MYTHS ABOUT BUG BITES

Dangerous Wounds Rarely Inflicted by the Humble Insects.

Entomologist Howard Discourses on the Popular Notions and Scientific Facts Concerning Bees, Spiders and that Sort of Thing.

The subject of insect poisons is one which perfectly harmless insects. For example, in this country think that these harmless insects will sew up their ears. The commen tomato worm, or tobacco worm, a perfeetly harmless insect, is considered to be fatally poleonous by many people.

Much of the common superstition about spider bites is totally unfounded, while the stories about scorpions and contipedes are grossly exaggerated. The effects of intense nervous fear, following a physical injury of an insignificant nature, are well understood by the medical profession. Hence it is not difficult to understand cases of severe nervous prostration and even death following a sting or a bite from a comparatively harmless insect. Nervous dreads are contagious and psychologists will admit that the tarentism, or tarentella frenzy of South Europe, ascribed to the bite of the tarantula, which has been repeated at long interlargely a dread, or panic epidemic. Entomologists know that there is nothing in the polson of the taractula to produce the symptoms described, such as the prolonged dances ending in coma. The so-called kissing-bug epidemic of two years ago was in a modernized and minimized from the bite of this insect. form, influenced by one of these psychological crazes.

Two Classes Are Poisonous.

The truly poisonous insects, that is, inliable to congulation, or it may have some other, unexplained use.

Insect poisons as a rule were undoubtedly developed for use aginst other insects. Therefore, they are small in quantity and, generally speaking, are serious in their efupon other insects. The exact nature of the poison is not well understood. In some instances it is a combination of an alkali and an acid, which become effective only when they are combined. as a result of the injection of poison with effect of its juices is very marked. the stings of bees and wasps, as well as with the bites of spiders. Such cases, however, are rare. A number of cases are on record of death from a multitude of bee stings. I know of one case, well auwoman from a single bee sting. The physical condition of the patient undoubtedly than that of the prick of a pin. had much to do with the fatal result, which was probably due partly to nervous shock and possibly to the fact that the poison was injected directly into a large vein and

was thus carried immediately to the heart. Terrible Effect of a Sting.

Another case of similar nature came under the observation of Dr. William Frew of England in 1896. The patient, a young woman of 23 years of age, was stung on the neck, just behind the angle of the jaw, by a wasp, the sting of which was extracted by a servant. A solution of arnica was applied and as the patient felt sick she was assisted to bed. She complained immediately of a horrible feeling of choking and of pains in the abdomen. The neck swelled rapidly and the pains in the abdomen became agentzing. Two teaspoonfuls of brandy were administered, but before anything further could be done the result is not serious. patient became insensible and breathed her last fifteen minutes after the sting. Dr. heart. From both father and mother she sults. had inherited gouty tendencies and the mother was remarkably susceptible to the action of certain medicines.

The stings of bees and wasps have very different effects on different people, and without doubt persons who habitually handle stings at first. It is a curious fact that Shepherd. some portions of the body may become immune and others not. Mr. Herbert H. O'Neill's popular productions will no doubt Smith, who is a professional collector of remember Miss Grace Raven (Grace Midinsects, catches bees and wasps in his net dicton in everyday life), who was his leadand removes them with his thumb and fore- ing lady for several years. She showed herfinger. in his case the forefinger is stung seif an actress of force and versatility. so often that it has become thoroughly with a most charming personality. She was inoculated and stings upon this finger produce no effect, but if he is stung on the Just when everything seemed most promisback of the neck, or in some other part of log for her greater success on the stage the body, the sensation is as painful as it

is with another person. Spiders Rarely Cause Death.

Authentic cases of death from spider bite are rare, although cases reported in the newspapers are of almost weekly occurrence. I have investigated more than 100 such reports in the United States in the past ten years. In many cases the reported facts were entirely erroneous; in the majority of cases no spider was seen to inflict the bite; there were almost no cases in which the spider was seen to bite and was saved for examination. Some years ago a baby sleeping in a cradle in a Connecticut town was bitten upon the lip by a spider known as Latrodectus Mactans and died as a result of the bite. A laboring man in South Carolina in the early '90s died, either as a result from the bite of a spider of the same species or as result of the large doses of whisky which were given to him as a remedy. The latter explanation is the more probable one.

