

Brown Eggs and White.

It is a curious fallacy that the brown colored egg is necessarily superior to the ordinary white egg, a belief which has led to the practice of artificially coloring the latter in imitation of the former. It is doubtful whether the color of the shell bears any relationship to the nourishing quality of the egg. As those who rear poultry know, it is merely an indication of the strain of the laying bird. Still, a preference is very commonly shown for the brown or coffee colored egg; the color is attractive, and, led by the eye, the choice is very generally made in favor of what is regarded as the richer and superior article. The shell of the white egg is stained in the simplest possible way, perhaps by immersion in a decoction of coffee berries or by means of an aniline dye. This resource may satisfy the eye, but, after all, there is probably not the slightest difference from the nutritive point of view between the naturally brown colored egg and the white one.

There is most probably, however, an important dietic difference between two eggs the yolk of one of which is a very pale yellow color and that of the other a rich, almost reddish color. It is a notorious fact that the country produced egg may usually be placed under the latter description, while the egg produced by the hen who is under an unhealthy and limited environment shows an anaemic to the yolk of the egg is iron, just as it is iron which gives color to the blood, color, generally a very pale yellow. The eggs

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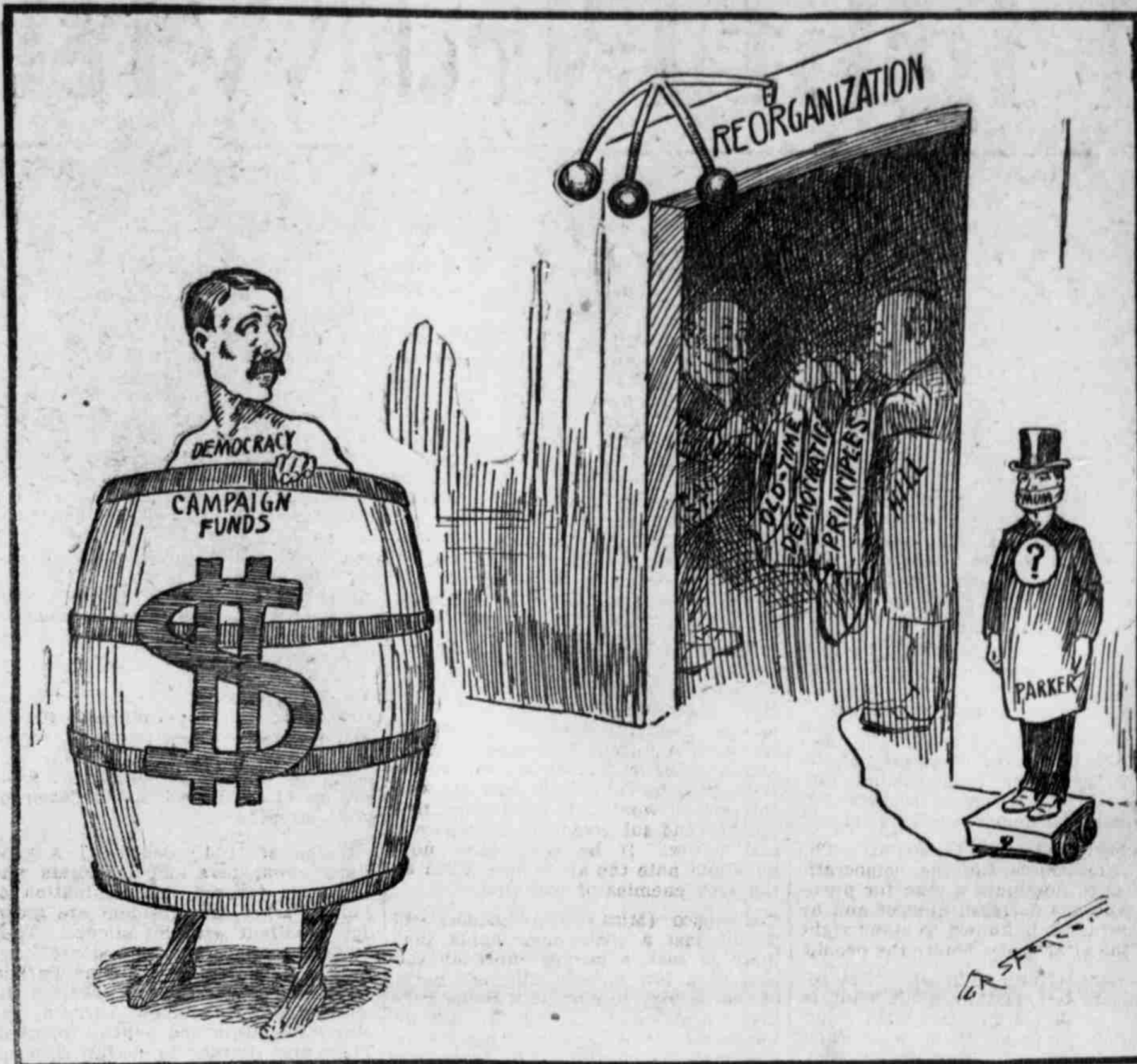
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A POOR SUBSTITUTE FOR GOOD CLOTHES.



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of wild birds—as for example the plover—show a yolk of a rich reddish color. The substance which contributes color and there seems to be little doubt that the iron compound in the yolk of the egg is of a similar nature to that of the blood. It is easily assimilated, and eggs are regarded as a suitable food for the anaemic person as they present a concentrated and generally easily digested form of nutriment rich in iron. The iron compound of the egg has, in fact, been termed a "haematogen," because it is probable that from it the blood of the chick is derived. The amount of iron in the yolk of an egg would appear to increase with the intensity of its color, and there can be little doubt that the maximum is reached in the richly colored yolk of the egg produced by a fowl existing in healthy surroundings, for then its processes of nutrition would be working under very favorable conditions. As an article of diet, therefore, the egg should be judged, not by the color of its shell, but of the yolk, which should be of a rich reddish rather than a pale yellow color.—The Lancet.

Not An Ethical Matter.

A story that comes from a country region not far from New York concerns a native who was seen stolidly plowing a field with a team of weary and dejected horses. As they approached, the observer of rural life remarked, sympathetically, that the horses "didn't seem to like the work." "Um," commented the farmer, briefly; "they don't have to like it; they only have to do it."—Harper's Weekly.

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