

**Culinary Hints and Recipes**

BY E. W. PRYOR,  
Steward Omaha Commercial Club

**Sweetbreads.**

The real sweetbreads are the soft, white, delicate, milky glands in the throat of a sucking calf.

They are the most delicate in texture of all meats, and on account of their delicacy they have become the object of particular attention of good cuisiniers, because, in a fresh state and with proper preparation they can be made into a most delightful and palatable dish.

They are found in the throat of all very young, sucking animals, but are most considerable in the throat of a young calf, and at the largest are seldom bigger than a man's fist doubled over.

The real sweetbreads are the soft white, delicate, milky glands used by the calf in sucking, and are only found during the period when it is fed on its mother's milk.

When a calf is turned out to grass the delicate, milky glands or sweetbreads begin to grow smaller and in four or five days disappear and no longer stand out in a mass of delicate flesh, but hanging long and flabby.

It is really surprising how few persons, if the question is put directly, can tell you what a sweetbread is, and they can scarcely be blamed, because large canning factories have, therefore, made it a practice to take the gland of the stomach of the calf, or pancreas, and prepare it in such a way by canning that it partakes somewhat, of the nature of a sweetbread; and as so very little is known as to what the real sweetbread is the pancreas is passed off as such and accepted by the most fastidious epicureans.

If you compare the soft, white, milky sweetbreads with the great big sweetbreads, as large as a man's hand spread out to the full extent and width that come in cans labeled sweetbreads, you will readily agree with me that no sucking calf in the world, unless it had the enlargement of the thyroid gland could have such glands.

**Valuable Hints.**

**Asparagus**—Is eaten with the fingers when cooked, whether hot or cold; for this reason asparagus on toast is dished with the heads only in the butter or sauce; the toast holding up the white ends dry.

Celery can be kept for a week or longer, by first rolling it up in brown

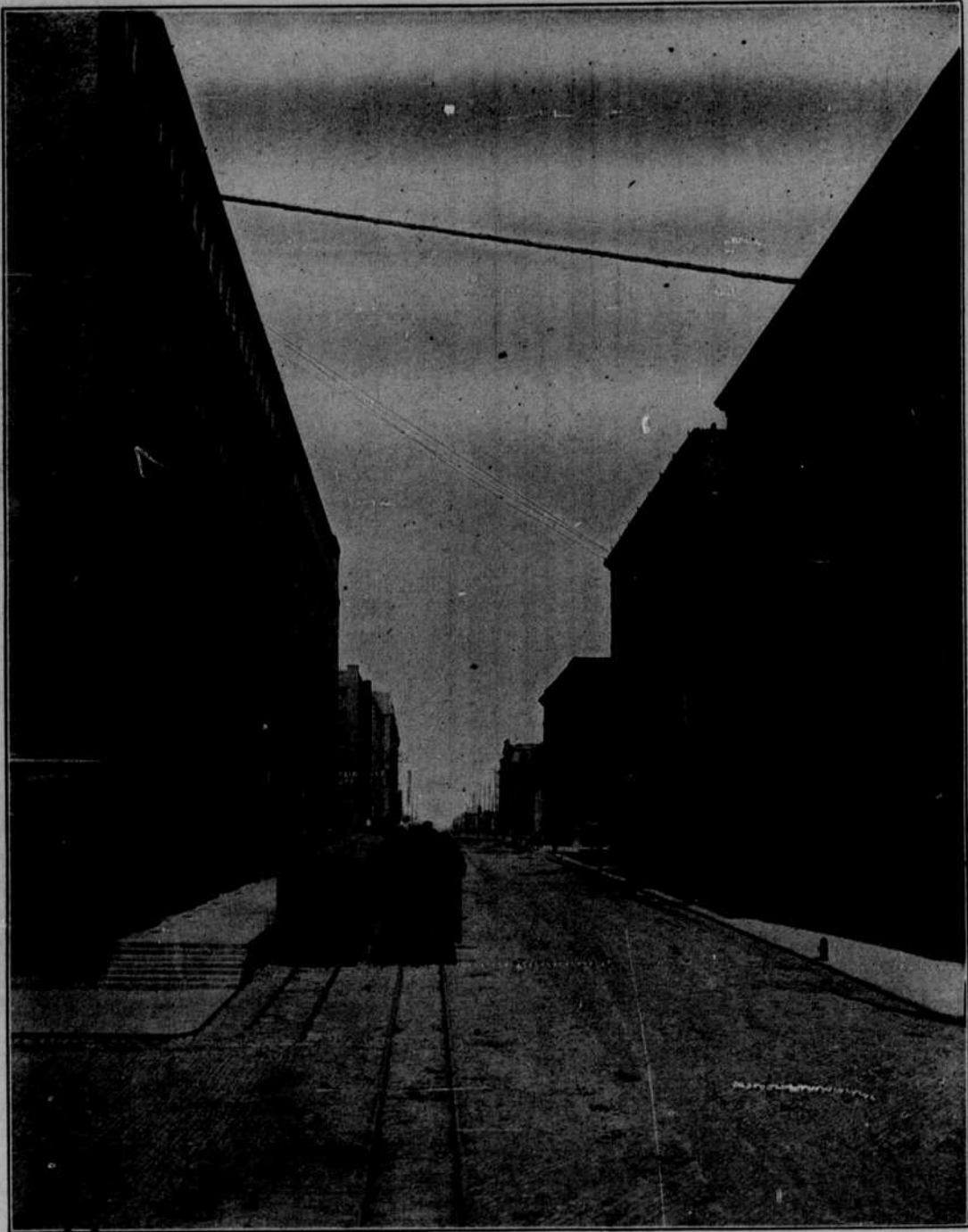
paper, then in a towel, and keeping it in a dark, cool place. Before preparing for the table, place it in a pan of cold water and let it remain for an hour. This will make it crisp and cool.

