

**The Norfolk Weekly News-Journal**

The News, Established 1881.  
The Journal, Established 1877.  
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To discard old rules and parliamentary usages is much easier than getting up new and better ones.

Mr. Edison says a piece of radium the size of a pinhead would illumine the whole state of Arkansas. There would probably cause twilight in southern Missouri.

Miss Farrar, the great grand opera singer, appeared in the pen in Atlanta and sang to the convicts. A paragraph referred to it as a "star among the stripes."

The Baltimore widower who declines to marry until he can find a woman the proper size to wear his deceased wife's clothing, is certainly an economical cuss.

The airship has at least one advantage over the automobile—there are no cops floating about in space with stop watches waiting to drag you in for violating the speed ordinances.

A Jersey City pastor resigned because he was bald. Did the reverend gentleman never read what Elias did when the newsboys geyed him? He didn't resign. He made them quit.

The colored churches of Virginia have been crowded on account of the comet, which is having a good influence on the poultry trade.

Radcliffe college girls are required to have "dainty and trim" feet at graduation. This will require considerable trimming in some cases.

If the man who was sitting on the safety valve of those boilers at Canton, O., has come down yet, he should be sharply questioned as to what he knows about it.

After wearing a straw hat down town a few days ahead of the accepted time, you'll know what the Pilgrims and Puritans suffered in defying church and state.

People who imagined that their tangled affairs were to be settled by the comet putting an end to the world, will have to take hold and straighten them out themselves.

John W. Foster intimates that we have hesitated to raise the Maine because we feared to find she was blown up from the inside. We will now hear from Admiral Sigsbee.

A good memory is a good thing if it is exercised only in remembering good things, but a retentive memory that stores up every slight, neglect and grudge, might better be less active.

The Smithsonian institution wants \$35,000 to mount the Roosevelt trophies. It used to be the rule that after a boy gets home from a fishing trip, he must dress his own fish for the table.

The intense selfishness of our people is illustrated by the publication of interminable matter as to whether the comet would hurt us, while no one asked what we were going to do to the comet.

As the proposition for a tariff commission was not presented by a democrat, the unfrightened of congress will solidly oppose a proposition aimed to correct precisely the evils they have been kicking about.

They say it will cost \$500,000 to raise the Maine. But it won't cost any less to do it twenty years from now, let alone the black eye Uncle Sam will get for the heathenish custom of leaving his dead unburied.

A New England judge recently fined a high school student \$25 for cutting a leaf from a magazine on file in a public library. This seems pretty severe, but the mutilation of books in a public library can hardly be too severely punished.

The Hungarian minister of agriculture is in a critical condition, having had his skull fractured by an inkstand thrown by a member of the chamber of deputies. Those European parliaments are barbarous. Here in civilized America we use chairs.

The French workman who is injured while intoxicated cannot claim damages from his employer. The French courts consider that drunkenness constitutes contributory negligence. This interpretation of the law is a step in the right direction.

King George draws as his regular salary \$2,395,750 aside from family grants. He ought to get along comfortably on this amount even at present prices if his family have good health and the royal palace doesn't need plumbers' repairs.

Uncle Sam's enumerators will not be called into service for ten years again. Sixty-five thousand men were employed in this work. The count in the big cities will be given out first and it may be midsummer before the present population of Norfolk is known.

A "run out" New Hampshire has, under the management of a scientific farmer, who employed a logical system of rotation in crops, increased in its production eight fold in the last eight years. In many cases the land has not run down so badly as the farmer who cultivated it.

Tenement House Commissioner Murphy suggests as the best way of making New York city a good place to live in, the building of subways so that people may live out of it. That is the best cure for most unfortunate conditions—get away from them—but it is not always easy to do it.

With Mayor Gaynor forbidding sacralious plays in New York and Mayor Busse refusing to allow the proposed Gotch-Zbyszko wrestling match on Decoration day it begins to look as if the man who alleges that he has a right to do as he pleases regardless of what other people think was right up against it.

