

The Norfolk Weekly News-Journal

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Rattan furniture is being extensively manufactured in the Philippines.

Under the new corporation tax the government will receive about \$22,000,000 more than before from the corporations of the country.

Governor Hughes and Mayor Gaynor are both proving that real live concern for the welfare of the people has the old game of playing politics beaten to a frazzle.

It is said that Vice President Sherman while posing for a picture the other day fell asleep. The habit is one superinduced by presiding over the United States senate.

In view of the recent bribery confessions, if public jobs are to be sold at auction, it is about time for the public at least to get the proceeds of the sales.

Now that it is announced that Kansas will want 20,000 harvest hands, our leisure class that rides on freight car bumpers will give that state a wide berth.

It looks as if things were getting so dull in the U. S. A. that the colonel would like to get the job of curbing the Egyptian assassins as a supplementary holiday.

C. D. Morton, the president's new secretary, is a former insurance man. No doubt he can therefore be depended on to out-talk the most obstreperous office-seeker.

Figures of ministers' salaries just out show the average is but \$663. And yet the average church expects the grade of eloquence that is secured from a \$5,000 lawyer.

John Bull having been soundly spanked for weakness in Egypt, it looks as if Kaiser Wilhelm must have put up a very ingenious bluff to have escaped the shingle.

Such college honors as L. L. D. used to be valued, but to the college boys such degrees as P., I.B., S. S., that come with the varsity ball team, are more highly prized.

Automobilists who are determined to make forty miles an hour, city or country, should change their autos for aeroplanes. The earth is no place for them. It is too thickly populated.

J. D. Hoss is a candidate for sheriff in Indianapolis. It is not stated whether he is a "dark hoss" or not. Hoss power is a little slow for these times, but it may win in the race just as well as gasoline or electricity.

Bleriot caused some excitement when he flew the channel, De Lambert less. England will never get really excited until somebody by the name of Hohenstauffen or Hohenzollern blows across.

The Kansas City Star suggests that the next time the government could save many million dollars and make a bigger hit by keeping the battleship fleet at home and sending Colonel Roosevelt around the world.

There is no building in the world now in use so venerable, so majestically simple, so famed and so filled with memories of a great past as is Westminster hall, where King Edward's body lay in state.

The railroads need not fear that the people will not let them have a fair interest on the money invested. What the people object to is this paying dividends on the expected value of the property a generation hence.

The powers of Europe are willing to "play" the "long delayed" engagement, but no one wants the responsibility of "starting something," and each one wishes to know just what the others will do when it is started.

Elizabeth Blackwell, first woman physician, is dead. In youth she was socially ostracized. But the herbs and lotions of our grandmothers were much more useful than the violent blood letting of the men doctors of those days.

Ex-Governor Rollins of New Hampshire pays \$2,000 fine for violation of the customs law. The high muck-rucks should know it is as bad for them to smuggle in \$5,000 worth as for some poor peddler to bring in \$100 worth.

The editor of a paper down in Mississippi was compelled to eat a clipping from his paper while the man who was mentioned therein looked on with a gun. The editor attributed his subsequent illness to the fact that the article contained several typographical "errors."

The genius of England for government seemed falsified in South Africa and in Ireland. One of the two errors is now cured. If the reign of George V witnesses the reconciliation of Irish and British, the last great internal weakness of the empire will have been removed.

A St. Louis newspaper reporter asked Jane Addams of Chicago who was visiting in that city if she had ever had any experience in settlement work. Some people would never be heard of if it were not for the fool questions they ask.

Measurements of the Yale seniors when compared with the measurements of the senior class of forty years ago, proves that the college man of today will average the same height as his grandfather, but he weighs sixteen pounds more and exceeds him in chest measure by two inches.

College professors who urge that every large business man should employ a psychologist to assist him, mean just the same as the successful business man of fifty years ago did when he employed a manager who "understood human nature." They achieved success, but they never even heard of psychology.

It has been decided that by a certain process of the judiciary a man may change his name at any time, provided he has no criminal intent. This privilege has long been granted to women, provided they can find a man whose name suits them and who is willing to share it with them.

A poetically inclined woman declares that the first sight of a vacuum cleaner stirred her soul like an epic. A good ode written to this labor saving device would be a change from those dedicated to "spring" and certainly this invention removes the terrors of spring housecleaning for women who employ it.

John W. Kern of Indiana, who was on the last Bryan ticket for vice president, is now a candidate for the United States senate against Beveridge. He has no chance for election, but evidently gets his recompense by seeing his name constantly in print. Even if a man wants merely to enjoy himself it pays to advertise.

