that man is Governor Hughes of New Moines committee has a railway rate to any citizen to believe that he would ATCHISON GLOBE SIGHTS. **Home Course** York. He is hated by almost every expert, employed by the year, to see vote against his own judgment on A cynic is always a llar member of the state legislature and cure fair treatment and fair play for paving merely because his uptown In Domestic yet they dare not refuse to do his shippers. Des Moines is not discrim- neighbor asked for better train ser-Yours is the only hobby that is not bidding. It will be due to the weight inated against. The railways appre- vice. foolish. of his own fearless integrity if New ciate the present Des Moines as well Science York politics are purified and the as its future certainties." ABUSE OF PRIVILEGES. If we were a girl we would insist Abuse of privileges is the usual on being named Roberta. THE REQUEST IS A FAIR ONE. cause for the enactment of stringent A mist of doubt continues to en-There is nothing unfair in the re-Doesn't it often occur to you that IV.-Vegetables In the and restrictive laws. To illustrate, velop the peak of Mt. McKinley. The quest of Norfolk and the traveling the devil has a grudge against you: there was a time when a man could Fairbanks party was financed to make Diet. public of northern Nebraska and drive as fast as he pleased whether When you say a man refuses to lis the ascent to discover whether the southern South Dakota that the Northin country or city. Some men abused ten to reason, it means that he fails records which Dr. Cook claimed to westerp railroad company remedy an the privilege by not using common to agree with you. By EDITH G. CHARLTON, have left there. They claim to have injustice now existing in the matter sense, people were injured, and the In Charge of Domestic Economy, Iowa made the ascent successfully, but of incomplete train service to Norfolk. result is that nearly every town in It usually takes a stronger hint to The city of Norfolk as the metropo-State College. found no trace of Dr. Cook. Now the country now has a speed limit, induce a visitor to go than was re there is a disposition to question is of half of two states and as the People having milk to sell had the quired to get him to come. of little value, yet an almanac dated whether the Fairbanks party really geographical and commercial hub of Copyright, 1910, by American Press privilege of selling milk when and Association. reached the summit of this ice bound one of the best regions through which If a woman has proper pride she will to whom they pleased; the privilege never forget her dignity, not even the Northwestern system runs, is en-HERE are three main reasons was abused, some sold impure and when running to a fire. titled to consideration at the hands adulterated milk and now only li-The Virginia man who obtained a of that railroad. ensed dealers can sell milk in the Our idea of an unusual man is one divorce from his wife because of her The convenience of the traveling foods more digestible and (3) to kill cities. Business places once could who doesn't have a lot of worthless violent temper, fully appreciated her public ought to be enough of a factransact business on any day of the junk he considers valuable. germs. As a rule, simple methods for good points and shortly after hired tor to induce the Northwestern to preparing foods are preferable because week and at what hours they pleased, her as a cook. When he again engrant this simple request. Many people imagine that unless they preserve the original flavor. Vegbut some of them made Sunday their tered the matrimonial relation, he they show their bristles constantly etables, which will form the principal chief business day while others conchose a young, pretty and amiable subject of this article, are better when they will be imposed upon. BOOSTING A CITY. tinued throughout the entire night. school teacher who knew nothing of cooked simply without the accompani-Many people have a sense of humon Now the letter as well as spirit of the practical housekeeping. He boasts of An old fashioned mother's idea of ment of other ingredients his present household as the best or- too keen for the advance of their closing laws is strictly demanded and 'neglecting duty" is to hire a nurse town. When any proposition looking enforced. There was a time when a to take care of the children. ganized in America. man could clean up around his premtoward civic or business betterment is No man wants to live long after his suggested, their first thought is a perises or not as he pleased; some abused While numerous great financiers range of usefulness is restricted to ception of its weaknesses or absurd the privilege by allowing filth to achelping the doctors make a living. and students of economics have acaspects. There is a certain self-satiscumulate, conditions became dangerfaction in being able to pick flaws not The older people get, the less re ous to the public health and the comdeclaring the Americans the most exmunity and so, in self-protection, re- gard they have for looks in their seen by duller fellow citizens. The travagant and thriftless people in the "nighties," and the more for comfort. contagion of fault finding spreads, the strictions such as the cleaning up and world, the savings banks come to the town rises to a guffaw about it, and kindred ordinances were passed. It has been our experience that Good citizens appreciate liberties when the weather is pleasant and fishone more chance to go ahead is laid They present evidence that we have to slep under the daisies. given them but there is ever a class ing agreeable fish won't bite. more money in the bank than any which always occur under certain con-The power of criticism is an unimwho have so little regard for their other people and own more than oneditions. It is ignorance of or lack of portant faculty compared with the "I don't care what the fools think, neighbors, no matter what privileges third of all the savings deposits in attention to these underlying principles they enjoy and this is the element who an angry man said today. "Then you power of construction. A corner loafwhich results in so many unsatisfactory don't care what anybody thinks," aner may make perfectly just criticisms are always making necessary the pasand indigestible dishes being served on on the governor or the president, but other man said. ur tables. The United States government is sage of this law or that law, that only one man in a hundred thousand the rights of the people may be safe-Composition of Vegetables. Since women are transgressing the or a million can do the work of those guarded. If you are abusing privi- rights of men more and more each It owns buildings worth more than jobs. leges you may enjoy, you may rest day, how long will it be until they tip assured that some day the people will their hats to men? T. R. SPEAKS OF CRITICS. demand that they be taken from you. In all his sermonizing, Colonel Every boy is willing to do some It matters not whether you be as rich Roosevelt has not hit the nail more work, and most of them specialize on as Rockefeller or as poor as Job, for quarely on the head than in his Sat