Mayor Sidel of Milwaukee is now threatened with nervous prostration after a few weeks in office. He is trying to examine into every detail of the municipality's affairs personally, even to checking up the inventory of the apparatus in the gas inspector's office. A genius for details is a valuable faculty but it may easily be overworked.

The poorer population in our great cities are scarcely located in one place long enough to be counted by the census enumerators. For example, it was found that in thirty-two months 132 families had moved into and out of one tenement building, while during that time twenty-five different families had occupied a single apartment.

Up to this time Louis Paulhan, the Frenchman, is the world's greatest aviator. He covered the distance between London and Manchester—a distance of 186 miles—in four hours and eleven minutes and won the \$50,000 prize. This feat puts the Wright brothers somewhat in the background and has the effect of stimulating them to greater effort.

Down at Cincinnati there is an original woman. Recently she secured a divorce from her husband, immediately had cards printed announcing this fact and sent them out just as she would a wedding announcement. If she attracts some one to her by this new and novel style, once more will it be demonstrated that advertising pays.

An investigation of the records of a large university has confirmed the belief in the force of habit namely that those who won scholastic honors in college also maintained their standard in the law and medical school, while those who had a good time and made fun of the "grinds" failed to acquire habits of industry when they entered the technical schools or in later life.

The several state legislatures of South America have been holding their final sessions preparatory to the consummation of the act of union. Much strife is anticipated in all the states over the election of the federal parliament. It will be a happy outcome if so broad minded a statesman as General Botha is elected to the first premiership of the new nation.

Germany regards national disarmament as an iridescent dream, but so practical a man as Secretary Knox considers ultimate disarmament through the substitution of a great international court of appeals as practicable. Some way must be found to terminate the present competition among the nations. It is unnatural and intolerable. Probably it will end itself.

Some rich men's fortunes fade away after their death. Take that Standard Oil man, H. H. Rogers, who was reported to be really rich, but his estate shows that he left only \$34,000,000 to his family. By frugality and withdrawing from swell society and cutting down their foreign trips and reducing the number of automobiles they may manage to live comfortably for many years.

Theodore Roosevelt is one of the chief advocates of tea as a harmless stimulant for men doing severe physical work. On his hunting trips he always uses it in preference to any other drink. He finds it more stimulating than coffee or any intoxicating liquor. In his interesting descriptions of big game hunting in the west he tells frequently of the restorative properties tea offers to hunters worn out by long travel in stormy weather.

The American Bar association recently adopted a "code of ethics" which if adhered to by all members of the legal profession would bring about a revolution in the administration of justice. It proposes a vow taken on admission to the bar, in

these words: "I will never reject, from any consideration personal to myself, the cause of the defenseless and oppressed, or delay any man's cause for lucre or malice, so help me God." A code like that might not make a bad lawyer good, but it at least leaves no young lawyer in doubt as to what true legal ethics are.

The restoration of the Campanile in Venice is a triumph of sentiment over mere commercialism. The old tower which was begun more than a thousand years ago had no particular utilitarian value, yet such was the grief of the Venetians over the loss of its commanding presence that they said, "The master of the house is gone." The new tower which the city has nearly completed is merely a restoration of the old one and the pieces of the bells forming the far famed chime which hung in the tower were gathered after its fall and recast. They will be rung for the first time on St. Mark's day next year.

**HIGHER FREIGHT RATES.**  
If the railroads are courting further unpopularity, they will persist in their present plan to raise freight rates all over the United States. Adding to the cost of living is not going to make a hit with the ultimate consumer, who will eventually have to pay the freight.

The railroads are prospering. They are paying big dividends. With increased bulk of business and constantly growing experience in ways of economy, there is reason why they should be able to haul freight for smaller rates instead of having to increase the cost.

And they're starting something that they may not be able to finish.

**THE STAR GAZERS.**  
Star gazing is ordinarily limited to a few people keenly interested in natural science, not to speak of the many young folks who use it as an excuse for getting out of doors unchaperoned after dark. But Halley's comet has vastly increased interest in the heavens, and in many places the streets have been crowded on some of these recent nights.