This Latrodectus is not one of our large spiders. It is glistening black in coler and a little larger than a large pea. It is usually marked on the under side with red spot. It is the most dangerous spile; which occurs in the United States, but its fangs are so weak that it cannot penetrate the skin in parts of the body that are ordinarily exposed. If by chance, however, it bites a particularly scusitive, thinskinned portion of the body which is cape-

cially well provided with blood vessels the results are likely to be painful and serious. This spider occurs under old logs and rubalsh and is occasionally found in out houses. It is rather common in the southwest, and extends in small numbers north eastward to New England.

I have been unable to authenticate a single instance of death from the bite of POISONOUS VARIETIES ARE VERY FEW the large spiders known as tarantulas, although circumstantially reported cases are frequent in the newspapers. These stories usually tell how the tarantulas have been imported with bananas or other tropical fruit. A good example appeared in a daily paper published in a large western city two years ago. The seare headlines read: In two weeks three men have died from the bites of tarantulas and another had to (s very generally over estimated in the have his arm amputated. All were Sicilians popular mind. Everywhere among civilized and received their death wounds in the people, as well as among uncivilized steaming rooms of fruit houses." The races, there exist superstitions regarding exact localities were given. I had the matter examined with great care by a the common dragon flies, or devil's darning scientific friend resident in that city and needles, are feared very generally by he found after thorough examination that English-speaking races, and the children there was no truth whatever in the newspaper statement.

Tree Bugs Are Dangerous.

Many of the tree bugs give severe punctures with their beaks. Some of them insert a slight amount of potson, but the inflammatory effects which occasionally follow the bite of most of them are due to the fact that their beaks have previously been inserted into some dead or decaying noimal matter, so that the germs of putrefaction are thus carried into the human blood. This is the explanation of the comparatively few authentic cases of severe swelling following the bite of the so-called kissing bugs. The large aquatic bug which of recent years has become known as the "electric light bug" has a sharp beak and may inflict a severe wound when incautiously handled. Serious results, however, are not known to follow. vals within the last few centuries, was The large, ungainly, predaceous bug known as the "wheel bug" may give a severe wound under similar conditions, and Glover, many years ago, reported a serious swelling of his band and a subsequent sloughing off of the skin and superficial tissues of the ball of his thumb as a result There is a little group of caterpillars

armed with sharp hairs which will pierce the skin and produce sometimes an intense irritation much like that which is prosects which possess poison glands and duced by the nettle. The commonest secrete poison with their bites or stings, these caterpillars are the so-called saddlebelong in the main to two classes. Either back caterpillars and the caterpillar of the they sting for protection, as with the bees, \$10, or "corn emperor" moth. The irritation certain ants and certain wasps, or they use produced by these creatures is sometimes the poison to assist in the capture of their as severe as the severest cases of poisoning prey, as with the digger wasps, certain from nettles. I have seen the hand of a predaceous bugs, and all spiders. The mos- young woman swellen to twice its normal quito belongs to a third class, and the size, causing great pain, in consequence of purpose of the poison which it injects is being stung. The president of a Baptist not fully understood. It may render the college in the west wrote last year that blood of its victim more digestible and less one of these caterpillars accidentally touched his wrist and "for eight hours the pain was excruciating and could not be allayed by any treatment. It could be felt for twenty hours." The caterpillar of the so-called brown-tailed moth, a recent importation from Europe which exists in numbers about Boston, has this peculiar quality and the laborers engaged by the Gypsy Moth commission were frequently stung by these caterpillars during the summer of 1899, with painful effects. Then, In ants, wasps and bees it consists of which there are many species in this counformic acid and a whitish, fatty, bitter try, are occasionally the cause of a blisterresidue in the secretion of the glands, ing poison. When one of these insects The corroding, active formic acid is the alights on the back of one's neck the first essential part of the poison. Cases are impulse is to brush it off and it frequently on record of the death of human beings gets crushed, in which case the blistering

