

HOW TO MAKE SALADS

SOME VALUABLE HINTS FOR THE HOUSEKEEPER'S BENEFIT.

Lettuce Makes an Excellent Foundation for Several Salads—Nasturtium, Tomatoes, Celery and Cabbage Salads—Game and Fish.

In warm weather, if there is any dish which will tempt a wavering appetite it is certainly a well made, prettily decorated, ice cold salad. It requires art to make a good salad. Perhaps genius is necessary to the preparation of a perfect one. Sidney Smith prided himself upon the excellence of his salads, and wrote a rhymed recipe for the mayonnaise. But many a little housewife has the requisite qualities to enable her to make nice salads without any assistance save her own keen sense of taste, quick perception and excellent judgment. Fortunately it is not often necessary to go into a hot kitchen to prepare a salad, as it may so frequently be made of left overs from the table or vegetables fresh from the garden or refrigerator. The materials used in salads are numerous and should always be of the best.

Lettuce is so pliant, having no antipathies and not a trace of self assertion, that it readily imitates with its own mild flavor any taste or smell that may be added, and therefore furnishes a most desirable basis for a salad. Its crisp, fresh, golden green appearance, especially when fringed and curled, commends it to the eye as much as its faintly delicate flavor does to the palate. I know a gentleman who with shrimps and lettuce makes an ideal dish for a summer evening tea.

Nasturtium salad should be made of white heads of lettuce dressed with pickled nasturtium, oil and onion juice. If served in a delicate glass dish and decorated with nasturtium blossoms the salad is appetizing and beautiful. Green bean pods, gathered before the beans form, boiled in salt water until tender, then chilled and covered with a mayonnaise which contains a mere suggestion of onion juice, will be found quite acceptable. Cold cauliflower dressed with a cream sauce and ornamented with chopped olives and capers may be served as a salad. If oil is not desired, melted butter may be used. Garnish with thin slices of cucumber or a green pea salad. It may be served with a regular mayonnaise dressing.

Tomato salad may be made in a variety of ways. The easiest way is to dress with cayenne pepper, oil and lemon. Either the red or yellow tomato is pretty enough without decoration. So also are beets, one of the handsomest products of the garden. An excellent plain salad is made of hot sliced beets cooked for a while in a little water, vinegar and sugar. Make a red sauce of the water by thickening with cornstarch and add butter, and pour over the beets. It may be served hot or cold.

Small green cucumbers furnish material for an excellent salad. It is little wonder that this vegetable was one regretted by the Israelites in the desert. Egyptian cucumbers are said to be especially fine. Some of our varieties are much more delicious than others, but most of them are good if picked from the vines with the dew still upon them. Cucumbers should always be served ice cold. It is a great mistake to let them stand, as so many do, in salt water, as this destroys the crispness. Add a little onion juice and good vinegar, season with salt and pepper, and serve garnished with broken pieces of ice.

Celery cut up in small pieces, covered with a good mayonnaise and garnished with its own pretty leaves, makes a fine salad. It is invaluable in combination with various kinds of meat salads.

Though the cabbage is a piquet vegetable, yet its gastronomic capabilities are numerous. Shakespeare alludes to it by its old name, "Worst of all cabbage." When the head is compact, white and crisp, it may be sliced very fine, salted and served with a dressing made of sour cream whipped to a foam, and containing a little bit of vinegar. If the sour cream is not thick or yellow enough add the well beaten yolk of one egg. This is also an excellent dressing for cold boiled potatoes cut in cubes and decorated with rings of white of egg.