During the period from 1880 to 1908 the exports of Great Britain of manufactured articles increased 45 percent; Germany 143 percent, and the United States 515 percent. In 1889 this country exported manufactured articles to the value of \$122,000,000. In 1908 the value of the same was \$750,000,000.

F. Augustus Heinze, who was acquitted after a trial which cost him five million dollars, complains because the trial was so slow. Charles W. Morse who was convicted says he doesn't mind the cost but insists that he was tried too soon. You can't suit everybody and Uncle Sam continues to grind out cases in the courts of justice without attempting to do so.

Senator Bailey says the only policy the democrats have at present is to keep prodding the republican factions. He might have added that it is because they have never had any other policy that the people have no confidence in them. The party or the man who attempts to live by profiting merely on the mistakes or misdeeds of others is in a deplorable condition and unworthy of support.

S. A. DeBear, the London sporting editor who has recently allied himself with a New York daily, complains of the American manner of reporting games as technical and slangy so that it is unintelligible to those who are not thoroughly acquainted with the game and misses the widespread interest which the English people manifest in sports.

The persistent demand for a saner and more dignified observance of Independence day should be given attention by the nation's best thinkers in all seriousness. It should always be observed as a great national holiday and its celebration should be in keeping with the significance of the day itself. No cheap, perfunctory or trivial celebration of the Fourth of July can properly be called sane.

Kaiser William believes that excessive beer drinking threatens the Germans with defeat in their race for commercial supremacy with the Englishman and American. If the kaiser read the statistics as to how much beer is consumed by the Englishmen and Americans perhaps the comparison would make him far less anxious for German interests and more solicitous for humanity as a whole.

The recent revolution in Cuba was promptly quelled by the arrest of the sixty malcontents. The building of railroads and development of the agricultural possibilities of the island which is now going on is a body blow to the old time guerrilla warfare. When men get to be close neighbors and the government means more the chances for revolution and rebellion grow increasingly small.

The Chicago Tribune in its fearless

expose of corruption in Illinois in connection with the Lorimer political scandal has lost the advertising support of a big business house. The business firm that gets mad because a great newspaper is fearless in exposing grafting is unworthy of public approval and it is a safe prediction that their foolish action will cost them a great many more dollars than it will the paper. The Tribune is to be congratulated.

Rubber balls are not new toys, but on the contrary very old ones. Christopher Columbus found the natives playing with them when he reached the island of Haiti. At the present rate of increase in the cost of rubber on account of the demand for the substance for new uses in large quantities, the rubber toy will soon be an expensive one. An effort is being made by experimenters to reproduce artificially a substance having the qualities of rubber.

The returned immigrants have had such an Americanizing effect on Europe that a public speaker who started to address a Hungarian audience in the Magyar tongue was requested to speak in English, as many of the audience could not understand their native tongue. All over Europe this Americanizing process is going on. We are educating them so that they in turn become educators and thus they spread throughout the old world the blessings and opportunities within the reach of all under a democracy.

The present generation are in danger of losing their health and vigor because they do not take sufficient exercise. The electric bell, telephone, street car, elevator, etc., lessen the amount of muscular exercise which the office workers and clerks have to perform and increase the amount of nerve trying and brain work which he has to attend to, thus disturbing the necessary balance between nervous and muscular force so necessary to the maintenance of perfect health. We should take time to be healthy.

The gala season in Japan is when the cherry blossoms. Everything leads up to and dates from the blossoming of the beautiful cherry trees. Special excursion trains are run to spots where they are most abundant and beautiful. After the cherry blossoms have faded they wait for the month when the whole empire is wreathed in rose colored chrysanthemums. The Japanese are passionate lovers of the beautiful and these flowers are their favorites. Admiral Togo has planted cherry trees to commemorate his visits here which are carefully tended by Japanese gardeners that they may all thrive.

King George V comes to the throne of Great Britain at a critical moment in the history of his government. He is beset by demands from the liberal party that the powers of the house of lords be so curtailed that the house of commons will have the controlling voice in the legislation of the country. The complications in his domestic politics is believed to have shortened King Edward's life. While the British people are loyal to King George, he has not yet earned their love and esteem as his father had, but if he proves equal to the great responsibilities which have so suddenly come upon him, his subjects will not be slow in giving him their confidence and affection.

