

Meats for Dyspeptics.

In America, beef takes precedence over other meats; generally cooked in pieces, or what we call steaks. I maintain that these steaks when but half cooked are not the best food for a weak digestion. A strong flow of gastric juice is necessary to act upon beef, and that flow a weak digestion cannot afford. So great is the preconceived opinion about the benefit to be derived from "rare beef," that people who have really no power to deal with it will look upon it as the only thing that can support them. This is a mistake. All meat to be really digestible ought to have passed through a heat process in cooking which will coagulate or thicken the fluid portions of it, partially soften the fiber, and make it easy for maceration, and bring the food in such a state into the stomach that it does not need raising in temperature. A weak digestion must always be careful of raw and cold substances—of substances that bring with them a lower temperature. Raw beefsteak, so much approved of, is for a time a dead weight in the stomach, and although the people eating it may feel still persevering in eating it, and think it is the only food that will give them strength. Let steaks and chops be done through with quick but gentle heat, and they will be no burden on the stomach. I am, however, also of opinion that, as we progress in the knowledge of food and its action, we shall more and more discontinue chops and take to a milder way of cooking meat. Something must be very wrong in our food economy if the suffering from the disarrangement of the digestive process is so universally widespread. Roasted beef, when properly done, is strength-giving, and would be digestible if it were not eaten in large quantities and were properly masticated. Boiling food is about the worst way of eating for a weak digestion, and is actually one of the principal reasons why we suffer from it. The moment the matter is thought over, it will appear to every thoughtful person, that if the teeth were given us, they are for a purpose, and that some time must be necessary, to bring the food in a properly macerated condition into the stomach. The weariness and dead weight felt after boiled food is indescribable. The outside of roasted meat should never be taken by those suffering from a weak digestion. Roast mutton is a very wholesome food for a weak digestion, and there can be no better nourishment than the inner slices of a leg of mutton. Mutton is more delicate of texture than beef, has a finer fiber, and nearly as much nourishing property. It is easier masticated, of lighter weight, and gives far less uneasiness in the stomach. It is also easier of preparation. A well-cooked-up roast of mutton that has not lost its gravy in cooking is a very wholesome dish for the dyspeptic. Steamed mutton also is nourishing and light for the stomach, and should be far more often served in our restaurants. It would be an excellent change, and yet it is but seldom met with. A slice or two of a steamed leg of mutton, with caper sauce and some light vegetable, may be eaten with safety by a delicate person. A rice pudding, well steeped in milk and prepared without eggs, but flavored with ground cinnamon and sugar, will follow so well that for once the dyspeptic need not undergo the inevitable torture after he has dined. Lamb possesses still more the characteristics needed for delicate persons. It is, however, not so rich in nutriment as mutton. Besides, it requires such careful cooking that it is but too often burnt up in roasting, or boiled to rags. A breast or neck of lamb, gently simmered with rice, a few pepper-corns, mace and salt being added, also some finely-chopped parsley, is a very excellent dish for the dyspeptic. Veal has excellent properties. Like the meat of all young animals that are not full grown, it is tender, but the fiber is not always digestible and needs careful cooking. Its nutritive properties are not so good as those of mutton, but yet are sufficient to make it a valuable food. Veal should be well done, but be gently cooked, so that all the albumen in it is coagulated or set, and the fiber well softened. Roasted veal is a dish in which a weak digestion may indulge sometimes, if the roasting process has not been such as to put the meat in an overheated oven, where the juice is dried out, but if the meat has been covered with greased paper or a cover while roasting, and so remains moist and becomes tender. Steamed veal is more digestible if carefully prepared, and can be eaten with profit, together with a slice of tongue. About pork there are many different opinions. My own is that it is not so indigestible as it is said to be if it is young and has been properly and carefully fed. In all animal food a great deal depends upon the manner in which the animal has been fed, and perhaps no flesh shows its breeding and feeding so much as that of the pig. Pork should not be dark and too red when bought, but have a delicate pink color and very white fat. Never cook it violently; such cooking hardens the fiber and makes it indigestible. Cover the meat in the oven and do it gently. I never baste any meat; there is no necessity if it is covered. It should cook by its own fat. If veal is very dry and has not fat enough, let it be covered with greased paper or rubbed over with pieces of butter, or some mild fat bacon be put around it. Half an indigestion is derived from the careless manner in which meat is cooked. Roasted pork may now and then be indulged in by those that are not far gone in dyspepsia, but only if it is young and can be got well cooked; if that is not the case, leave it alone and do not touch it. Salted meats are more indigestible than