it of the American people, the great-

AROUND TOWN.

You had to rebuild that fire.

Sauce No. 1. One cupful of cream, one teaspoonful of salt, one-eighth teaspoonful of pepper, one tablespoonful of flour, one tablespoonful of butter, one egg yolk and four tablespoonfuls of cheese, Melt butter, blend with dry ingredients; add cream. Cook until mixture thickens and pour gradually over egg yolks. Add grated cherse and allow to melt.

Sauce No. 2.

Serve with one-quarter cupful of melted butter, one tablespoonful of lemon juice or vinegar, three teaspoonfuls of worcestershire sauce and one tablespoonful of chopped pimento or red pepper.

Universally as potatoes are served. there is no vegetable which is more often sent to the table absolutely unfit to eat. When kept in a closely covered vessel or allowed to cook in unbroken skins they will become soggy and dark and have a rank flavor. If put on in cold water or allowed to cook slowly so as to become water soaked the potatoes will be most unpalatable. Few vegetables are more popular or more delicious than a potato properly baked. while one that is heavy, watery or baked until the skin is thickened and toughened is sufficient to cause dissension in the family circle. For baking select medium sized per tatoes, scrub well and dry them. Bake in a shallow pan in a moderately hot oven until soft-about forty-five minutes. When soft press between the fingers to break the skin and allow the steam to escape.

\$300,000,000 and spends \$20,000,000 a year for new ones. The government carries no insurance on its propertythat is, it acts as its own insurance company. It safeguards itself against loss by erecting buildings that won't

burn. If it carried insurance the premiums would amount to \$600,000 a Emperor William's offer to defend year; as it is the yearly loss from fire is about \$10,000.

A city is but the larger family. The offer a plot to defend first and annex streets, it has been well said, are simply an extension of the home. And so doer of deeds could have done them the street should be an expression of better. The credit belongs to the man

the home. That means clean, decent face is marred by dust and sweat and streets. When you invite a stranger blood; who strives valiantly; who into the home you know that cleanli- errs, and comes short again and again. because there is no effort without er investigate as to whether there is a When a stranger comes into the big for and shortcoming; but who does actually strive to do the deeds, who family home called a city, what must knows the great enthusiasm, the great he think of the dwellers therein, to devotions; who spends himself in a

The Norfolk Weekly News-Journal The Journal, Established 1877

peak.

Every Friday. By mail per year, \$1.50. Entered at the postoffice at Norfolk, Telephones: Editorial Department

No. H 22.

ca to be insulted. Who will take the trouble to bother him?

We count last year's almanac to be 1667 brought \$386 at a Boston sale.

Men conversant with the business situation say that the turn of the tide has come and that we shall soon see lower prices for the necessities of life.

There have been 22,000 bills introduced in this present session of congress. This is law making gone to seed. Let us reduce the quantity and improve the quality.

The United States will have to "go some" to welcome its former chief executive with more enthusiasm than

is being shown him in the European counted for the high cost of living by countries he is visiting.

Colonel Roosevelt would command high salary as a land agent on his re- front with an entirely different story. turn home. It is said that his trip through Europe will increase immigration 200,000.

New York papers are complaining the world. about the number of abandoned farms in the state. Too many of its agriculturists get into Wall street and the greatest builder in the country. farm the farmers.