Astronomy is a fine interest, and one more accessible to the loneliest resident of the remotest farm than to the most favored metropolitan dweller. There is peace and rest in looking at the majestic march of the sun and planets, a feeling of some vast authority and intelligence that does all things well. There is all the fascination of a puzzle picture, in becoming familiar with the great historic constellations, at which man has gazed in curiosity and awe for 10,000 years. And converse with these vast interests gives one the feeling that the strivings and competitions, the heart burnings and the ambitions of earthly life are after all very trivial.

**THE SMALL COST OF PAVING.**  
One week from Tuesday Norfolk voters will express their opinion as to issuing \$12,000 bonds to pay for paving the street intersections in paving district No. 1—Norfolk avenue from the Northfork river west to Seventh street.

Norfolk has for many years been anxiously waiting for the time when, under the law, its population would permit the legal voting of paving bonds. And now that the property owners along the main business street have shown a desire to pay the cost of the paving, it would seem that there should be absolutely no doubt as to the paving bonds carrying by an overwhelming majority.

The cost of paving the street intersections is all that will fall upon the taxpayers and this is so small a sum that the expense can not logically stand as the slightest argument against this progressive step.

Former County Treasurer Carl Wilde has figured out what the cost will be to the taxpayers, and the cost is small, indeed. On the basis of a total assessed valuation for the city of \$400,000 in round numbers, which is rather too low an estimate by possibly \$100,000, the taxes on the \$12,000 bonds, bearing 5 percent interest, will amount to this:

Each year for ten years, only interest is to be paid and every taxpayer is taxed but 15 cents for each \$100 assessed valuation (\$500 actual valuation).

After ten years, each year one-tenth of the principal and interest is levied, which would amount—even if the city did not grow—to only 30 cents for the sinking fund and 15 cents for interest on each \$100 assessed valuation.

At the expiration of twenty years enough tax from the above small levy will have accumulated to pay the entire issue of bonds.

**PAVING BONDS.**  
About the only opposition thus far developed against the issuance of bonds for paving the intersections of Norfolk avenue, seem to be contained in the three questions following:

Why should the city vote bonds to pay for removing the earth in front of business houses to reduce the level of the street so that paving may be placed on it?

Why are we asked to vote \$12,000 in bonds when it is estimated that the required cost for each intersection will be \$1,000 and there are but seven in-

tersections in the contemplated paving district?

Why should the whole city be asked to pay for intersections in the business part of town?

These are natural questions and the public has a full right to be informed, before casting ballots upon the proposition as to whether Norfolk shall issue bonds for the purpose of paying for intersections in paving district No. 1. The questions were taken to Mayor Friday and his answers embody the following facts:

No part of the money realized from sale of bonds will be used to cover cost of removing earth from the surface of the street. The city is greatly in need of earth to grade up streets in the lower parts of town, and under normal conditions this dirt must be hauled from hills west of the city at a considerable cost for the soil and a greater cost for hauling, on account of the distance that it must be carried. If the dirt can be taken from Norfolk avenue, where nothing will be paid for it, the cost of hauling will be not more than one-half what it will cost to bring it from the hill. It may be true that it will cost a little more to load it, on account of its packed condition, than it would to load it at the hill, yet it costs the city nothing except the loading while it has to be paid for at the hill, while the hauling to the streets that require to be graded will be less than half because of the reduced distance. And this dirt must be provided this year, as the condition of lower Second, Third, Fourth, Fifth and other streets is such that the people living along those streets are entitled to have them made passable in bad weather. Every load of dirt so removed from Norfolk avenue will be paid for from the street fund of the city, and the street fund will effect a saving of fully 50 percent on this repair work.