A Harvard student is living successfully on a dollar a week, for food. There are others. Despite high prices and all that is said to the contrary there are thousands of families who are living comfortably and happily in this country today whose per capita expense for food is below rather than above a dollar a week. When James J. Hill recently thought he was giving such sage advice in declaring that people ought to be able to live on 40 cents a day, he caused many honest intelligent wide awake American fathers and mothers to smile audibly. A great deal that is said and written about the cost of living only reveals how little some people—the alleged wise ones—know of how other people—the real wise ones—manage. There is a great waste among the get-rich-quick class in high living, but the thousands of earnest industrious citizens continue to exercise thrift and economy despite all that is said to the contrary.

THE PAVING SPREADS. As had been forecasted, the voting of the paving bonds last Tuesday in Norfolk, meant more than the mere paving of seven blocks of Norfolk avenue. Already there are petitions in the field calling for the paving of more than three miles of Norfolk streets. And other improvements will follow, too.

The glamour which city life holds for outsiders who catch glimpses of it from a distance fades very quickly when they come into actual contact with the conditions under which all but the wealthy are obliged to live. In smaller communities families who possess comfortable homes with an abundance of air and sunshine are in a veritable paradise as compared with the multitudes who exist in the great centers, in small rooms, poorly lighted, poorly ventilated, high up

from the ground where any contact with nature is impossible.

THE STREET CARNIVAL. Another argument against promiscuous street carnivals has come to light in the letters found on the person of a crook arrested at Stanton. The fellow proves to be a member of a gang of thugs who had planned to "do" Stanton because they heard that there was a firemen's tournament on at that place. One of the gang who had got there first, found there was nothing doing and went away, leaving a letter for his pal, who arrived later and, making a "touch" at a farm house was leaving town when the sheriff nabbed him.

The letter indicated that the crowd were vicious and that they would go into Dakota to wait for something to turn up in their line. The point is that street carnivals and assemblies of that sort attract the vicious and the criminal to a community and are undesirable propositions on account of this fact, as well as on account of their general demoralizing tendency.

THE SCIENTISTS. The soothsayers, magicians and astrologers who used to stand before kings and tell them the things that were going to happen can seldom have been more discredited by the event than are the scientific men by the behavior of the comet. It has had them all guessing. It has falsified all their predictions, in as far as these presumed to be accurate. It has led to a confession of ignorance, which will be worth something if it shall be the preface to a little more modest attitude in future on the part of scientific men in general.

This comet was no new wanderer of the sky. It visited us seventy-five years ago. Its orbit has been calculated and its return predicted. It was like a visit from an old friend. All the data for ascertaining details were present, and the astronomers gave them to the public in abundant measure. For weeks before the appearance of the comet its behavior was described in voluminous articles, the hour of its transit was announced, the very minute when the earth would begin and cease to move through the comet's tail was told, and the only thing about which there was the very slightest difference of opinion was the visibility of the newcomer. It was a delightful harmony, and a concert of that certainty upon which science always prides itself.

The comet has come and gone and it has turned most of these beautiful calculations upside down. It failed to behave as it was expected to, altogether. The tail refused to arrive on time. Just at the moment when the earth was to be passing through it, it was distinctly seen by the astronomers themselves somewhere else. Nobody knows within twenty-four hours of the time that the earth swept through it, or whether it went through it at all. Nobody knows the meaning of the mysterious spectrum that was seen between the earth and the sun. Indeed, the people of a few centuries ago, gazing and slumbering at a comet or an eclipse, were scarcely more ignorant than we have to confess ourselves about the essentials of the comet. If it shall teach our scientific men a little more modesty in their claims, its trip out of distant space will have proved worth while.

AROUND TOWN. Now your hay'll grow. Please pass the paving. Those coal men are lucky cusses. The Fourth of July is just a month away. This rain is worth \$95 to this country, at the least. We'll have to endure this Jeffries-Johnson dope another full month. Might as well get out your sealskin and keep it out the balance of the winter. School's out for the summer. And the first thing you know it'll be starting again in the fall. Ear muffs would look more comfortable in the store windows than straw hats. Stories by the Oldest Inhabitant are in order, giving statistics showing what years we've had cold weather in the summer time.

The sister-in-law who makes you a present of three beautiful golf balls is entitled to the inside track—and gets it. The sweet girl graduate will now take a back seat in the wings and allow her sister, the June bride, the center of the stage. The school teacher has been libeled. They're a pretty good looking bunch of girls when you get them together in their party gowns. The girl graduates are still sweet, but they're pretty nearly in the habn class, along with the rest of the alumni.