Japan has 550 merchant ships in the water with a hundred more under construction. The United States has no merchant marine, Japan means to get all the business she can. The United States doesn't.

Holland in time of war is looked upon with great suspicion by the independent Dutch people. They see in the afterward.

Since the controversy over the Fairbanks expedition to the summit of Mt. McKinley has been added to the north pole row, it is thought best to ness and decency is pleasant to him. Mt. McKinley or a north pole.

A fake count was convicted of mar

THE NORFOLK WEEKLY NEWS JOURNAL, FRIDAY, APRIL 29, 1910.

irrigating the grades with a hose and abuse of privilege is not liberty, but nozzel. license and is repugnant to the spir-

There is a certain man in Atchison est lovers of liberty the world has who is very cold. Church White complains that he walked down town with him this morning, and froze one of his feet.

When a young mother goes insane there is always a suspicion that her insanity is due to puzzling her brain lying to invent an entirely new name Be sure that the census man does for ler baby.

An old fashioned woman's idea of Norfolk didn't get the worst of that public disgrace is for any man member of the family to get so mad he stays down town at a hotel all night. Going to enter any chickens in the

3 M/ WATER 90.3 %

any reason a vegetable has become soft or withered it should be soaked in very cold water until it again becomes plump and crisp. All vegetables should be thoroughly cleaned before cooking.

for cooking-viz, (1) to develop flavors and, make foods more palatable, (2) to make some

In cooking any food the first great essential to success is to be accurate in method. Accuracy in measuring and combining ingredients with a knowledge of the effect of heat on different food materials, combined with is therefore worthy of care in its interest in the task, can almost always preparation to suit it to the individual be relied upon to insure a successful tastes and appetites. The quickest finished product. Indeed, it can be safely stated that there is no such and simplest methods of cooking it are the best. It requires plenty of boiling thing as luck in cooking. Success depends upon a knowledge of certain physical and chemical phenomena

has a strong flavor and is a cause of digestive disturbances. When the cab-There are a variety of food matebage has been cooked until tender it rials which cannot be classed as nutrimay be served with only butter and a tions, and yet they have a distinct seasoning of pepper, or either of the value in the diet. For instance, fresh following sauces: fruit and vegetables are not especially nourishing as far as making blood and

WATER

WATER 89.6%

ARBONYDRATE

0.15%

0.08%

WATER 86.5%

EXTRACT REOTEID MIN.MAT. FIBRE

SOLIDO

PROTEID.9%

MIN MAT .9%

.59

WATER BRETS

PROTEID 0.4% FAT 0.5% CARBOHYDRATE 12.53 MIN. MAT. 0.4%

CELLULOSE 2.7%

FIBRE 15%

FAT

78.3%

muscle and giving heat and energy are concerned, but both should be given an important place in the daily bill of

FAT 0.1%

ASH 1%

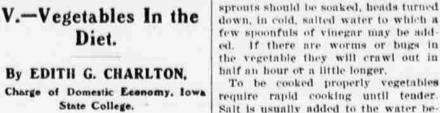
CRUDE FIBRE 0.4%

PROTEID I.I. FAT 0.4% CANBORYDRATE 58 CELLULOSE J.I% MIN.MAT 1.3%

EXTRACT 0.7%

WATER 96%

PROTEID 2.2%



Cabbages, cauliflower and brussels

parance the diet.

Preparing Vegetables For the Table.

and crisp when put on to cook. If for

fore the vegetable is put in, except in

the case of potatoes, which are better

if salted just before draining. It is

be more difficult to digest than when

eaten raw. This is because the kettle

is generally kept closely covered and

the gases do not escape. Cabbage con-

tains a relatively large amount of sul-

phur, which makes it indigestible and

will cause flatulence when improperly

cooked. It is one of the most useful

vegetables, being available almost any

season of the year, when other green

vegetables are difficult to procure. It

water, a hot fire to keep the water

bubbling all the time and thorough

ventilation, that the strong smelling

gases may be carried off in the steam.

Young cabbage will cook in twenty-

five minutes. Late in the season it

will require at least forty minutes.

Overcooked cabbage is dark colored.

All green vegetables should be fresh

nlways better to cook vegetables uncovered, as this allows the escape of gases formed in the cooking. If these are retained they give the vegetable a strong odor and flavor and are sometimes found to be injurious. We all know that cooked cabbage seems to

rights of the people respected.