fresh meats, and yet how carelessly even delicate people sit down to corned beef, while neglecting the more digestible article—mildly salted pork. Salt drives the watery elements from the meat, and, therefore, hardens the fiber, for it closes them up more. It is, however, possible to soften salted meat in cooking, if it is properly done. Let it simmer very gently and longer than fresh meat, with not too much water, and place it in the saucepan with warmish, not with cold water. I steam the beef. If well pressed when done, the beef will become tender, and a slice or two when so cooked can be digested. There is a mild way of seasoning pork, which would much enhance the value of that meat. A hand or shoulder of pork rubbed in with best salt for a few days, then well washed, rubbed dry and placed in warmish water with young spring greens and very gently simmered, is quite a passable dish. It must, however, be very young pork. The same dish may come on the table cooked by two different persons; one may be digestible, the other the opposite. Choice of meat and preparation occasion that difference. Let me say a very serious word to all those who cook for dyspeptics; cook and serve appetizingly. If you do so, the secretions, that is, the saliva and gastric juice are encouraged in flow, and improve the digestion of the food wonderfully.—Mrs. Amelia Lewis, in Food and Health.

Taking Ostrich Eggs.

An ostrich farmer in South Africa gave a correspondent of Forest and Stream an interesting account of the way Hottentots steal eggs out of an ostrich nest. He said: Hunters tell how the old birds can trace the slightest touch of the human hand upon the eggs, and how that the bushmen, when they rob a nest, have to lift the eggs out with sticks; but Jantje, the Hottentot, says this is a mistake. He says he has handled eggs without the old birds ever observing it, and that the wild birds' eggs can be freely handled, and as long as too many are not taken out the old bird is none the wiser. The way Jantje robbed nests was this: In some bush-covered plain where he had reason to think ostriches might be found, he went about midnight, walking cautiously, and when reasonably near, sitting under some bush. Here he remained till about three o'clock in the morning. About this time he expects to hear them "bromming."

"And what is 'bromming'?" we interrupt. "It is a kind of roar, or short bellow, which travelers, as you have read, have often mistaken for the roaring of the lion. This noise they repeat several times, and that gives Jantje a chance to tell at least the direction in which the birds are, for the female will not be far off. Then he steals as near as he can safely, and sits again, till early daylight. About this time the ostrich brooms again, and then, if possible, Jantje steals along still closer and waits till a third brooming, about eight o'clock, shortly after which the cock leaves the nest. While he is away, and before the hen has been warned to assume her duties, Jantje has taken an egg or two out of the nest, and now knows pretty nearly where to come when he wants another."

"And what does he do with the egg?" "I am told they cook them in the shell itself, and also by putting hot stones into them. I suppose they cook them with hot stones when they wish to preserve the shell, which makes a very convenient bowl, and a pretty strong one, too. Those eggs contain as much meat as two dozen hens' eggs, and it is of as fine a flavor, nearly. My wife frequently uses them in baking cakes, and it is a common practice among other farmers. Whenever we find an egg with the shell perfectly smooth, or nearly so, we set that down as a wind-egg and cook it. Where there are no pin-holes in the shell it never hatches a chicken."

"And will a wild ostrich fight for its nest?" "They will fight anything but a human being, I am told." "And how do they make their attack?" "By kicking. They throw their leg forward, and if that big, hooked toenail comes down your back, you will be injured. It is not always that he succeeds in making a scratch, but the force of his foot is as terrible. They often kill each other in a fight, and have been known to kill men. No matter how tame they become, they are always liable to attack you in the breeding season. It is this uncertainty about them that makes me like the business."

—Corporal punishment, as it is now inflicted in England on prisoners by means of a birch rod, appears to be regarded by them as a good joke, and to excite an exhilarating rather than a deterrent effect on the offenders. The chaplain of Parkhurst Prison, in his report just printed, calls attention to this point, and expresses his belief that in the end it is kindest to make punishment real. He is inclined to think, from a conversation overheard between two prisoners, one of whom had recently been flogged, that if corporal punishment must be resorted to at all, the birch is a mistake. "Well," inquired one of the prisoners, "how did you get on the other day? Did you mind it?" "Lor', Jack," replied his fellow captive, "mind it? I should think not; fancy minding a birch broom! Why, bless you, my mother has often given me a stiffer warning than that before breakfast—ah! many a time."

Ravages of the Insect Army.