Hard boiled eggs as a salad and garnished with lettuce and parsley make a pretty and appetizing dish. During the heated term it is sometimes desirable to serve meat in salad form. Chicken is the best material for this purpose, although veal will serve as a substitute. A good recipe is as follows: Cut the meat of two chickens into small pieces and an equal quantity of celery. Add two teaspoonfuls of chopped olive and the same of capers. Make mayonnaise of three yolks of eggs adding drop by drop the olive oil, stirring to the consistency of cream, adding now and then lemon juice. Add salt and cayenne pepper to taste. Mold the chicken on a platter and pour over it mayonnaise. An alternate dressing may be made as follows: Yolk of two eggs, one teaspoonful of flour, one of butter, one of sugar, one of mustard, one of salt, one of cayenne pepper. Mix to a paste with vinegar. Add a cup of boiling water. Cook till thick. Cool and add four tablespoonfuls of butter.

Lobster, salmon, oyster, whitefish, and ham may all be used as salad. Salmon requires chopped cucumber pickles. The oysters are best made with lettuce or celery. The ham can be used with either cabbage or celery.

As a relish for roast duck or game or angel salad is good. Slice six oranges for eight persons. Grate the rind of one and add the juice of one lemon, three tablespoonfuls of salad oil or melted butter, a pinch of cayenne pepper, and pour over the oranges.

Several herbs may be advantageously used in making salads, such as chervil. A bottle of extract of celery and a bottle of spiced vinegar are convenient in salad making. The latter should be flavored with mint, parsley, celery seed, onions, cloves, pepper, nutmeg, salt and sugar. Many of the materials used in salads, such as cress, lettuce and celery, are quieting to the nerves, tend to induce sleep and are therefore healthful as well as appetizing.—St. Louis Globe-Democrat.

It Fits Over a Common Lamp.

A device has been patented for the ready boiling of milk, tea, coffee, etc. It is peculiarly suited to the requirements of a nursery. The device, which consists of winged plates connected together, their upper edges being flattened and extending at right angles to their vertical portions, can be attached to any lamp chimney. The lower edges of the plates are provided with notches or corrugations that constitute an extension which fits in the opening at the top of the chimney. The upper edges of the plates and fit in the notches in the edges of the chimney thus keep the apparatus steady. It can be placed on and removed from the chimney with rapidity, and does not interfere in the least with the illuminating qualities of the lamp.

Well Paid Seamstresses.

A woman who has been looking up the paying employments open to women finds that the work of a family seamstress is unfulfilling and well paid. If one is moderately capable she commands from \$1 to \$1.50 a day, with board, during the entire year. The best needlewomen receive from \$2 to \$2.50 a day. In one instance a good seamstress divides the entire year between several families, receiving twelve dollars weekly and her board.—New York Post.

Miserly, Not Economical.

How many of us when sorting over our house or our wardrobe have come across many little things utterly valueless in our eyes at the present moment, yet which are put carefully away, thinking that they may come in good some time? This programme is carried out spring and fall, year in and year out, until after awhile the closets are littered up with useless, half worn garments, and the storeroom looks like a genuine hotel des invalides for crippled chairs and sofas, unhung pictures and faded draperies. Now dear, careful souls, there is not one bit of economy in hoarding up all those things unless, being of a philanthropic turn of mind, you desire to give the poor little innocent moths a good square meal.

Suppose you do put all these odds and ends by for future use, do you believe you can ever put your hands on them when you want them? True economy is of a very different type from this, and the spirit of the miser is not the one that leads to wealth. Be careful and prudent. If a dollar can be saved by making over an old gown save it. If the summer's bonnet can be trimmed with last winter's feathers use them, but do not save a great lot of accumulated dress goods, millinery, odds and ends and feeble furniture just because ten years from now you might have occasion for a solferino button, a gray tip or an antiquated hassock. Give them to those who can make present use of them, but do not accumulate a lot of worthless stuff just because you think at some distant period it may come in good.—Philadelphia Times.

Women in Journalism.