N. A. Huse, Secretary President.

THE HUSE PUBLISHING COMPANY. W. N. Huse,

Neb., as second class matter.

The News, Established 1881.

No. 22. Business Office and Job Rooms

Bernard Shaw is coming to Ameri-

rying nineteen women and was sen tenced to eight years in the penitentiary. He must have found the solitary confinement of his cell an excellent rest cure after such a strenuous life.

Poor Philadelphia has had to suf fer a good many criticisms of recent years and now it is called by the Japs who recently toured the country from Tokio in search of business information, the most impolite city in the country.

William D. Howells is decidedly op timistic regarding the outlook for good fiction. He says: "There are infinitely more bad novels now than ever before, but that is because there are more novels; the number of good ones is as great as ever."

The new socialist mayor of Milwaukee hits it right when he says: "The workers of our city are its most valuable asset." Any man who doesn't do a day's honest toil, who is in good health, is a drone and a menace to the prosperity and peace of any community.

The trolley extensions in the United States are increasing so rapidly as profess religious principles of life in to form almost a network. St. Louis is congratulating herself that with the exception of a small gap a trol- zenship." The congress has adopted ley ride may now be taken from that city to all important points in the with fifteen commissioners. The middle west north of the Ohio and in membership promises to be such r mixthe eastern and New England states.

President Taft stated a truth that together with any permanence. As needs emphasis in his address to the one of its members says: "The first Daughters of the Revolution when he thing we know, respectability will said that patriotism should not be an occasional outburst every four or five of Chicago. There is no telling where years but a constant feeling of allegiance which every man and woman If we stick together we can do anyentertains.

Governor Hughes does not want a money." place on the supreme court. This is satisfactory to the people. Splendidly equipped as he is for that position, he is such a dominant force for clean politics that he can exert a still great. the serious attention of the city auer influence for the common welfare lic affairs.

in the next ten years for better- taken. ments. We are certainly dealing in big figures. A quarter of a century ago we were amazed when we contemplated ten million dollars. Now we-Jim Hill and the rest of usare beginning to think in billions.

If ever a man in public life illus- Post:

ind some, perhaps many, parts dirty, unclean, uninviting? Clean up the city, keep it clean, and the stranger fails, at least fails while daring greatwill long to join the family.

Where so much criticism of the know neither victory nor defeat. course of President Taft has been Shame on the man of cultivated taste

made throughout the country it is a a fastidiousness that unfits him for positive pleasure to give him credit doing the rough work of a workaday for real and valuable achievements, world. Among the free peoples who It is principally due to him that this govern themselves there is but a small field of usefulness open for the men country is not involved at the present of cloistered life who shrink from contime in tariff wars with France, Gertact with their fellows. Still less room many and Canada. If our trade with is there for those who deride or slight

urday lecture when he paid his re

pects to men who strive and make

mistakes and to those who stand by

and criticise. His words are worth

It is not the critic who counts: not

the man who points out how the

strong man stumbles, or where the

worthy cause: who at the best know

repeating:

what is done by those who actually these three countries had been interbear the brunt of the day; nor yet rupted if retaliatory duties were being for those others who always profess exacted on both sides and the hard that they would like to take action feelings which accompany such a if only the conditions of life were not state of affairs were being cultivated what they actually are.

not only would our business situation be far different from what it is, but there might be a possibility for actual war. More wars have sprung from such seed than from any other one cause.

Good citizenship as a creed will have an inning in Chicago among the membership of forty-four churches, religious bodies and clubs which have organized the Chicago Citizens con gress with high hopes for big results.

Its purpose is "to unite all men who the matter of train service. the application of their principles to There is just as much progressive the duties and responsibilities of citi ness and just as much intelligence among the citizens of South Norfolk a commission plan of government as in any other part of the town. The South Norfolk people have built up one of the most attractive, one of ture of religious faiths as rarely has the most modern portions of the town. been seen-and still more rarely held

stalk unchecked through the streets a movement of this kind will end. ence in opinion over train service, is an insult upon South Norfolk's good thing. Bye and bye we will judge a citizenship.

criminal by his crime and not by his Nor is there any more justice in the

ATTEMPT TO BURN A SCHOOL. The attempt on the part of boys to would be a party to any such smallcalibre movement. The Northwestern tire the Grant school building merits unquestionably rejoices in the prosthorities. The fact that there is in perity and development of every town by a more active participation in pub- the community a boy so depraved as on its system. It is one of the petito set a school house affre, gives sound And it is too big an institution to basis for alarm and the most drastic

James J. Hill says the railroads of action in running down the guilty of its patrons.

