#### THE OMAHA DAILY BEE: WEDNESDAY, DECEMBER 12, 1900.

On account of the highly nitrogenous character of this class of food it should be accompanied by an abundance of starchy substances in order that a proper propor-

sumed with the flesh formers. Here again

<u>/</u>]

1

1

1

1

1

1

1

/

4

余余

A

4

**/**]

1

4

4

1

小小小小

nature seems to point to a suitable

tato as our most agreeable and valuable

type of starch food; and fish without potatoes would seem like a man without a

The popular belief that fish is an intel-

quote Louis Agasaiz, "fish is a food re-

freshing to the organism, especially after

intellectual labor; but its use cannot turn

an idiot into a wise or witty man; never-

theless a fish diet cannot be otherwise

than favorable to brain development."

Phosphorus, which abounds in fish, and

is the element predominant in nerve tis-

sue, is also found in other meat; often in

greater degree. Consequently it is not so

much due to the presence of this element

in fish as to the absence of the waste

products found in other meats that over-

tax the powers and clog the system of

those who exercise their mental powers

only. Muscular exercise and plenty of

oxygen are required by the consumer of

butchers' meat to prevent that duliness and loss of mental activity so distressing

to the man whose brains are his capital.

rieties to be found in all the markets of

large cities at any season. Each locality

has its favorites. In the south we find

erel, crevalle and pompano reigning fa-

vorites. The two latter are very deli-

cious, but are seldom found in the north-

ern markets, although a cold weather fish.

The best of fresh-water fiah caught in the

interior are the Lake Superior front and

sembles shad. These fresh fish from the

markets and salmon, fresh cod and other

choice varieties from the east and west

the sheep's head, shad, Spanish mack-

interior are the Lake Superior front and whitefish. Coming from the cold waters, they keep well, and the latter is the most delicate, has fewer bones, but closely re-sembles shad. These fresh fish from the

waters of the lakes are sent to the coast markets and salmon fresh cod and other

It is impossible to name the many va-

lectual or brain food has much more than a modicum of truth in it, although, to

combination, and & felect the white po-

NEW YORK'S MIGHTY TUNNEL Underground Rapid Transit Taxes the Skill way must be carved out of the solid rocts. of Fourscore Engineers.

TWO MILES OF SUBWAY UNDER WAY

w the Greatest Contract of Its Kind Ever Awarded is Being Carried Out-Some Problems to Be Solved.

New York is putting \$35,000,000 under ground. All that money is going into a hole in the earth. Yet when this puncture of Manbattan soll, relates Leslie & Weekly, comes rock begins in earnest. The heading is at out of the crude and takes on definite shape an engineering problem successfully solved and completed, it will be spoken of as the underground rapid-transit system, and will be the most startling achievement f its kind that the world has ever undertaken

London has an underground railwaystuffy, poky affair, with constant elements of danger and panic attending possible breakdowns in the motive power. Boston as an underground railway-neat, cheerful and handy, and representing a big outlay. Yet Boston's cherished achievement in this line is puny when compared with the great artery of transportation that will, for the most part, run just under the surface of the People leaving the trains will take the usy, throbbing, enormous metropolis of lift at the bottom level of the tunnel, and the new world. The problems to be worked will be carried up to the outer world. out in New York-they are already fully Those taking trains will land at a higher planned-are numerous, vast in extent of level, and use stairs to get down to the fifficulty, and requiring every variety of platform. At this point the tunnel will specialized knowledge in civil engineering. be 120 feet underground.

In the first place, there is a great deal of popular misconception as to the exact the rapid-transit system will be the runnature of this huge subterranean affair. ning of fast express trains. While the many people it is termed a subway; still more call it a tunnel. It is neither, a quarter to a third of a mile apart, the wholly. At the start, and for a considerable express stations will be at least a mile distance, this great artery of trayel will be and a half apart. Trains once under way what is properly called a subway-that is, can attain to a speed of forty miles an an excavation cut down from the surface hour. Local trains will do well to reach and covered over. Over a portion of the a speed between stations of from thirty route this method of construction would to thirty-five miles an hour, and even the not do at all; here genuine tunneling, advantage of this speed will be greatly through solid rock, must be resorted to, sacrificed, of course, by the need of frewhile farther on, up in Harlem, the tracks quent stops. From the city hall to Harwill go over a vinduct across Manhattan lem the trip by an express train will revalley. A portion of the road will also quire an expenditure of only from twelve be of the regulation construction of an to fifteen minutes' time, and even this elevated railroad. From beginning to end shorter running time may be cut down the road there is not a problem known when the road is in good running order. to railway building that will not have to be solved all over again. Many other questions that have never come up with the builders of ordinary surface railways will tricity, though by a system entirely inhave to be met and settled. In the subways the construction will be of steel and tive power. In case of a breakdown of masonry, while the viaducts and "L" structures will be wholly of steel.