Why should not women succeed in newspaper work? Frankly, I cannot think of any valid reason. To be sure various excuses are given—vacillation of purpose, inability to concentrate effort, weak physique, lack of experience, insufficient knowledge of the world and its affairs, and so on through a long and tiresome list of excuses, all frivolous, none of them worthy to be called an objection or even seriously considered. Such excuses are usually made by men who are judging women by a past standard, men who forget that in this golden hour of triumph for woman she has been educated to do any and all kinds of work where brains and ability are required—an hour when woman considers her physical condition to be as important as that she shall be well groomed; when lack of purpose has been pushed aside forever, and plodding perseverance has brought its own reward.

Excuses such as these may be made by men who have studiously avoided giving woman an opportunity in a profession that is eminently fitted for her, and with some people they may be allowed to settle the question; but it is only the few, and even they must soon give way to the new order of things.—Foster Coates in Ladies' Home Journal.

Renovating Carpets.

It sometimes happens, even when a carpet has been taken away and thoroughly beaten, that its surface is soiled with grease, etc., or in the case of a light ground it is really in want of a good wash. Supposing the carpet to be tacked down after beating, the mode of procedure is as follows: Obtain a round ball of carpet soap—price twopence halfpenny, I believe—from the oil shop. Take two towels—one wet, the other dry—and a pan of warm water and begin upon a section of your carpet. Damp it with a towel wrung out of the hot water, but do not make it thoroughly wet. Rub the soap dry all over the surface thus dampened, and then use a fairly wet cloth vigorously over the soaped part. A lather is thus produced which must be washed away in turn with the towel wrung out of the water again. Finish by drying as far as possible with the dry cloth. Each section of the carpet must be thus treated until the whole surface is thoroughly clean, and I am quite sure the result will be found equal to the trouble thus expended.—Practical Housekeeping.

What an "Expert" Waitress Should Know.

Before a girl is an "expert" in waiting she must learn: To stand straight. To step lightly and quickly. To dress neatly. To keep tidy hair, clean teeth and clean fingernails. To close a door without noise. To take proper care of a dining room, pantry, silver, brass, lamps and polished wood. To handle dishes and silver in a quiet manner. To carry dishes without having them touch her dress. To treat carvers with as much respect as if they were razors. To sharpen carvers. To remove crumbs. To cut bread. To make butter balls. To dress salads. To make sandwiches. To make coffee, tea and chocolate.—Housekeepers' Weekly.

Photograph Frames.

Have made a flat frame of pine, either white, enamel or gilt. When thoroughly dry take white twine and curl over the surface according to pattern, fasten it to frame by means of small tacks, and gilt the cord if the frame is white. Another pretty decoration for a frame is to give twigs on in place of the twine. This will make a pretty frame for a single picture. For imperials or "minnets," the very small pictures) checkerboard satin ribbon the width of picture, fastening the ribbons at the back of frame, and placing a large bow on each corner, and hang by broad ribbon. As many pictures can be placed on the frame as there are blocks.—Household Hints.

Some Counter Irritants.

It is very seldom now that strong counter irritants are used by the medical profession, especially among young children. Mild ones, however, are very valuable. Mild mustard plasters and stimulating liniments are very beneficial. For sore throats and colds on the chest camphorated oil is a counter irritant that can be rubbed on with good results. Oil of turpentine will cure the cold often when the former will not. The old fashioned idea of using counter irritants until blisters were formed is out of date, and such severe remedies do more harm than good. Mild irritants produce good effects, severe ones depress and destroy.—Yankee Blade.

CHILDREN'S COLUMN.

The Baby Race.

London Queen illustrates an entertaining article describing the merry times at a children's picnic. A programme of games was arranged by the older girls, and each event was announced by ringing a bell. One of the jolliest events of the day was a baby race, which is described as follows in the Queen:

Again the bell tinkles—a teller of good tidings is the handbell—this time for the races. Red flags are set up, some at short distances from the starting point; others far, far away. The babies are to lead off, but how to make them understand what



is required of them—that is the question. A happy thought strikes a "too good" doll is set up against a flagpost and there is no further need of explanation. Human nature asserts itself; the determination to get that doll first has taken possession of every one of them, and off they toddle as fast as their legs will carry them. "More haste, less speed." True again has the old saying proved, for down tumbles No. 1 and all the others stop to gaze at the unfortunate, fully expecting her to have a grand cry, as they well know they would do in her case. But this interesting baby being picked up and set on her feet again, having created this diversion unwittingly in her own favor, makes straight for the winning post and clasps the doll in her arms. So she will probably go through life getting her own way through sheer perseverance in spite of all obstacles.

