Penny Pictorial Magazine.

### Cologne's Great Cathedral.

Augustine Birrell waxes enthusiastic in the Century over the beauties of the cathedral at Cologne.

The first thing that strikes you about Cologne cathedral is its glorious profusion, its boundless wealth. There is so much of everything. Bricks and mortar were never so multiplied, magnified and glorified. I should like to see the original specifications. It is more than a building; it is a city by itself. The materials that go to compose the flying buttresses alone would build cottages for 10,000 men. The grinning gargoyles, the enchanting turrets, the forests of stone foliage, the poetry of waterspouts, the quaint humors of the wood-carving, the depth of the cornices, the twists and turns of the roofing, the great population of statues, the rich mosaics—who can pretend to charge his memory with more than a miserable fraction of all this detail, or to say he knows Cologne cathedral? A man who is bored with Cologne cathedral had better at once betake himself to another world; this one can provide him with nothing more interesting.

### TYCHO BRAHE'S TOMB OPENED.

The Great Astronomer Easily Identified After Three Centuries.

A correspondent sends us the following translation of an article which appeared in the Neue Freie Presse, of Vienna, and was translated in the Copenhagen Journal Dannebrog on June 28, upon the removal of Tycho Brahe's remains from his tomb. This is the first report we have seen of the event: "On the occasion of the three hundredth anniversary of Tycho Brahe's death the Prague Town Council decided to gather together the remains of the celebrated astronomer, which were in the Teyn Church, and bury them anew. Under the guidance of Mr. Herlein this operation was commenced yesterday. After having lifted the stone block on the monument, which is situated near the first column in the nave, and which bears a full-length effigy of the great astronomer, a semi-collapsed arch was found, and on removing the stones two mouldering coffins were seen. On the following day a committee met to determine whether these bodies were those of Tycho Brahe and his wife. Two workmen with candles descended into the vault and removed the debris which covered the coffins, the wood of which was quite rotten and fell to pieces at every rough touch. About ten a. m. the lid of the first coffin was free to be removed. It was a surprising sight that met the eye; the body in the coffin was a wonderful likeness of the effigy on the monument. The head was slightly turned to one side, the bones of the face and the peaked Spanish beard being well preserved. The head was covered with a skull cap, and the neck was surrounded by a Spanish ruff which, like the remainder of the clothing, had suffered little during the three hundred years since Tycho Brahe was laid in his last resting place. The feet were shod in long cavalry boots reaching up over the knee. That the body was Tycho Brahe's was also seen from the absence of the nose; Tycho lost this organ in a duel and wore a silver one in its place. Among the rubbish was found a silver wreath and spray of flowers. The construction of the grave was rather remarkable, the stones being laid loosely over one another. This is all the more astonishing seeing Tycho Brahe was buried with great pomp and honors, but it is supposed that the vault broke down during the restoration of the church in 1721.—Nature.

### WISE WORDS.

To think and feel we are able is often to be so.—J. Hawes.

Neither great poverty nor great riches will bear reason.—Fielding.

No man was ever so much deceived by another as by himself.—Greville.

Discontent is the want of self-reliance; it is the infirmity of will.—Emerson.

Nothing succeeds like success, or has so much knocking against it.—Atchison Globe.

He who rises late may trot all day and not overtake his business at night.—Franklin.

Surmounted difficulties not only teach but harden us in our future struggles.—Sharp.

Rest satisfied with doing well, and leave others to talk of you as they please.—Pythagoras.

True dignity is never gained by place, and never lost when honors are withdrawn.—Massinger.

Do not accustom yourself to consider debt only as an inconvenience; you will find it a calamity.—Johnson.

Tale-bearers have done more mischief in the world than poisoned bowls or the assassin's dagger.—Schiller.

The slightest sorrow for sin is sufficient if it produces amendment, and the greatest insufficient if it do not.—Colton.

The block of granite which was an obstacle in the pathway of the weak becomes a stepping stone in the pathway of the strong.—Carlyle.

Happiness in this world, when it comes, comes incidentally. Make it the object of pursuit, and it leads us a wild-goose chase, and is never attained.—Hawthorne.

We have to learn to say no—to deny ourselves from time to time in innocent pleasures, that we may be able to say no at once and stand by it when pressed by temptations to what is unlawful.—A. C. A. Hall, Bishop of Vermont.

### Motormen in Shirt Waists.

Red and pink and vari-colored shirt waists, blue flannel shirts and plain, ordinary working shirts and suspenders are now the prominent features on the front of the trolley cars of the Coney Island and Brooklyn Railroad. The motormen have taken advantage of an order issued by President Hines permitting them to discard their coats while on duty. The general effect is rather startling, but the motormen are happy and are just a bit inclined to crow over their partners, the conductors, who must continue to sweater while collecting fares.—New York Tribune.