"Have you heard how the name of the man who met Gatch the other night, is pronounced?" asks a Norfolk man. "Dennis," says he, when you ask him the answer.

A Norfolk boy graduate got six scarf pins for commencement gifts. He says he wishes he'd got one more, so that he'd have one for every day in the week.

A woman went into a Norfolk dentist's office and asked if he could pull her tooth without hurting her. He could. And he did. "Didn't hurt you, did it?" he asked. "No," she whined, "but it's bleeding."

ATCHISON GLOBE SIGHTS. No one has even attempted to pull teeth by Christian Science. How pretty a woman's ankle looks in a hosiery advertisement. A woman's idea of extravagance is what a man spends on himself.

It is generally said of a certain Atchison man: "He tells his wife too much." If a man doesn't quarrel with his wife, he is apt to be in a quarrel with his partner. "I don't care to attend parties, but my friends are asked to remember I want to be invited,"—Parson Twine.

After a woman has been married a few years she doesn't have any more respect for the men than a good cook has for a hotel dinner. People are always saying to us: "Why don't you get an automobile?" If we should buy one, people would soon be saying to us, "Why don't you buy a new one?" No girl is entirely happy and satisfied with her lover if she continues to say her prayers during her engagement.

Every man thinks he is entitled to eat as much as he can buy. That's the reason stomach complaint is so common. We believe in working for a living, but shall not insist it is necessary so long as the prophet can make his business pay.

It is possible for a woman to get so accustomed to her husband's explosions that she can always come down in one piece. Another thing we hate: to shake hands with a woman, and have her jerk her hand away, as though we are holding it too long. "I have heard a great many men tell of the great ambition of their lives. My greatest ambition is to have nothing to do on circus day,"—Drake Watson.

Quit hating your enemies, and quit talking about them. You needn't love them, and you needn't speak to them, but quit hating them, and quit talking about them. When a man buries his wife and has her put where there isn't room beside her for another grave, the women on the way home from the funeral talk of mobbing him.

When a boy climbs to the roof of the house, and his mother comes out in the yard and threatens what she will do if he doesn't come down, it shouldn't be a funny sight, but it is. One of the first delusions a young husband gets rid of is that his bride's numerous wedding gowns mean she won't have to have any more clothes for some time.

A New York dispatch says the bustle is coming back. How true it is that nothing in this world is ever wasted! The turban, which is going out, can now slide further down, and make a re-appearance. Mrs. Lysander John Appleton was engaged in pulling out the entrails of a chicken. "Don't say entrails," said Daysey Mayme, as her Daily Bit of Instruction to her mother, "viscera sounds so much more refined." "I notice," she added, "that here of late all the dead rich have them."

If you give a party you will have trouble; that is all there is about it. You can't invite everybody, and those not invited will hate you. It is not pleasant not to be invited to a party; everybody can testify to this. It makes you feel that you are being neglected, left out, and don't amount to much. The children of an Atchison man always have a lot of kittens around. As the man does not like to put them in a sack and drown them, he has devised a novel method of getting rid of them: he puts blue ribbons around their necks, indicating that they are pets, and valuable, and the neighbors soon steal them.

Mrs. Lysander John Appleton was disposed to grumble when talking to a caller in her parlor this afternoon. "I declare," she said, "there is no dusting with that comet hanging around. I dusted that table just half an hour ago, and look at the dust from the comet on it now. Since the comet's tail began flapping around here, I have dusted my parlor on an average of seventeen times a day."

When a wife is unfaithful to a husband, the men never forget the husband if he "makes up" with her. Jack Cudaby is invited to take notice; the papers say he is again flirting with his wife. Cudaby acted properly when he found a strange man in his house at 1 o'clock in the morning; he marked the man for life, and promptly left his wife. Let him continue to act properly and keep away from the woman.

Home Course In Domestic Science

VII.—Substitutes For Meat.

By EDITH G. CHARLTON, In Charge of Domestic Economy, Iowa State College.

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It has been previously hinted in these articles that meat need not form a part of every meal—in fact, the majority of people will have better health if they abstain from flesh eating oftener than once a day. The suggestion has also been made that meat substitutes, such as dishes in which eggs, beans, cheese or nuts form the chief ingredient, be served at least two meals a day. The variety of ways in which the materials may be used is numerous, all that is needed being a little ingenuity in combining them with other ingredients in order to obtain satisfactory results.