Only so much of the bonds as are needed for the work as required will be sold, the balance remaining unsold until needed. At the present time the proposed paving district No. 1 contemplates seven intersections, which will take \$7,000 of the bonds, the remaining \$5,000 authorized by the election being held in reserve until needed for future paving districts. So long as any part of the bonds are not issued they will not draw interest, and if they are never issued of course they will not have to be paid. It is simply giving the city authority to issue bonds for paving purposes to the extent of \$12,000 when needed, without calling a special election every time an intersection is wanted. The prime object of calling for more than required at this time is to save cost of a special election, an item of several hundred dollars.

The third question is answered by the law of the state, which provides that where a town of this class paves its streets, the town as a whole must pay for intersections. If the property owners contribute the cost of paving in front of their premises the city should well afford to put in the intersections, as the paving is for the whole public good and for the benefit of those who use the streets.

**AROUND TOWN.**

You did see the comet, after all.

Isn't this a frost for summer?

Help yourselves, Omaha bunch. You're welcome.

Oh say, did you see—the comet AND the moon eclipse?

Boost the Omaha boosters. They can't help it that they live there.

This is the sweet girl graduate—her inning.

Are those sun spots responsible for this?

Are we going to celebrate the Fourth?

Sort of punk work those astronomers did.

The weather man, confound him, was right again.

Was it rain or snow or comet's tail that we were bathed in Saturday morning?

"Me lord, there's a comet without."

"Without what?"

"Without its tail, sir."

The state fire inspector finds that Norfolk firemen fight the fires before the fires ever start.

Now that the government is after the lumber trust, maybe we'll be able to get back to the good old days of toothpicks.

There was a light house at the Auditorium last night. But what could you expect with two free shows in the sky?

With a moon's face on the moon and a firebrand in the sky, no wonder the temperature dropped to within two degrees of a frost.

Don't get the idea that your hair isn't worth anything. A woman in Norfolk is wearing \$25 worth besides her own.

In less than a month the longest day will have come and gone and we'll be heading back towards winter—if that's any consolation to you.

The "lost" column of The News

will do pretty nearly anything. As soon as the fact that the comet had lost its tail was published in this paper, the comet found a new one.

The astronomical editor is apologizing today over that "smoked glass" paragraph in connection with the moon eclipse, because his mother-in-law sent him word that he'd have to. He's been using his mother-in-law as material for so much newspaper stuff that she got up on her ear and, now that she has him foul, compelled him to use his own mistake for a little reading matter. Wouldn't you hate to have a mother-in-law like that?

It beats the band what that comet has done to the astronomers. For instance, there's the comet editor of The News. He's got 'em. Almost needs a padded cell. Here's an illustration: Yesterday's News, forecasting the eclipse of the moon, said people were getting smoked glass ready for the event. Now who ever heard of needing smoked glass for an eclipse of the moon? It's the comet's fault. No wonder two people dropped dead in one town when they took a look.

**ATCHISON GLOBE SIGHTS.**

The women say nothing makes them quite so tired as for a man to tell them what a devil he has been.

It is human nature not to pay much attention to a warning sign until one runs into something more substantial.

People should give us credit for this, at least: We never refer to beer as "amber fluid."

It is not a crime to be fooled; so many smart people are trying to fool you. But it is a crime to fool yourself.

There is nothing you can do, without being criticised by the newspapers, except farm, and work at a trade as a union man.

When a man is applauded for doing or saying a smart thing, he tries so hard to score again that he becomes a nuisance.

When a girl goes out of town on a visit, and her hostess cries when she departs for home, she thinks her visit was successful.

When a man first joins a lodge he is very enthusiastic, but when the first assessment becomes due he begins to take less interest.

In addition to death and taxes, you may place among the sure things the fact that nothing is ever settled definitely by debate.

Why doesn't Hick Colgan write a series of articles for Scribner's Magazine? He killed eight wolves last Wednesday in five minutes.

Many obituaries state that the deceased "passed quietly away." We would like to ask if anyone ever passed away making a loud noise.

It is your enemies who keep you straight. For real use, one active, sneering enemy is worth two ordinary friends.

We have noticed that when a man goes to stay three or four months "at his old home in the east," he usually comes back in two or three weeks.