### A New Use of Color.

We are timid novices in the use of color for exterior effects. We have had white houses and houses in colonial yellow; we have had brown houses, and we have had green blinds all these years of our lives. We have had inharmonious novelties of many kinds. But few men have considered the effects that may be produced by exterior colors when studied with reference to the surroundings—the natural scenery and adjacent buildings. Who paints his house with reference to the color of his neighbor's house or to its natural surroundings?—The World's Work.

## THE CAUSE OF BALDNESS

A NEW THEORY THAT BAD BREATHING IS RESPONSIBLE.

Poison in Stagnant Air—Decomposed in Unused Part of the Lungs, It Produces Substance Which Kills Hair—Proved on Dogs and Birds.

That baldness is merely a matter of breathing is a theory which has been promulgated by Dr. Delos L. Parker, of Detroit, Mich. Dr. Parker, who is lecturer on materia medica in the Detroit College of Medicine, has made a series of interesting experiments in support of his hypothesis, the results of which he gives at length in the Medical Record.

Dr. Parker believes that air which is drawn into the lungs and allowed to remain in the air cells there is decomposed by the moist warmth of the body, throwing off a poison, "trichotoxin," into the blood, which causes the hair to fall out. The reason why baldness is so much more common among men than among women, he says, is that the habit of wearing corsets forces women to use the upper part of the lungs in breathing, and it is there that the hair poison is chiefly generated.

In order to prove his theory, Dr. Parker had bald-headed men exhale their breath into a vessel free from air, and it was transferred into bottles partly filled with water. After permitting it to remain in the bottle long enough to impregnate the water with the hair poison the water was injected under the skin of dogs, hens and pigeons. The result was that the hair of the dogs and the feathers of the hens and pigeons fell out while the injections were continued and grew again when they ceased.

Millions of tiny hollow spaces known as "air cells" occur in the lungs. They vary in size from one two-hundredth to one-seventieth of an inch in diameter. If they could all be opened and spread out they would cover an area from 100 to 150 times greater than the area of the skin. These air cells are gathered into groups less than an inch in diameter, and each group is connected with the bronchial tubes. Owing to this arrangement air may be taken into and expelled from some of the groups of air cells while it remains motionless or stagnant in others.

When the ribs which enclose the upper portion of the chest are raised and lowered in breathing air is taken into and expelled from every part of the lungs, because all the ribs are connected, and the upper ones cannot be raised without raising the lower ones, thus expanding the entire cavity. Women usually employ this method of breathing, but when the lower ribs are raised it does not follow that the extreme upper ribs must move, too.

Dr. Parker also points out that in ordinary breathing only one-sixth of the air in the lungs is driven out with each breath. The air expelled from the lungs contains very small quantities of organic matter, as well as hydrogen, and marsh gas has been established by research. From birth to death the lungs are never entirely empty of stagnant air containing these substances.

Persons who lead sedentary lives are especially likely to become bald, because lack of exercise reduces the amount of oxygen obtained by the blood and tends to prevent full breathing. The habit of bending over desks, which contracts the upper parts of the lungs and keeps them contracted, has the same effect. In old age baldness becomes quite common because the ribs grow more rigid and are less easily moved.

When Dr. Parker began his experiments he obtained from a middle-aged man who had long been bald, a large bag full of expired air. This was transferred to a bottle partly filled with water, and placed in an incubator, where it was kept for ten days at a temperature of ninety-eight degrees. Injections of the impregnated water were made daily in a fox terrier and a hen. After fourteen injections the dog commenced to lose its hair and the hen its feathers. After fifty-two injections large bare patches were visible on both subjects.

Neither subject showed any signs of disturbed health during the progress of the experiments. The dog played as usual, and seemed to be in good spirits, while the hen continued to lay eggs. Their weight remained unchanged. After the injections ceased a new coat of hair covered the bare patches in the dog and the hen got her feathers back.

Convinced that his theory was correct, Dr. Parker determined to make a new set of experiments, in October of last year. First he obtained the breath of a man who was not bald, then he filled a flask with the breath of a man who was bald, and finally one containing ordinary atmospheric air. All these were placed in the incubator to allow decomposition to take place. In this experiment he used one fox terrier, five hens and five pigeons, all fully grown.