The southern terminal station will be at city hall. Thence the underground railway the subways and tunnels. The rapid mowill proceed up Elm street to Fourth avenue to Forty-second street. It may turn here, or in one of the nearby parallel less motion. There will be none of the streets. That is a point not yet fully smoke that makes London's underground decided, and will be a good deal governed railway a nuisance to passengers. Some red-fieshed fish of which the salmon is a by the comparative nature of difficulties dampness may be expected in the tunnels. when the engineers reach this point. Through whatever street the railway turns, | way known to science. Along through the it will cross over to Broadway, thence up two miles of rock there will not be moistthat thoroughfare and the Kingsbridge ure enough to be noticed by passengers. road, stopping at the bridge near Van Cortlandt park. From One Hundred and Ninety-second street the road on the west side will pass over elevated trestles. At

ond street to One Hundred and Ninety-Fifth. This is, "oughly speaking, a distance of two miles. Past One Hundred and Fifty-Eighth street every foot of the Not even the engineers in charge dare guess on the number of tons of high explosives that will be required to do the truly herculean work that this situation calls for. The distance under ground of this tunnel will average about a hundred feet, going deeper in some places. From One Hundred and Fifty-Sixth to One Hundred and Fifty-Eighth there will not be a rocky vault overhead. There will

be a cut along these two blocks, while the

portal of the tunnel stands at One Hundred and Fifty-Eighth street. The subway here will be twenty-five feet wide and sixteen feet high. At One Hundred and Forty Eighth street the passage under the solid present at about One Hundred and Fifty-Ninth street. Here the tunnel runs about sixty feet below the surface. Temporary tracks have been laid for removing the broken-off rock, and blasting proceeds as rapidly as it can be done.

#### Through Solid Rock.

At One Hundred and Eighty-First street a shaft has been sunk that is to be a part of the tunnel, standing at right angles with It. This shaft, after the first rew feet has been cut through solid rock, and its dimensions are thirty-two by fifteen feet with a passage leading to the tunnel. There will be two elevators running in this shaft.

One of the most welcome features about local stations will be on an average from Electricity will be the motive power Throughout the entire length the underground portions will be lighted by elecdependent of that which furnishes the mo-

Ventilation of the best kind is assured in tion of trains will in itself be a powerful factor in keeping currents of air in ceasebut even this will be mitigated in every

#### The Engineer in Charge.

One of the busiest men in New York today is William Barclay Parsons, the widely One Hundred and Third street a branch experienced chief engineer, on whom retunnel will run under Central park, thence sponsibility for this whole gigantic underalong Lenox avenue, crossing the Hariem | taking of the rapid transit rests. Another river, and passing the rest of the way over equally busy man is George S. Rice, the in season it is rich in albumen. This is nolimits of the swiftly from point to point

see its modern wonder completed.

One Great Value.

el would supply protection to great multi-

tudes of New Yorkers during devastating

shell fire. Troops could be moved in safety

from one point in the city to another, and

But the chances are all against the neces-

of the blessings of peace. The underground

rapid transit will be an enduring proof of

the marvelous ingenuity and industry of

of passenger traffic that now make our rush

sity of any such use of the subways and tunnels. They will stand, instead, as one

be safe from the enemy's fire in transit.

int if he is careful to select foods suited to his weak powers. The proteids of fish TABLE AND KITCHEN. are lacking in this stimulating quality, they being a nitrogenous food that is strictly Practical Suggestions About Food and the nourishing. Preparations of It. Combined with Starchy Food.

shadow.

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\* Daily Menus. THURSDAY, BREAKFAST. Fruit. Fuit. Cereal. Homemade Sausage. Buckwheat Cakes. Coffee. LUNCH. Silces of Rolled Steak. Butter Cakes. Cream of Celery Soup. Bolled Fowl. Coffee. Cream of Celery Soup. Bolled Fowl. Constant Constant

Queen of All Puddings. Coffee.

FRIDAY. BREAKFAST. Fruit. Codfish and Potatoes, Stowed in Cream. Codfish and Potatoes, Stowed in Cream. Corn Bread. Coffee. LUNCH. Cheese Omelet. Fruit Loaf. Tea. DINNER Stewed Oysters. Baked Beans. - Tomato Catsup. Apple and Celery Salad. Floating Island. Coffee.