When a man believes he has a large acquaintance and great influence, it is easy to induce him to become an agent for an article paying a large commission.

What has become of the old fashioned man who said of the man who had had three or four wives: He has a white liver!

The facts are that a man may breathe properly, take proper exercise, eat properly, and obey all the rules of sanitation, and then die of old age at 70 to 74.

If a baby is as smart as its mother claims, it will cry at 3:15 at night, in preference to any other hour, so that when it awakens its parents they may behold the comet.

The Lancaster Literary society will meet in called session this evening to discuss this question: "Resolved, That the pantalettes worn a half century ago are more immodest looking than legs."

There isn't anything in the world that will give a mother more pleasure than to have all the children come in the room to be presented for introduction when her preacher calls, and when her husband also comes in of his own accord, her heart overflows with joy. And if her husband, willingly and without any previous threats, hints, or coaxing from her, asks the preacher to call again, she fairly pants with bliss.

A girl stenographer was discharged today for being two hours late, her employer refusing to accept the very good excuse she gave. "I was up at the usual hour," she said, "and, while breakfasting, and on my way down town, I was bothered with the tantalizing thought that I had forgotten something. I had reached the office door fifteen minutes ahead of the usual time, when I remembered! I had forgotten to read the Thought for the Day in my Uplift Calendar. So I ran all the way home and read this helpful motto: 'Let the True Inwardness of love penetrate to your subconscious self, and all will be well.' Then I started on a run back to the office, invigorated and refreshed by what I had read; got there late, and lost my job. I claim this life isn't up to the plans and specifications laid down in the story books."

**Home Course In Domestic Science**

**VI.—Cuts of Meat and How to Cook Them.**

By EDITH G. CHARLTON,  
In Charge of Domestic Economy, Iowa State College.

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**M**EAT is one of the chief tissue building foods. It is also one of the foods most commonly found on the average table. No matter how high the price soars, it is demanded at least once a day as the principal dish in the bill of fare of the average American family. Until recent years it was considered almost essential to life and was the last food to be sacrificed if a change in the diet was recommended for reasons of health. At the present time people are gradually finding out that meat is not a necessity in any bill of fare. They are learning there are other foods which contain quite as much of the tissue building properties, and cheese, beans, eggs and nuts are substituted for the meat dish. Still, beef, lamb, pork, fish, poultry and game continue to be favorite foods in many homes, and one or more of the number is prepared for the table every day. Universally used as it is, meat of all kinds is the food most often spoiled in the cooking, or, to make the statement a little more specific, it is the food material in which the scientific principles of cooking should be and are not most carefully observed.

**Composition of Meat.**  
Meat is composed of bundles of muscle fibers bound together by a filmy substance called connective tissue. There are also in all kinds of meat more or less fat, water and mineral matter, besides the bone, sinew, blood and skin. Albumen, a substance similar to the white of egg, is found in the blood and muscle, and this is the principal protein of meat. The extractive, or the flavor of meat, is also one of its valuable properties. It is the extractives which give some kinds of meat, beef especially, a stimulating value, and they also aid in the digestion of the muscle fibers. The amount of tissue building material, or protein, averages from 10 to 20 per cent in different kinds of meat, and the fat varies considerably, from 6 to 60 per cent, according to the animal and the cut. Uncooked meat contains a large amount of water, usually more than 50 per cent.

Meat is cooked to make it more palatable, to develop its flavor and to kill any germs which it may contain. Unless very carefully done cooking meat makes it less easy of digestion. Raw

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familiar with the character of the different kinds of meat and their location in the carcass, and it is a subject which every woman should understand.