Some people who are fond of hearty foods and meat flavors are loath to see the meat platter depart from the table only to reappear once a day. For such persons it will be necessary to practice the virtue of patience, make the other dishes substantial and appetizing and occasionally take a few lessons on food values. Beans, nuts and cheese all contain a larger percent of protein than meat and, combined as they often are with other protein food, are really more nutritious than meat. Cheese is a food rich in nutriment. It contains more than twice as much tissue building material than meat and a large percent of fat. But because it is a concentrated food it gives the digestive organs considerable work. One reason for this is because the curd of the milk has been hardened by heat in the process of making, besides being closely pressed. Grated or finely broken cheese is more readily digested than that served in larger pieces. Cooking also increases the indigestibility of cheese, and for this reason in-

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How to Cook Eggs. The white of egg is almost entirely pure albumen, a substance which is quickly coagulated by heat and toughened by prolonged cooking. Albumen is the protein part of animal foods and when hardened by cooking is rendered much less easy of digestion. It is probable that eggs and meat cooked as carefully as may be are less readily acted upon by the gastric juices than either would be in the uncooked state. Albumen coagulates at a very moderate temperature, only a little higher than 100 degrees, and at less than simmering point, 180 degrees, it is hard. Boiling makes it tough and indigestible; hence it can readily be seen that eggs should never be boiled if their digestibility is to be retained in even a moderate degree. The term "soft boiled" or "hard boiled" should never be applied to eggs; rather, "soft cooked" and "hard cooked" would better be used. The custom of boiling eggs three minutes is an unwise one to follow. This is the scientific method for cooking eggs in the shells, and when it is followed even the hard egg, cooked until its yolk can be grated, will be found perfectly digestible.

Soft Cooked Egg. Allow one pint of water for two eggs. Heat in double boiler until water in the outside part of utensil is boiling. Temperature of water in inner vessel will be 180 degrees. Put in eggs with a spoon, cover and let stand over fire for six to eight minutes if liked soft cooked, thirty minutes for hard cooked. The same result may be obtained by having water boiling in saucepan. Slip in eggs and remove saucepan to back of range where water will not boil again. Eggs perfectly cooked should be placed and kept in water at a temperature of 175 degrees.

Nothing is more tempting for breakfast than a light, fluffy omelet, so tender that it almost vanishes at a touch. The secret of a good omelet is to beat much air into the eggs and then apply a moderate temperature in cooking that the albumen may not be toughened. The air in the eggs will expand by the heat and be retained by the albumen as it is hardened. My favorite recipe for an omelet, which may be served with tomato, cheese or oyster sauce, is as follows:

Plain Omelet. Four eggs, half teaspoonful of salt, a few grains of pepper, four tablespoonfuls of water and one tablespoonful of butter. Separate yolks from whites. Beat yolks in a bowl with a Dover beater until thick; add salt, pepper and water. Beat whites until stiff, cutting and folding the yolks into them until the mixture is blended. Melt butter in omelet pan, and when moderately hot turn in mixture, spread evenly, place on range where it will cook slowly—about twelve minutes. Keep the temperature low until the last minute, when it may be raised to brown the bottom. When well puffed put pan in a moderate oven to cook the top—that is, until omelet is firm to the touch. Grease, cross the top and fold. Serve at once.

Cheese Custard. Half cup of cheese, three eggs, two cups of milk, salt and pepper and slices of buttered bread. Beat eggs, adding salt, pepper, milk and grated cheese. Then pour over slices of buttered bread and bake in moderate oven, following method of baking custard. What a simple dessert is a baked custard! It is a favorite with almost every person when baked until firm, with no indications of wateriness. And yet, possibly because it is so simple, it very often appears more like curds and whey than the article which the name implies.

The secret of success is in the method of cooking. The oven should be moderate, only hot enough to brown a piece of white paper in twenty minutes, and the dish containing the custard should be set in a pan of hot water on several folds of paper to equalize the temperature and prevent the custard boiling. Baked Custard. Four cups of scalded milk, five eggs, one-half cup of sugar, one-quarter teaspoonful of salt and a little grated nutmeg. Beat eggs, add sugar and salt and pour on slowly the scalded milk. Pour into buttered baking dish or into individual buttered baking cups, sprinkle with nutmeg, set in a pan of hot water and bake in a slow oven until custard is firm. Remove from pan containing hot water and set in cold.