SATURDAY. BREAKFAST. Fruit. Cereal Cream Kidney and Eggs with Brown Sauce. Hashed White Potatocs. Rolls. Coffee. LUNCH. Bolled Rice. Waters. LUNCH. Curried Eggs. Boiled Rice. Stewed Fruit. Walers. Cereal Coffee. DINNER Mutton and Barley Broth. Beefsteak Pic. Mashed Potatocs. Mix Vegetable Salad. Lemon Pic. Coffee.

SUNDAY, BREAKFAST. Fresh Fruit. Cereal. Creamed Potatoes. Rolls. Coffee. DINNER. Noodle Soup. Roast Goose, Apple Sauce. Sweet Potatoes. Cape Whip. Coffee. SuppER. Potato and Sardine Salad. Cream Cheese. Wafers. Cocoa.

FISH AS A VALUABLE FOOD.

are transported to the interior. The long distance makes these high in price, how-Qualities of the Principal Varietics-Dressing and Cooking. ever.

Selecting Fish. Well-authenticated tables show that the

The first point in selecting is, of course, relative value of fish as compared to the meat of other animals, varies little in the to choose the kinds giving the largest amount of nourishment, compared bulk essential nitrogenous matter, except that in amount of nourishment to be gained for bulk with other meats, particularly without an undue proportion of waste the when fish is to substitute these meats in balance is in favor of fish meat. your dietary. The amount of phosphates

in fish varies according to the habits of Another strong point of recommendation masonry. In the tunnels there will be only motive power the lights would still glow is the fact that it is less stimulating than the animal. Those having more muscular out and passengers could take to the track other meat. This, coupled with the knowl- power possess more of the muscle-making until the nearest station was reached. edge that most fish is more easily digested element, the nitrates; while the most acthan other meat, makes it a diet better tive fish have more phosphates, the food suited for brain workers, children, those of for brain and nerves. The flesh of fresh fish should be firm

nervous temperament and persons of weak and hard and elastic when pressed with digestion All fish, whether fresh water or salt, may the finger, the eyes bright and full, the be broadly divided into two classes, the scales or skin fresh-looking and gills pale. Fish in the great lakes are caught it type, and which are rich in fat and there- large nets laid down miles apart, several fore not so digestible, and the white-fleshed days being occupied in laying them and fish. All fish in which the fatty matter or in hauling in. Often fish in the first net oil is interspersed through the muscular are smothered and have been dead for fibers and found in considerable quantity some time when they reach the market.

under the skin are much richer in flavor, These are unfit for food, and the meat is but should be avoided by those who do not soft and water-sonked. Unless fish is possess strong digestion. Mackerel, herfrozen, never allow it to soak in water. ring, and eels have a great deal of fat mixed as it will become soft. Clean and wash with their flesh. Fresh cod and haddock thoroughly, dry and keep in a cold place, are not very digestible, the former often but not directly on ice. being rather hard and tough. When cod is

11 

# オラララララララララララララララララララララシシ A Fortune in Cash Prizes

First Prize . . . . \$1.000 Second Prize . . . . . . \$500 Five Prizes of \$100 each . \$500 Five Prizes of \$50 each . \$250 Ten Prizes of \$25 each . . \$250 \*\*\*\*\*\*

Ŭ.

W/

Ŵ

Ű

17

1

Ŵ/

Ŵ

Ĭ V V V

Ŵ/

Ĭ.

10

SU)

SI2

Š,

Ň.

N/

V.

1

Ŵ

V

Ŵ

### The Twentieth **Century Farmer**

is an ideal agricultural and family weekly published by The Bee Publishing Company of Omaha, Neb., in magazine form, containing twentyfour pages or more.

It contains departments particularly interesting to the farmer, devoted to livestock, farm crops, the dairy, poultry yard, orchard and garden, farm machinery, veterinary topics and irrigation. The market page is one which is both complete and can be relied upon. Besides this there are a number of special articles each week by the most competent specialists in every branch of agriculture.

The farmer's wife too has her share of space with receipts and suggestions on cookery, dressmaking, fancy work, care of flowers, and matters particularly pleasing to her; while the children have a department edited for their exclusive benefit. Four or five pages are devoted to a complete review of the news of the week, covering both the happenings at home and abroad, and news in particular interesting to the great farming west.

Everybody in the household will be eager for the stories and Frank Carpenter's letters, and all the good things that one likes to read after the

city will be reached. From city hall to One Hundrod and Third street the underground railway will be a four-track affair. Through the two branches that extend from there northward the two-track system will prevail.

e two outerm

#### Surface and Tunnel.

In all there will be twenty miles of railway, of which some three will be tunnel. The rest of this great stretch of track will be divided between subway, viaducts and "L" structure. So far, only about two miles of the whole distance are being worked upon. The other partions will be each begun as their turn comes and the struction arises.