Scorpions and Centipedes. There is little danger from centipedes and

scorpions in this country, even in the southern states. Notwithstanding an almost universal belief to the contrary, a scorpion's thenticated, of the death of a middle-aged sting is no more dangerous than that of a scheme of operation. This means that he honey bee, and often the Down in Mexico, however, and especially in the state of Durango, there is a scorpion generally known as the Durango scorpton which is much feared. The stories about even this creature, however, are generally exaggerated, and Dr. Edward Palmer, who has lived in that state, says that he has known but one death to result from the sting of this creature, and that was of a young woman who was in very bad health at the time. In the same way stories about centipedes are also exaggerated. We have no dangerous species in the United States. The tropical centipedes bite with their maxillipeds and possess poison glands The old stories that they exude poison from the tips of their sharp claws and leave a trail like fire when they walk over false. Their bite is poisonous, but the

In Central America and among the Mexicans in Texas, New Mexico, Arizona and Frew saw the body about two hours after southern California many harmless insects the world's prices are made is great. Of death and found the neck and lower part are generally considered poisonous. This course we have a man who is at the stockof the body much swollen. The tongue is due to a special cause. It arises from yards all the time, keeping a close eye on was swollen to such an extent that it filled the fact that the blood of these people is the prices, and buying or selling as our the mouth. The young woman was of a so vitiated by unclean diseases that an innervous, excitable temperament and had significant bite or scratch is apt to bring shown symptoms of weak action of the on blood poisoning, followed by serious re-

PREFERS CONVENT TO STAGE.

Strange Proceeding of James O'Neill' Lending Woman.

There has been a flight of young women "from society to the stage," but now comes bees become immune to their poisons. That the more interesting story, vouched for by this immunity is produced by inoculation the New York Herald, of a successful cannot be doubted, but there must be an actress abandoning a dramatic career when almost continuous reinoculation. A man it held out to her its most potent attracmay have kept bees for a series of years tions and rewards to devote herself to life and have become, in a measure, immune within a convent, and there to give herself to their sting. He may discontinue the wholly to the social unfortunates-the Magindustry for a year or so and upon resum- dalens of the hour-the reclaiming of whom ing it he will find he is affected by bee is the object of the Sisters of the Good

Those who have witnessed Mr. James everywhere a favorite with her audiences. she abandoned it and went home to her mother, who lives in Dayton, O.

This seemed a strange proceeding to those who were predicting a starring future for Miss Raven, but the wonder grew when offers from managers to induce her to return to the stage were kindly but none the binding twine for the harvesting machines less firmly declined. The explanation followed in the announcement to her friends than one purchasing for a single farm. of her decision to abanden, not only the- This applies to every kind of supply used atrical life, but the world, and enter upon in farm operations. a religious life.

Miss Raven was educated in a New York envent school, and, although she chose a dramatic career after graduating, all through her life on the stage she has been noted for her undeviating attention to her religious duties. Some time ago she applied to the mother superior of the Convent of the Good Shepherd at Carthage, near Cincinnati. O., for admission as a postulant in that order. It is one of the clotstered communities of the Roman Catholic church and its members devote themselves to the special work of reforming women committed to their care, either by the state or their relatives. Their success in this direction s well known all over the world. The life is hard and trying and only women of

heroic mold select it. Miss Raven's application was acted on avorably and last week she said goodbye to her relatives and intimate friends and entered the convent, to which the most any knack as a corn raiser, any average solemn vows will hereafter bind her.

BIG PROFITS FOR FARMERS seventy-five to 100 bushels of corn to the

Business Methods in Farming, as Practiced by a Millionaire Farmer-

MADE HIS START ON A 100-ACRE FARM

There is Money in Agriculture for the Man Who ses His Brains-How to Get Good Farm Results.