Stews and Soups. A few pounds of the clod or forearm are excellent for a stew. Cut the meat into small pieces for serving. Plunge into rapidly boiling water, set the kettle over the simmering burner or a very low fire where it will not boil again and cook slowly until meat is tender. Salt and pepper may be added after the meat has been seared, and as the water boils away more should be added. Meat is thus cooked in a small quantity of water, and some of the juice and flavor are in the liquid. Meat is boiled in a large quantity of water by plunging the piece into the boiling water and allowing it to boil three or four minutes. This closes the cut muscles, hardens the outside and keeps the juices in the meat. In making soup the method is exactly opposite. The meat is cut into small pieces—a shank or shin is best for soupmaking—put into cold water and salt added at once. This will draw out the juices of the meat into the liquid. The water should not be allowed to boil throughout the entire time of cooking. If vegetables are used, they should not be added until the last hour.

A Joker Among Birds. The bluejay is a practical joker. It is his habit to conceal himself in a mass of leaves near the spot where small birds are accustomed to gather and when they are enjoying themselves in their own fashion to suddenly frighten them almost to death by screaming out like a hawk. Of course they scatter in every direction, and when they do so the mischievous rascal gives vent to a cackle that sounds very much like a laugh.

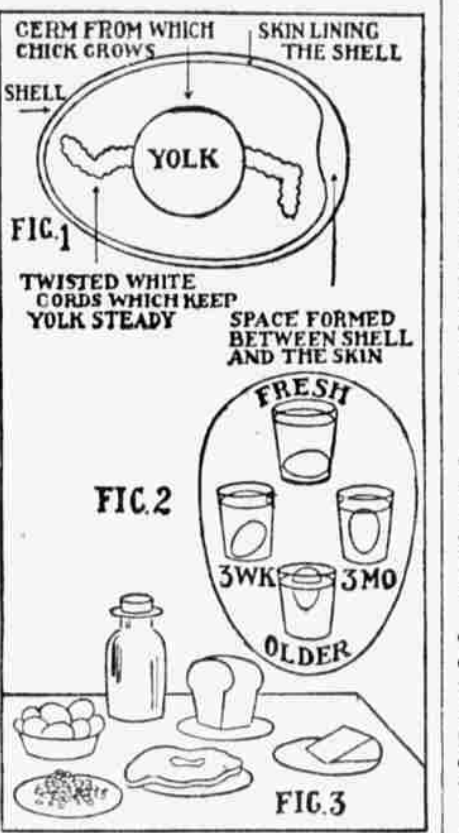


FIG 1 illustrates composition of an egg; FIG 2, tests for freshness of an egg; FIG 3, that nine eggs, one-half pound beans, fourteen ounces beef, one-half pound bread and one-half pound cheese equals one quart of milk in food value.

all dishes requiring cooking the cheese should be subjected to as little heat as possible. There is a large amount of fat in cheese, and cooking fat changes its character, breaking it up into glycerin and fatty acid. For this reason all fat used for cooking purposes should not be heated longer or to a higher degree than necessary. A very delicious supper or luncheon dish in which cheese is used in combination with cooked macaroni, eggs and milk is known as macaroni loaf and is made as follows:

Macaroni Loaf. Three-quarters of a cup of macaroni, one cup of cream, one cup soft bread-crumbs, one-quarter of a cup of butter, one tablespoonful of red or green pepper, one-half cup of grated cheese, one tablespoonful of onion juice, one tablespoonful of chopped parsley, three eggs and one tablespoonful of salt. Cook the macaroni in boiling salted water until tender. Drain and rinse in cold water. Scald the cream, add bread-crumbs, butter, pepper, salt, grated cheese, parsley, onion juice, beaten eggs and macaroni. Line a quart baking dish with buttered paper, turn in mixture, set the pan on many folds of paper in a dish of water and bake in a moderate oven from one-half to three-quarters of an hour. Serve with tomato sauce.

Tomato Sauce. Two tablespoonfuls of butter, two tablespoonfuls of flour, one-half teaspoonful salt, one-eighth teaspoonful of pepper, one cup of stewed and strained tomatoes, slice of onion and half a teaspoonful of capers. Brown flour and butter separate, then combine and add salt and pepper. Cook tomatoes with slice of onion for a few minutes, then remove onion and add juice gradually to butter and flour. Cook thoroughly, then add capers.

The macaroni should be broken in inch pieces and cooked in a quart of boiling water to which a tablespoonful of salt has been added. Keep boiling rapidly until the macaroni can be crushed between the thumb and finger; drain and pour over it a quantity of cold water to keep the pieces from sticking together.