Injections into the dog from the two flasks of expired air, one from a bald man and the other from a man not bald, had the same effect as in the first experiment. Similar treatment of the hens and pigeons was followed by the same results. Only those which were treated with the liquid from the first two flasks were affected.

Dr. Parker concludes from these experiments that when human breath is kept long enough to allow decomposition of the organic matter which it contains to take place it creates a poison which in the blood of certain animals acts upon the hair and similar tissues and has no other effect. Stumping the results of his investigations, Dr. Parker says:

"It seems not unreasonable to conclude that baldness, of the type under

consideration, is caused by an auto-infection in which trichotoxin is taken up by the blood from the air-cells of the lungs, where it has been elaborated during decomposition of organic matter normally present in respired air."

Though Dr. Parker does not suggest it, it is possible for any person threatened with baldness to test the theory by habitually breathing with the entire lungs. If Dr. Parker is correct, this expedient ought to stop the falling of the hair.

### To Chloroform a Person.

The only way to render a person unconscious by the use of chloroform is in the way practiced by surgeons in the operating room. And this is by no means an easy task. There are several ways of doing it. The chloroform may be dropped on a handkerchief, which is then held over the face at some little distance, or it may be dropped on a sponge, or it may be used in one of the innumerable machines invented for the purpose. But the vapor must be mixed with air before it is breathed. That is the reason the handkerchief or the sponge is held some inches from the face. As a rule, it takes from five to eight minutes to make the person unconscious, and during this time he generally struggles very violently.

It is probable that many of the charges of chloroforming which have been made are false. Sometimes the pretended victim asserts that he has become unconscious immediately. But it has been shown in evidence that the time necessary to bring about this result is at least four or five minutes. Sometimes he says he could not cry out; yet he describes all the circumstances of the administration minutely. Now, the first effect of the chloroform is to produce confusion of the mind, while, on the other hand, the patient can cry out almost up to the last. He becomes mentally confused before he loses the power of speech. These few facts are sufficient perhaps to demonstrate that some charges of possible chloroforming are necessarily untrue.—London Mail.

### The Meaning of a Trade-Mark.

In a case recently decided by the United States Supreme Court, covering the trade-mark laws of the country, Chief Justice Miller delivered the opinion, in the course of which he called attention to several salient points. Attention was first called to the early use of the term "trade-mark" and its meaning as a distinctive mark of authenticity, through which the products of particular manufacturers or the vendible commodities of certain merchants may be distinguished from those of others.

A trade-mark may consist of any symbol or any form of words, but as its office is to point out distinctly the origin or ownership of the articles to which it is affixed, it follows that no sign or form of words can be appropriated as a valid trade-mark which, from the nature of the fact conveyed by its primary meaning, others may employ with equal truth, and with equal right for the same purpose. A general rule has been established to the effect that words that do not in and of themselves indicate anything in the nature of origin, manufacture or ownership, but are merely descriptive of the place where an article is manufactured or produced, cannot be monopolized as a trade-mark.

### Fitted to His Position.

Sir Henry Poland, a British magistrate noted for his brilliancy, is careless in his dress. Once his family persuaded him to go to Poole and order a fashionable cut suit. To the chagrin of the household Sir Henry looked more outlandish in the new clothes than in his old ones. His brother-in-law went to see Poole about it. "It is not my fault, sir," the tailor assured him. "Every care was taken, but how could we fit a gentleman who would insist upon being measured sitting down?" And the only satisfaction that could be obtained from Sir Harry Poland himself later on was the dry comment: "Well, it's my business, and not yours. I like to be comfortable. I spend three parts of my life sitting down, and I prefer to be measured so."—New York Tribune.

### Remarkable Memory Shown by Canaries.

"St. Andrewsberg people know nothing of the canary of the encyclopaedia, which can imitate perfectly the nightingale, or even enunciate some words in imitation of the human voice," declares Ida Shaper Hoxie, in telling about St. Andrewsberg, "The Singing Village of Germany," in The Ladies' Home Journal. "The birds of one breed, subjected to the same influences, have songs that vary with the throat muscles and vocal chords of each individual. But so remarkable is the canary memory that a bird bred to a certain song, if removed from the cage in which he has heard it from his parent, when six weeks old, will later, when he himself begins to sing, give the same song though never having heard it in the intervening period."

### For Country Holidays.

A few days in the country—away from the clangor of the city and the broiling heat of the pavements—out in the open fields, with nothing in sight above nearer than the sky and everywhere birds and flowers and shady trees and running brooks and growing crops! Who does not long for that now and then, whatever his condition in life, and however great the comfort in which he spends his days? And then think what it means to puny children who have had no playground but the street or the alley, whose home is a few narrow rooms in a stifly block or a cottage on which the summer sun beats blisteringly.—Indianapolis News.