How to prevent boiled ham from getting dry: If, when cooking it be allowed to remain in the water until cold, it will be found to keep nice and moist for any length of time.

A cracked egg can be safely boiled if wrapped in a piece of greased paper.

Boiled tomatoes, sprinkled with a little cheese while cooking, are relished by many.

How to tell good bacon: Good bacon is red in the lean and the fat is white and firm.



"The Canyon," Omaha's Jobbing District.

**HAITI.**

The American Negro cannot but feel a keen interest in the fate of Haiti. We of this country are always more than anxious to see the island republic prosperous and maintaining a proper place among the nations. We long to see Haiti demonstrate to the world the capacity of the Negro for self-government and self-improvement, and each time that she suffers from revolution and lawlessness we experience a feeling of almost personal disappointment over it.

Conditions in the Negro republic seem more deplorable at present than they have been for many years, and the country now faces a crisis, perhaps, the most important since its independence. Both the United States and France have landed forces and taken military control; just what the outcome will be depends upon the wisdom and real patriotism displayed by the leading Haitians.

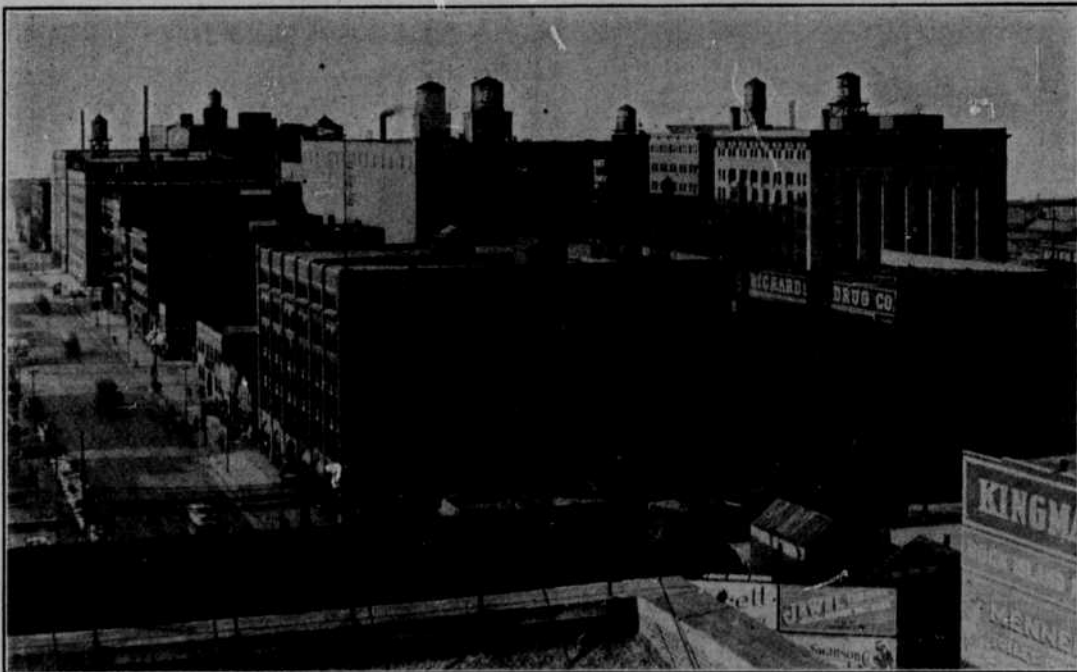
That the United States has landed forces in Haiti is no indication of designs upon the independence of that republic. This government has before now landed naval forces in various Latin-American countries under similar conditions. There is no doubt that this country would prefer to have Haiti manage its own affairs.

The state in which Haiti now finds itself is discouraging; yet, in the face of what is going on in the older and richer republic of Mexico, no blame for the breakdown of representative government can be placed on the Haitians because of their race. The trouble with Haiti is not a matter of race, it is a matter of political heritage. Haiti is a co-heir with Mexico, Guatemala, Honduras, Nicaragua and some of the South American countries, to the same political heritage.

Some of the Latin-American states have reached the plane of stable government; so there is still abundant hope for Haiti. The island is rich in resources and the people are generally peaceable and industrious; what is needed is a wise and unselfish patriotism among Haitian leaders and a brotherly hand and sympathetic cooperation from the United States.—The New York Age.

**Up to Date.**

"Oh, yes," said Mrs. Noovowe, fanning herself vigorously, "Jim and me tries always to be strictly up to date. In place of a cook we have a chef to run our kitchen for us; and we've had a taximeter put on to our car to show us how much we save by runnin' our own, and on top o' that, Jim has employed one o' the best artichokes in the country to draw plans for remodelin' our old stable into a first-class garbage."



A Glimpse of the Wholesale District

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