A Truly Remarkable Dog.

One of M. Renan's dogs, called Corah, was known as the guardian angel for miles around. Were there a Montyon prize for canine kindness Corah would have deserved it. Her particular mission was to amuse sick children. Whenever a child was ill at Treguer Corah was sent for. Knowing on what mission she was called, she went bounding to the house where the little sufferer lay, and gambled about its bed until she caught the child's laughter. Another duty with which she was charged was to prevent the young children of the family, of which she looked on herself as a member, going near the fire in their mother's absence. She was a sweet tempered creature; but as soon as a child she was left to watch ran near the fire she became a vixen. She was sent also with children living near the quay to see that they kept from the water's edge. No child confided to her guardianship ever came to harm. When I read, as I often do, of infants being badly burned or burned to death, I think it a pity that the breed of Corah was not carefully perpetuated. The master, in memory of her, called a charming little pup after her.

Corah was, what is rare in dogs, very discreet. She was always asking leave (with her eyes) to do such things as, when M. Renan was suffering from illness, jumping into his bed and crouching down at his back to warm it. She was wont to sit for hours motionless on a chair looking at him, waiting for him to tell her to jump into the bed.—London Truth.

"A Sunflower Concert."

Fasten a sheet to two tall posts placed at some distance from the wall, or it can be fastened in a wide doorway. Paint on the sheet as many green stalks with leaves on them as you desire flowers. At the top of each stalk either paint the yellow petals of a sunflower or cut them from yellow paper and paste to the sheet with mucilage. After the flower is completed cut a ring from the center, leaving an open middle in each flower. Behind the sheet are as many little girls as flowers, standing so that the faces peep forth from the hearts of the blossoms. In front of the sheet some real grass scattered, a rake, water sprinkler and a few pots of flowers to give a garden like effect. Two young girls in brood, flower trimmed hats stand in this garden and lead the little living sunflowers in song. This is a very "taking" and pretty entertainment and the painting is so coarsely done that no one need hesitate to try it. Effect only is aimed at, and two hours will be quite sufficient to accomplish it.—New York World.

Too Big for a Little Boy.

We had been invited to join a company who were to make the trial trip on a small steam yacht built for the use of one of our government inspectors. We were well under way when the young man who was an engineer determined to play a joke on the small boy who was with us. Just as the little fellow was about to take a drink of water from the large tin dipper, which had been provided for use rather than ornament on the boat, the man at the throttle pulled a rope which blew the whistle.

Why, Howard?

"Why, Howard," she said, "you are surely not afraid of a whistle?" "No," he yelled, "but that is too big a whistle for such a little boy."—Detroit Free Press.

Wicked Little Johnny.

"Do you know, Johnny, I am often afraid I shall never meet you in heaven," said a Sunday school teacher to a rebellious urchin. "Lor, miss, whatever bad things have you been a-doin' off?" retorted the scandalized Johnny.—London Standard.

Dolly's Ride.

My Dolly has been so quiet and sad that nothing appeared to rouse her. So I thought perhaps it would make her glad to give her a ride on Tuesday. I pushed him off the step in the sun—He looked so lazy and idle—For a saddle I fastened my apron on, And my ribbon sash for a bridle.

Then Dolly sat on his back to ride, And he neither growled nor grumbled; I held her hand and walked by her side Till I suddenly tripped and tumbled! Poor Dolly fell with a dreadful crash—For of course I couldn't hold her—One arm and one leg went all to smash, And a great crack came in her shoulder.

—Eudora S. Bumstead in St. Nicholas.



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