In the great war against weeds we are in danger of forgetting that we have an enemy about far greater power, because working often insidiously and unseen, which requires to be as much guarded against, namely, the insect enemy. We complain of weeds because they rob the plant of food, and like the place where a good plant ought to be; and we fight with the feathered enemy because he takes the fruit, which have struggled through all other troubles; but the insect which we do not see rarely troubles us very much, though after it is too late to apply a remedy, we see what terrible havoc has been done. Then, overwhelmed with our great loss, we think there is no help for it. Yet we have the evidence everywhere about us that much less labor, than is often expended by the exasperated farmer or fruit-grower in shooting birds that are rather his friends than his enemies, would be more than sufficient to preserve a fruit crop against the worst insect enemies that ever existed.

We are moved to these remarks by a communication we recently read in a horticultural journal in regard to the celery-grub. All who have had experience in the culture of this vegetable know that they have much trouble some seasons from the operations of a very small worm, which gets underneath the surface of the leaf and feeds on its green cellular matter. Celery, when attacked by this insect, rarely does any good. This correspondent had tried lime, and ashes, and sulphur, and all the easy remedies so often named, but with no good at all. Finally he wrote to some one whom he thought could tell him what to do, and was told to go over the leaves on the first appearance of the insect and pinch them "dead." He thought this very absurd; but he was tempted to try the advice, and found to his surprise that it took no more time than one or two good waterings or weeding, and he therefore writes to thank his friend for his advice, and to praise his own good sense in having taken it. Yet, this is no more than we in this department, and most other agricultural laborers, are continually inculcating, namely: the necessity of personal labor if we would do anything in this way with much hope of success.

This has been exemplified in the case of the curculio on the plum. All sorts of easy scarecrows have been thought of. Some dust the trees with lime, with sulphur, with ashes—others stick tar in rags about the tree. Numerous other nostrums have been popular, but the first great blow at the curculio was to cut off a bough close up to the trunk, place sheets under the trees, and with a mallet suddenly strike the stump and thus shake the insects off, which were then burnt. Do this every morning for a couple of weeks, and you can get plenty of plums and they will pay handsomely. It is, indeed, the experience of every one that the war against insects, as against weeds, is one in which we must personally engage if we would have success. People think that the climate is a fearful one, and look with envious eyes on foreign countries from which fruit flows so freely to our shores. But all who have had personal experience in these countries tell us that personal effort to keep off these animal pests is something enormous, and they laugh at us because we sit down and do nothing but cry over our hard fate.

Of course, we can get some help from outside agencies, and of these birds are the best. But even these we have to assist in order to get the best results from their work. We remember once when the cut-worm question was one of most engrossing with the press generally. Asking a farmer friend what he regarded as the best remedy, we suspect that the great world of disputants would have been surprised at his answer that he encouraged the black-birds, as the purple grackle is called in these parts. This, the white grub, and similar root-devourers, he thought he kept completely down by encouraging them. His neighbors shot them whenever they had a chance, and they flocked to his farm, where they were protected; and they followed his plow and hoe-barrow, to use his own words, like a flock of ducks, and thus kept them closely checked. When he found his corn or any of his hoed crop troubled in this way he put the cultivator at once to work, and this gave the birds a chance.

These little hints may be of service at this season of the year. The war must be begun early, and with personal effort. The ways and means need not be specially referred to. Only let it be recognized that personal labor of some kind must be at the bottom of success, and how to do it will often suggest itself.—German Town Telegraph.

A Constant and Honored Place for Rye.

It has been a favorite practice with me to sow rye on every available space unoccupied by a regular farm crop, or as soon as such crop is taken from the ground, except where wheat or grass was to follow instead. This I do either to pre-occupy the ground to prevent its growing up to weeds or to raise a green crop to be plowed under, or for pasturing, or for a crop, or for both the latter purposes. I think rye is preferable to any other grain for these uses, being the most hardy and reliable of all. I have sown it any time from July to and through December, and had it do almost equally well; have sown in corn at the last cultivating; pastured it all the fall after the corn was taken off, and the next May plowed under a heavy green crop to plant potatoes. Have sowed it the middle of August, then pastured all the late fall and early spring, then saved it for a good harvest

crop. Have sowed it the first of September, and after ground was frozen, in winter it would furnish the stock quite an amount of green feed.

At other times I have sowed rye just before the winter set in, either November or December, when it would come up very early in the spring and give a very fair crop. No weather or treatment or insect seems to affect it much. Have plowed a heavy growth of it under in November and in December, when every inch of earth in the furrow, slice would be permeated with the white rootlets of this hardy growing crop, and such a dense body of it as to keep the frost out, allowing it to be plowed after other ground was frozen hard. Have plowed it under in May, when it was three and a half feet high, using a chain and the hoed crop on that ground would resist the drought, as the land seemed to hold the moisture better than any other. It is sometimes thought to be better when designed for a crop, to have rye pastured rather close until say the 10th of May or thereabouts, after which it will grow not quite so tall but even, and a thick crop on the ground.