Down town, in Elm street, the work of igging down from the surface has been fied and still others wholly removed from barely begun. At Tenth street and Fourth evenue there is a deep cut, and blasting is of daily occurrence. Here a depth of the route of the underground railway. There are water pipes and gas pipes, steam heat conduits, electric wires and fire alarm between thirty and forty feet has been conduits, incandescent and telephone wires reached, and here some of the best samples of the engineering difficulties of the work -in short, all the adjuncts of our complex are to be seen. There are water mains, civilization that are thrust under ground gas mains and sewer pipes a little way between working points. There are things that were put under ground early in the below the surface. Under all of theseunless it be found expedient to shift them century-old sewers that have long ago -the subway must run. Great quantities been abandoned; the old-fashioned water of timber are here in position, both to mains made by boring through logs and "shore up" the sides of the street, and to fastening them at the ends by bands of furnish a structure from the top of which iron; other things of which men today messive chains hold up the great iron pipes hardly know the use. And at every point the toilers under ground must be prepared from which all the sustaining earth has been dug away. Steel columns are already to know the uses of the things they enin place, and the steel girders are being counter. Everything that is of use today riveted in position. The columns rest on must be taken care of and abandoned maronry, under which is a stratum of underground sewers and mains must be

water proofing, and under this still more moved out of the way for all time. masonry, for these columns must be stanch It is yet too early to estimate the numfor all time, with no danger of undermining ber of men who will be employed on the by water. The "roof" of the subway will work. John B. McDonald is the contractor go on at a late stage in the work, and here He has \$35,000,000 for expenses and profits again all the skill of engineers will be A million and a half more will be expended on what is broadly known as "equipment, called into play.

Up at Thirty-fourth street and Fourth which, in the main, means the price to be avenue something much more wonderful is paid for land that will have to be conto be seen. Here tunneling will be resorted demned. Mr. McDonald is letting the work to and the peculiar feature of this work out in parcels to a host of sub-contractors, will be the digging of a tunnel under a many of whom have not yet been called to tunnel. Here the present surface cars run their share in the task, for the reason that underground almost to Forty-second street the details of what they are to do cannot and the rapid transit must have a hole still yet be fully determined. Mr. McDonald deeper down and must build it without holds the largest contract of the kind ever interfering with the present traffic. To awarded to one man.

speak more accurately, two tunnels will be dug. They will run somewhat under the ent one, but a little to either side, in such way as to support the surface road's ground railway system may be put some tunnel instead of undermining it. Here the time in the future, and one that probably work is being done through the solid rock. has not occurred to one person in a thou-The drilling, blasting and removal of rock sand of those who have looked curiously at this point will be a long and tedious on at the excavating and blasting. In time task and will have to be prosecuted with of naval bombardment or siege this imthe utmost care.

#### Underground Problems.

Up at the Circle, near the park entrance. of New York's non-combatant population huge mains have been uncovered. These are supported by timbers underneath and by chains from overhead. Here, too, at one int, the excavation passes under the surface railway, but so well has this work been done that the tracks are as steady as if the solid earth were underneath them. The subway will pass under a portion of massive pedestal of the Columbus monument. There was some idea of moving the monument a short distance, but it has been found that this will not be necessary. At this point will be one of the principal stations of the underground railway. Running under one corner of the pedestal will be a station 300 feet long, at which there must be every facility for handling the vast crowds that will entrain and detrain there on Sundays and holidays. It is expected that this will be one of the busiest ints of the road. There is a difficult bed of rock at the bottom of this trench, man, a solution of the congested conditions for which reason the work here will be slow in the extreme, as care must be taken hours a by-word, and unquestionably a in the blasting not to undermine the bed of largely determining factor in pushing New the surface railway.

York forward in wealth, in population, and The the real wonder work of blasting is in happiness. The underground rapid to found over on the West Side, in the transit will be the nineteenth century's stretch from One Hundred and Fifty-Sec- marvel-gift to the twentleth.

flakes in the and listening to or reading the reports of curdy matter. Salt cod is easily digested subordinates. The disbursement of great and is recommended for many curative pursums of money rests with them. Under poses, fermentative dyspepsia, acidity of the their direction are now some eighty civil stomach and rheumatic tendencies. Salt engineers. As the work takes on a larger fish is certainly a blood purifier.