## HOUSEHOLD AFFAIRS



### Tanzy Leaves For Moths.

An old-fashioned country remedy that a village housewife recommends to drive out moths, is tanzy leaves. These sprinkled freely about woollens and furs prove efficient.—New York Evening Post.

### To Prevent Brass Tarnishing.

To half a pint of methylated spirit add half an ounce of shellac. Let it stand a few days in a tightly corked bottle and give it a shake occasionally. Then pour off the clear liquid and use it to paint lightly over your brass after cleaning. It evaporates very quickly so must be kept well corked. If possible, the brass should be warm when it is applied.

### For Damp Cupboards.

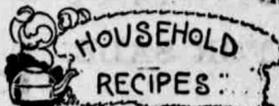
Damp cupboards can be made dry by placing a basin of lime on a shelf for a few hours, repeating the process now and again. Rooms that are suspected of having too much moisture may be treated with common salt on the same principle. Put one or two saucers or shallow bowls about in places where they will not be conspicuous, and an improvement will be speedily noticed. The salt can be thoroughly dried out in the oven and used several times for the same purpose.

### How to Raise Ferns.

With the exception of the maiden-hair, which requires a heavier, richer loam, the soil in which ferns are placed should be a mixture of one-half sand, one-quarter fibrous peat, one-half broken mature sod and one-quarter to one-sixth of leaf mold. You may have difficulty in finding peat, but sandstone or micaceous blocks, which may be found almost anywhere, will tend to keep the soil open. Always place a large piece of broken pot, curved side up, over the hole in the bottom of the pot to allow drainage. Over this put broken bits about an inch deep and fill in with prepared soil. The ordinary flower pot is right for this purpose, but a wide, flat pot is better, as it allows more room for the roots and creeping stems.

### Devices For Cooling the Air.

"There are several devices that may be used to cool the air during the dog-days," writes Maria Parlon, in the Ladies' Home Journal. "A modified form of the tattle employed in India for this purpose could be made in any country house. On frames like those used for window screens tack enough narrow tapes to make a support for a thick bed of grass. Now cover with long grass fastened to the frame by sewing with twine. These screens should be placed in the windows and kept wet. The air passing through them is cooled. A garden syringe may be used to spray them with water. Three or four of these screens will do a great deal toward keeping the air in the house cool and fresh. A simpler screen may be made by covering a frame with coarse flannel, which should be kept wet. It is not so effective as the grass screen, and the flannel dries more quickly than the grass. A still simpler device is to have wet flannel over the ordinary screen, wetting the flannel from time to time. Some of the moisture may be removed from the atmosphere by placing large lumps of quicklime in earthen bowls about the rooms."



### HOUSEHOLD RECIPES

Whipped Cream Sauce—Whip one cupful of cream until stiff; add one-half cupful of powdered sugar and the white of an egg beaten stiff; one tea-spoonful of vanilla, one tea-spoonful of almond extract, or any cordial.

Chocolate Sauce—One-half cup of sugar, one cup of water, one-inch stick of cinnamon. Boil five minutes, strain and add four table-spoonfuls of chocolate dissolved in one-half cup of milk, one table-spoonful of arrowroot dissolved in one-fourth cup of cold water, pinch of salt. Boil five minutes. Add one tea-spoonful of vanilla and serve.

Russian Soup—Wash a "handful" each of sorrel, fennel and young leaves, put in a saucepan, cover with water, add a table-spoonful of salt and boil half an hour. Strain and mix with a pint of boiling stock and half a pint of cream. Season with another table-spoonful of salt, dash of cayenne, table-spoonful of minced parsley and chives. Set on ice until cold. When ready to serve add hard-boiled eggs sliced.

Piquette—This is a very pleasant summer beverage; can be made in quantity, bottled, and will keep well. Place bottles in refrigerator some hours before serving. Five pounds each of raisins and dried apples and five gallons of water. Place in an open cask and let stand for three days. Bottle with half a tea-spoonful of sugar and a bit of cinnamon or a clove in each bottle. Vary the flavor to suit the taste.

Farina Puffs Baked—Put two cupfuls of milk over the fire. When it is hot add six table-spoonfuls of farina; stir and cook until thick. Add four egg yolks, one-half cupful of sugar and a pinch of salt. Cook one minute longer, fold in the whites of the four eggs beaten stiff and one tea-spoonful of vanilla. Fill six buttered molds and bake ten minutes in a quick oven. Turn out from molds and serve with chocolate sauce.