On this same principle I have heard of some mowing the early growth off before its heading, and after that obtain a fair harvest crop, but I would not recommend this except on strong, rich land. Some would not sow rye on their farms, for they say they never would get rid of it, but it would come up in crops for years afterward; but I pay no attention whatever to such complaints, for in making them such mere acknowledgments that they are not masters of their profession, and if it was not rye they would let weeds, or thistles, or some other foul growth take more or less of the space and of the plant-food which should have gone to make a good clean crop for the husbandman. In growing rye for a crop, the ground grain makes excellent feed and the straw is often worth as much as hay.—Cor. N. Y. Tribune.

What to Wear.

Brunettes may wear ambers and all yellows, browns, maroons, red, olive green and very dark blue, especially in velvet. They cannot, as a rule, wear light or medium blue, though some who have brilliancy of complexion can wear pale blue. Light greens, grays, purples and all shades of violet must be avoided by the brunette. However, if she has black hair, pale, smooth skin and blue or gray eyes, she may wear both reds and blues in all shades, cream white and pure white, bluish gray, black and stone-color. If her eyes are dark, she may add amber and almost all shades of yellow. She may wear diamonds, topaz, garnet, coral and Etruscan gold jewelry. Women who have chestnut hair, pale, smooth skin and hazel eyes must not indulge a fancy for reds, brilliant yellows or medium blues. They may wear purples, all evasive pale shades of yellows, olive greens, very dark and very light blue and creamy white. Corals, turquoises, and small diamonds set with other jewels in dull gold or platinum, as well as enameled, mosaic and cameo jewelry, are permitted to women of this type.

Women of no pronounced type—which class is legion in number—usually called plain, because they are not brilliant, but to offset this are often endowed with great delicacy of form, refinement of expression, and fine eyes, but they have dull, ashy-brown hair, and no brilliancy of complexion. Their eyes are oftener grayish-blue than brown or hazel. Red is not becoming to these women, and they should not wear fawn-color nor gray. Brown is just as bad. Black, particularly black velvet; white, particularly creamy-white woolen fabrics; water-blue, flush-rose, black and white laces; jet, pink, cameo, delicately enameled jewelry—all these are becoming to such women. They must avoid tan-colors, grays, bluish-white, pronounced blues, yellows, reds, and browns. Golden blondes, with rosy complexions, may wear blue-white, all shades of blue, rose-pink, all shades of green, yellow, and purple; but, of all colors, red must be avoided.

Blue-eyed girls who are not red-haired, and those with greenish-gray eyes, with prominent transparent corneas, can, by wearing a blue dress, or blue ribbons, or turquoise jewelry, enhance the blueness and brilliancy of the eyes. The "rossas" can never wear pink, but must confine themselves to white of a creamy hue, gendarme blue of a deep tone, invisible or bottle-green, olive-green, gray-green (never bright gray), stone-gray, claret, maroon, plum, amethyst, or brownish purple, dark amber, reds with an amber tint, pale yellow, and dark brown. Velvet is the fabric above all others which should be freely used in the toilet of the rossas. Pearls, amber and gold ornaments are becoming to them. Diamonds are too flashy. They should dress in either very dark or very light colors. Grays, drabs, yellows, bright blue, bright green, mauve, lilac and rose do not become them. They may wisely wear black, dark blue, dark violet, pearl and cream white, water-blue and the palest tints of Nile-green. By studying these points, any woman can soon tell what colors are most becoming to her, and thereafter wear only those that suit her best, for it is her bounden duty to look as well as nature—with a little assistance from those particular points—will permit.—Chicago Tribune.

—For an iron cement for closing the joints of iron pipes take of coarsely powdered iron borings five pounds, powdered sal-ammoniac two ounces, sulphur one ounce, and water sufficient to moisten it. This composition hardens rapidly; but, if time can be allowed, it sets more firmly without the sulphur. It must be used as soon as mixed, and rammed tightly into the joint.

THE TRUE TEST.

The Merit of Religion, Government, Persons and Things Must Rest upon a Basis of Worth. Some Truths Illustrating this, and Testimony of Value to All Readers.

(Christian at Work.)

The true test of any religion is the effect it produces upon the lives of those who profess it. And, indeed, the test of real merit everywhere is the power of accomplishing desirable results. In this age of the world men are not judged by what they claim to be able to do, but by what they can do; not by what they are reputed to be, but by what they are. Hence it is with the religion of our own country rises superior to the faith of Mohammedan or Hindoo lands; for while there is much hypocrisy in the Church, and for too much worldliness, there is yet an absence of those sensual and brutal elements which characterize the religions of Arabia and the Ganges.