The highest priced and tenderest pieces of beef are cut from the hind quarter. Custom is so strong in its preference that beef animals are bred with a view to having as much meat and as small bones in the loin as possible. The largest amount of nutriment is obtained from some of the fore quarter pieces. In dividing the side of beef into fore and hind quarters the division is generally made leaving one rib on the hind quarter. The sirloin and rump roast, loin, porterhouse and round steaks, the flank or skirt piece and the shank are in the hind quarter. The rib roasts, chuck, short ribs, elod or forearm, plate piece, including the navel, the neck and shin, are located in the fore quarter. Most of these pieces can be cut into smaller portions, and the quantity of bone which these several parts contain generally determines which is the best to buy. Of course animals must have bone, and the butcher must see to it that some one buys the bone if he expects to make a good profit. But we are always willing to leave the inferior parts—the big bones—to the customer who does not know any better.

In selecting a rib roast always ask for at least the first three ribs from the whole fore quarter. The first five ribs make a satisfactory roast for a large family. Cutting nearer the shoulder, the muscle fibers are coarser and the meat not as suitable for roasting. The rib roast may have the bones left in it and be cooked as a standing roast, or the ribs may be cut out and the meat rolled, with center filled with a bit of suet. The first method probably has a little better flavor; the second or rolled roast is more easily carved.

The first chuck piece generally sells for a few cents less per pound than the ribs and makes a very good roast if it is carefully prepared and cooked rather slowly. The second and remaining chuck pieces are better for pot than oven roasting. The clod piece contains joint and bone of the forearm. It is often cut into three parts. The second or middle piece, containing the smaller amount of bone, is preferable.

The rump piece, with hip joint removed and the cavity filled with suet, makes an excellent roasting piece. It is very lean, the muscles closely knit, and unless the bone is taken out and some extra fat added the meat is likely to be dry.

The tenderloin is a solid piece of lean meat, juicy and of the grain and flavor. It is located in the loin, just under the backbone and is thickest in the center of the loin. Because it has no waste and is unusually tender it is sometimes sold in a separate piece and prepared as a fillet of beef or broiled for steak. But such tenderloin is seldom if ever taken from first quality beef, because when it has been removed the value of the remaining steaks is considerably lessened. Therefore the choicest steak is usually the fourth or fifth porterhouse, containing a good portion of the tenderloin. Select a sirloin steak that has been cut as far into the loin as possible. This gives a good sized piece of tenderloin as well as a large middle piece with short muscles.

**Methods of Cooking Meat.**  
Eight methods are generally employed in cooking meats. These are broiling, roasting, stewing, boiling, frying, sauteing, fricasseeing, a combination of sauteing and stewing, and braising, a combination of frying and baking. The various methods represent cooking in moist heat on top of the range and cooking in dry heat in the oven or broiler. The principle underlying all the methods is the same. It is to begin the cooking of the meat at a high temperature in order to sear over the cut muscle ends to keep the juices in the meat and then to cook at a lower temperature that the muscle fibers and connective tissue may be hardened as little as possible.

For a roast of beef choose either the first three ribs, a cut from the sirloin or the rump piece. After preparing the roast for the oven wipe it with a cloth wet with cold water. Do not put the meat in a dish of water to wash it. Put the meat into a dripping pan or, better, a self basting roaster, sprinkle it with a little pepper and dredge lightly with flour if desired. But do not put water in the pan nor sprinkle the meat with salt, because both extract the flavor of the meat, and the salt draws out the juice. The oven should be very hot, about 350 degrees, but enough to sear the meat on all sides in ten or fifteen minutes. If desired the searing may be done on top of the stove directly over the fire. After the meat is well seared the temperature should be lowered and the meat allowed to cook more slowly until it is done, about fifteen minutes for each pound. If a dripping pan is used the meat will require basting several times during the first hour. For this melt some butter or some good, fresh "drippings" in hot water, remove the pan from the oven and baste thoroughly. Do not pour water over the meat nor baste with clear fat. After two or three times there will be enough fat in the pan for subsequent basting. Salt may be added during the last half hour of roasting or after the meat has been well seared. To be quite satisfactory a roast should weigh at least five pounds. Less than that the piece will be so small that by the time it has been seared on all sides there will be very little center portion.

The superior man is satisfied and composed; the mean man is always full of distress.—Confucius.

**Paced Too Rapidly.**  
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