> The paving bonds must stand upon ADVERTISING A CITY. The city of Des Moines, which comes to vote upon the paving, every spends \$40,000 yearly in magazine, intelligent man will go to the polls newspaper and circular advertising,

> has this to say in an advertisement as to the desirability of this improveappearing in the current Saturday ment.

The train service request and the man who is in the right is a majority, over freight rates. The Greater Des connection and it would be an insult ly exaggerated as was that.

Norfolk poultry show next Decen in the end the triumph of high achieveber? ment, and who at the worst, if he

ly, so that his place shall never be during the last three days of last with those cold and timid souls who week.

ever seen.

get you.

Did you plant one?

weather, after all.

No wonder the meat bills are high who permits refinement to develop in A Norfolk man paid \$1 a pound for i horse.

> It's safe to count the Norfolk chickthe way.

Following that three days' wind, your head probably needed the ser-

vices of a vacuum cleaner. If the census man doesn't count home by dragging in the germs from you, just holler about it. Norfolk the sidewalk. needs credit for every particle of pop-

THE PAVING BONDS. ulation that it owns. It is an insult upon the intelligence of the citizens of South Norfolk to give credence to the rumor that they

will vote against the paving bonds as who is gone. a result of Norfolk's asking the Northwestern railroad to run trains uptown.

But the bankers have to work like It is an insult upon the fair-mindedness of Northwestern officials to had a holiday. There may be some fact that man objects to house cleancredit the rumor that that railroad consolation for you in that.

will attempt, through its employes, to The new Elks lodge at Columbus defeat the paving bonds because Norought to get along all right. Any folk and the traveling public have bunch that would have the nerve to know that I represent the best autoseen fit to request simple justice in start a lodge on Friday and the 13th, mobile in the world, and to save my

ought to succeed. News item says that at the bankers

> convention, Neligh, there were free ci-Several years ago an Atchison wo gars, soda water, and so forth. With man became famous for home-made free "and so forth" it's no wonder pies. Finally her reputation became their eyes-but then they had to get so great that she employed a profesup early to catch the train. sional baker to make them.

thing!"

clean,

other machines."

A very great many of them own their "I want to say this much," a Norfolk Speaking of the wisdom of age homes. They are good citizens in traveling man said. "In all my experi- there are very many more foolish old every sense of the word. And to credence with trainmen, I've never found men than there are wise ones. But anywhere a bunch of fellows as oblig- it is also a fact that the "young it for one moment the report that those people would defeat paving ing to deal with as the trainmen on blood" idea has been greatly overbonds just because there is a differ. Northwestern runs out of Nortolk. done. They're A-1."

The chief of police say that when a

The youths who started the fire in citizen is accused of maintaining a he basement of the Grant school nuisance and a policeman goes to him building, seem to have proved that the citizen claims that the man makattempt to give currency to the re- there are real fire bugs in the town. ing the complaint wants to buy his port that the Northwestern railroad And it is so serious an affair that the property, and is trying to make it so city should bend every effort to run- hot for him that he will sell at a low ning down the guilty parties and pun- price. ishing them.

Are you as good a workman as there Who can have read "Tom Sawyer" is in the shop? Or do you admit that and "Huckleberry Finn" without feelothers are more competent than you ing a lump in the throat over an- are, and then fuss because they re nouncement of the death of Mark ceive more pay than you receive? If use that sort of methods in making Twain? He has made us all laugh and you want to get ahead, be the best the country will need \$10,000,000,000 youth and punishing him should be reply to simple requests from a body made us all cry and he held a place workman on the job; it won't be long in the hearts of his countrymen that before your pay is raised.

was all his own. His humor was so

Chauncey Devere Appleton, the boy quaint and wholesome, and so spontheir own merits. When the time taneous that all the world regarded statistician, has figured that that reason there are not so many marriages him with a reverance that is accorded to few. Some years ago it was rethese days is that young men no and vote according to his conviction ported that he had died but he re- longer walk with the young men no appeared and gave out a statement longer walk with the young women

declaring the rumor to be greatly ex- in the gloaming., He finds that in the aggerated. And all Americans wish old-time marriage engagements trated the everlasting truth the one - "In Des Moines there is no trouble paving bonds have not the slightest that this message might be as great- "What," he asks in clarion tones, "has become of the gloaming anyhow."