This principle is equally true in all other departments of life. The same principle applies to persons as equally applicable to things. I questioned me if most characterize them all, or they cannot be acceptable, much less popular. The clear and well-arranged lecture delivered by Dr. Charles Craig before the Metropolitan Scientific Association appeared in the columns of this paper a short time since. In this lecture some new truths were brought to light bearing directly upon, and affecting the interests of, the entire community. These facts, as stated by the doctor in his lecture, have been discussed in the columns of the religious press to a considerable extent in the past, and that, too, by very prominent personages. A few years ago the Rev. J. E. Rankin, D.D., of Washington, who is prominently known among the Congregationalist denominations of the country, published an article upon the same subject, which drew forth most bitter replies from prominent physicians, and in response to these articles Dr. Rankin published long communications in the *Independent*, the *Boston Congregationalist* and the *Chicago Advance* reiterating his former statements and strongly emphasizing them. In these articles Dr. Rankin frankly stated he was as strongly convinced of the efficacy of the means used as he was that the Genesee River emptied into Lake Ontario. He further said: "I have known too, of its use in similar cases by physicians of the highest standing, and I want, in the interest of humanity, to recommend Warner's Safe Kidney and Liver Cure."

Now while very few people are afflicted as severely as was Dr. Craig, or the cases Dr. Rankin refers to, still it is a lamentable fact that the great majority of people, in all parts of the land, are suffering to a greater or less extent from ill health and that this lack of health arises from either disordered kidneys or liver, some additional facts, from the highest sources, of special interest upon a subject of such importance to the community have therefore been collected by this paper, and are herewith given:

Rev. D. W. Hartine, M. D., D. D., is known in all parts of the land as a distinguished and efficient leader in the Methodist denomination. In speaking upon this same subject as shown in his own experience he said: "Some few months since I found myself suffering from a kidney difficulty which I knew to be the first stages of Bright's disease. By the use of a reliable test I found that my system was giving off albumen, and in some instances in a copious state. I was suffering severely from dropsy, particularly about the ankles, together with slight pains about the kidneys, derangement of digestion and great dryness of the skin. I had at all times much thirst, and of course this was followed by a gradual falling of strength. That was about the state of things when I commenced using the preparation known as Warner's Safe Kidney and Liver Cure. I took a few bottles and soon felt every day for a week, and found all my symptoms decidedly improving. I continued taking the remedy until I entirely recovered."

In a communication made by Rev. Dr. C. A. Harvey, the well known financial and educational secretary of Howard University, Washington, D. C., the doctor says:

"I have for the past five years been acquainted with the remedy known as Warner's Safe Kidney and Liver Cure, and with its remarkable curative efficacy in obstinate and so-called incurable cases of Bright's disease which occurred in this city. In some of these cases, which seemed to be in the last stages and had been given up by practitioners of both schools, the speedy cure and recovery wrought by this remedy seemed to be little less than miraculous. I am convinced that for Bright's disease in all its stages, including those first symptoms of kidney troubles which are so easily overlooked, but which, if not treated with danger, no remedy heretofore discovered can be held for one moment in comparison with this, and I hope that Warner's Safe Kidney and Liver Cure may become as widely known as is the existence of the maladies which it will cure."

Rev. A. C. Kendrick, D. D., LL. D., who is Professor of Hebrew and Greek languages in the University of Rochester, N. Y., is also one of the American revisers of the New Testament, in speaking of the effect which Warner's Safe Kidney and Liver Cure had upon himself, stated most emphatically that he had received marked benefit from it, and he cordially recommended it to the use of others.

Rev. A. Bramley, pastor of the Arsenal street M. E. church, Watertown, N. Y., testified in a recent interview that he had used bottles of Warner's Safe Kidney and Liver Cure had entirely removed the distinctive features of a severe kidney difficulty, and that while he had not been able to do so, he had without great pain for more than five years, he was now not only able to do so, but slept soundly, ate heartily and calls himself a well man.

Rev. A. P. Hill, of Shoehet, N. C., having been troubled with a severe kidney and liver disease for a number of years, said: "I have been praying for relief for four years, and I believe I got it in answer to prayer. I beg to bless the firm who manufacture Warner's Safe Kidney and Liver Cure. Many of my friends have also used it with marked benefit, and I hope my testimony in its behalf may save the lives and relieve many who are now so severely suffering from kidney or liver troubles in some of their many and dangerous forms."