aspect there will ic more than a hundred Fish Must Be Fresh. ubordinate engincers, and, even with this Fish, like eggs and table linen, must be number, every one of the corps will be ex- above suspicion. To be wholesome it must tremely busy during the four years that be perfectly fresh. With a very few excepwill elapse before New York can hope to tions fish cannot be cooked too soon after catching; for, unlike other meat, the flesh

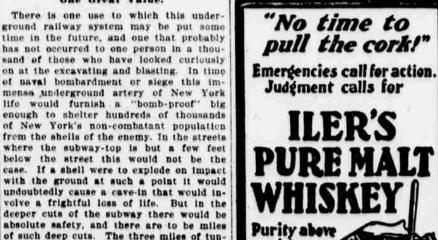
There is not a single perplexing feature and flavor is not generally improved by long of railway building but will haunt the en- keeping. The flesh of nearly all fish is algincer corps. Added difficulties that do ways tender, and, while cold storage prenot confront above-ground railway builde's serves them for a considerable length of need for their excavation, boring, or con- will be found in such puzzles as what to do time, the evanescent flavor of the more with sewers that are in the way. Some of delicate varieties is lost, though the food

these can remain in place over the roof of value may not be destroyed. Fish, having the subway. Others will have to be modi- so many advantages over other meat, should substitute it more frequently and more generally.

Fish, when compared in price with the expensive cuts of butchers' meats, is a cheap food; and, considering the waste even in socalled cheaped parts, it is a question whether fish is not still the least expensive. In other animal food we have a stimulating quality allied to the proteids which wise nature may possibly have furnished as a promoter in assisting the meat eater to dis pose of the heavier, less digestible material just as a whip urges the horse to greater effort in accomplishing his task. Upon the individual enjoying robust nerves and strong digestion this spur has little effect But the delicate eater needs no such stimu-

#### What Shall We Have for Dessert? This question arises in the family every day. Let us answer it to-day. Try

Jell-O\_ a delicious and healthful dessert. Prepared in two minutes. No boiling ! baking! add boiling water and set to cool. Flavors:-Lemon, Orange, Raspberry and Strawberry. Get a package at your grocers to-day. 10 cts.





Uticure Dr. Kay's Uticure cures a formale diseases. At drug giats. Bi Illustrated book and advice free. Dr. B. J. Kay, Saratoga, N. Y.

Pure Food None but Advertising of Thoroughly Reliable. Pure and Healthful Foods Will Be Accepted for These Columns.

\*\*\*\*\*\*\*\*\*

ABOUT BEER

If you are willing to test our state-ments you can quickly settle the beer question. We claim to give you bet-ter and purer beer than any other brewery. We believe our claims are based on facts. You'll get wise in a minute after the first trial. Our beer is

**GETTELMAN'S NATURAL PROCESS BEER** Made by THE A. GETTELMAN BREWING CO.

OF MILWAUKEE. A. J. SHORT, Manager Omaha Branch, 624-55 South 16th Street. Telephone 1124. 



Glucose is used as sweetening in

many foods. It is injurious. It

is dangerous. Granut, one of the

BATTLE

CREEK

SANITARIUM!

FOODS

is naturally sweet because it

contains maltose, produced by the digestion of starch. It

digests in the stomach and en-

riches the blood quicker than

any other cereal food known.

It builds hardy nerve and

BATTLE CREEK SANITARIUM

FOOD CO., Battle Creek, Mich.

muscle strength.

#### lamps are lighted and the day's work is done.

## How the Prizes will be Awarded.

These prizes will be awarded in a contest which any one may enter in securing subscriptions for The Twentieth Century Farmer. The contest will begin January 1st, 1901, and will end as soon as 10,000 orders have been turned in to the publisher by the contestants.

The person sending in the largest number of orders before the close of the contest will receive the first cash prize of \$1,000.00. The person sending in the next highest number will receive the second cash prize of \$500.00. The next five persons having the highest number will each receive a prize of \$100.00 each. In regular order the next five will each receive \$50.00 each and the following ten will each receive a cash prize of \$25.00.

At least 1,000 persons ought to enter this contest. But say only 400 should enter. It would take only an average of 25 orders for each agent to make up the number and the one sending in the highest number will get the first prize, and so on. For this reason send in your orders early.

### Good Pay for Your Work Whether You Win or Lose

You get a large commission, besides, for every order you turn in so that you will be well paid for the work you do in the contest whether you win or lose. Write to us for particulars and for sample copies, and also state that you wish to have your name entered in the contest, so that orders will be credited to you when you send them in.

The price of the Twentieth Century Farmer is one dollar per year. Every farmer everywhere wants it.

# The Twentieth **Century Farmer**

The Bee Publishing Co., Props. OMAHA, NEB.