This is the time of the year when a man feels like giving up his business for his hobbies, if he believes Hats and other things were high one interferes with the other,

> When a man makes a lot of money the people look at him as if to say "Now what share of that do you in tend to give to your wife's kin?"

A certain man in Atchison will never be content until some woman en show before it's hatched. It's on takes poison for him, and thus for ever establish the fact that women love him.

> The girl with new low shoes, pretty ankles and fancy hosiery does what she can to avoid contaminating the

WATER 4.6% PROTEID 15.6% What has become of the old-fash oned man who sat around down town FAT 62.6 All the "Tom Sawyers" in town will until noon, and then said, as he start ARBONYDRATE + be dug out and read over again, just ed away: "Well, I'll go home and see MIN. MAT. 2% CELLULOSE 78% to get another glimpse of the man if the neighbors have brought in any-

COMPOSITION OF FRUITS AND VEGETABLES Among the things which every wo-II. Composition of potato. 2. Composition the very deuce the day after they've man knows may be mentioned the of cabbage. 3. Composition of turnip. 4. Composition of carrot. 5. Composition of cucumber. 6. Composition of aping, and objects if the house isn't ple. 7. Composition of walnut.]

> fare. There are also some food mate-An automobile agent said today, "I rials which, while very nutritious, require a considerable effort on the part of the digestive organs to make them available for the body. So it is clear life I can't understand why people buy that one must know something about

the structure, composition and food value of any material before it can be handled intelligently. Now, what about vegetables and their preparation for the table? Practically all green vegetables contain a large amount of water, with a smaller percentage of starch, a very little protein, some sugar, gum and woody fiber.

The older the vegetable the harder the woody fiber becomes until the vegetable which has been left in the ground till late in the season can be torn apart like coarse threads. It is this fiber which renders vegetables hard to digest and which necessitates cooking lu order to soften it. Most vegetables contain some mineral matter and certain volatile essential oils

which give them their characteristic flavor. If the cooking is not properly performed the essential oils may change in their character and the origfnal flavor of the vegetable be destroyed.

Vegetables are useful in the diet for three reasons:

First.-The mineral salts are needed to keep the blood pure and for bone formation in the young. People who are denied fresh fruits and vegetables

for any length of time are likely to develop certain skin diseases.

Second .- The woody fiber, just be cause of its indigestibility, has a value in the diet. It furnishes waste matter other than in those actually necessary

and ballast and assists the action of the intestines.

Third.-Some vegetables, such as potatoes and corn, are rich in starch and when eaten with the protein foods, such as meat, fish and eggs, serve to ' Beecher.

Creamed Potatoes.

Wash, peel and cut in dice of uniform size we cupfuls of raw potatoes. Cook in boiling water until tender. adding salt just before draining. Drain, return uncovered to fire to dry off; then add one cupful of white sauce. Cold boiled potatoes may be used cut in dice and reheated in milk.

White Sauce.

Two tablespoonfuls of butter, two tablespoonfuls of flour, one-half teaspoonful of salt, one-eighth teaspoonful of pepper, one cupful of milk, onefourth cupful of cheese, grated, and one tablespoonful of parsley. Melt butter, add flour and seasoning and when blended pour on milk gradually, stirring constantly until boiling

Potato Salad.

Three cupfuls of cold bolled potatoes, four tablespoonfuls of oil, two tablespoonfuls of chopped parsley, two tablespoonfuls of vinegar, one tablespoonful of onion, one-half teaspoonful of salt, one-fourth teaspoonful of pepper and two hard cooked eggs. Blend carefully and allow to stand on ice for one-half hour. Combine with boiled dressing. Chop whites and grate yolks.

Potato Apples.

Two cupfuls of hot mashed potatoes, two tablespoonfuls of butter, one-third cupful of grated cheese, one-half teaspoonful of salt, a few grains of cayenne, a little grated nutmeg, two tablespoonfuls of thick cream and yolks of two eggs. Mix ingredients in order given and beat thoroughly, Shape as small apples. Roll in flour, egg and crumbs. Fry in deep fat and drain on brown paper. Insert a clove at both stem and blossom end.

There are numerous ways of preparing all vegetables; but, as previously stated, the simple methods are the best. The main point to remember is rapid cooking in constantly boiling water until tender.

Sunday Rest For Railroad Men.

The Chicago and Northwestern railroad has determined to make Sunday a day of rest as far as possible. Work in all departments of the road to operate the system will be suspended, and the employees will have the day to themselves.

Death is but the dropping of the flower that the fruit may swell .--

tioners to the city council for paving.