No man is entitled to a serious hearing on the subject of farming unless he proves his faith by his works, says S. W. Allerton in the Saturday Evening Post. "Do you run a farm yourself and do you make it pay?" are the questions to be put to every man who has any advice to offer about farming. If he can't answer yes to both these questions his talk is mere theory and not worth listening to. If theorizing would raise crops we should have to go to college classrooms instead of to the fields for grain on which to feed the world; but it wont, and there is no use in giving serious attention to any talk on this subject that is not backed up by sound results, of a broad, practical sort, which have been personally obtained by the man making the suggestions.

First, then, I shall give a reason for the faith that is in me, and shall state something of my experience as a farmer, before I ask any reader to accept my statements and give them any weight or practical consideration. My system of farms contains something more than 40,000 acres under careful cultivation and an equal amount in grass. These, it should be understood, are not ranches, but farms. The farmhouses covered by insurance number about seventy While these farms are, in one sense, managed at long range, they are "personally conducted," as the tourists say. The entire system centers right here in my Chicago office, and every crop is as much under my personal direction as if I followed the plow, seeded the land and went into the harvest field myself.

So much for the question of practical personal experience in farming on a large my farming.

Farming that Pays Large Dividends. Now about the results. Does my farming Yes. And well, too. For the sake of definiteness I can say that in one year, from a farm of 3,600 acres, I have made a net profit of \$37,000. This tract of land cost me but \$70,000. It was bought at a time when faith in farm values was low, and when the young men of that region, at least, were in a hurry to get away from the farms into the big cities, where they would have a fair chance to make their fortunes.

Whether there is a good, big future in tarming-enough to satisfy any young man and have a fortune—is well answered by the of expense and that this voucher is forfact that quite recently three farmers in central Illinois left, at their death, fortunes of more than \$3,000,000 each. This wealth was made in farming.

In the same general region I can find scores of farmers who are worth from \$100,-000 to \$500,000. These are the straws which comfort. again, the so-called blister beetles, of go to show that farming can be made to pay on a big as well as a small scale, and that it offers a satisfactory field of operation for the millionaire as well as the thrifty immigrant.

How can a large system of farms, scattered over three states, be managed from an office in a big city? By system. Lack of system is the curse of the average farmer. He may, and generally does, practice all manner of petty and exacting economies, but he will never do things on a leaving the man at the head free to do the thinking for the enterprise in a big way-if he is capable of it.

Telephone an Important Factor.

One of the most important things in running a string of farms is the long-distance telephone. It would be almost impossible to do farming on the syndicate plan without this means of quick communication Suppose there is a sudden bulge in the market for corn, wheat, hogs, sheep or cattle By the telephone I can instantly discuss shipments with the foreman of every one of the farms. This ability to move produce into the market on quick notice and thus get the benefit of a high figure means thousands of dollars in additional profits each year to the skin of a human being are entirely the man who has a large number of farms

under his control. Chicago is the center of the grain and live stock trade of this country, and the advantage of being situated right here where needs and advantage dictate.

Another end served by this quick communication from one central metropolitan office is that of having a means of meeting crop exigencies due to sudden and radical change of weather. The man in Chicago, only a block or two distant from the Auditorium tower, is closer to the source of the weather supply than the man out on the farm. The latter knows only whether it is locally foul or fair for the moment, but here there is a chance to chat with Old Probabilities and thus to secure a better guess as to future conditions of drought or rain, wind or calm. The difference of a day in putting in a crop sometimes determines the success or failure of

the yield. So as to the time for harvesting. Then this centralization of control in an office in a big market city gives a distinct advantage in securing quick shipping facilities. When it becomes necessary to get a large amount of produce into the market benefit of temporary high prices, things can be accomplished by the large shipper that could not be done by the small farmer. He can go, without the loss of a moment's time, to the general freight agent or other railroad official, and negotiate directly and this class will keep at the front among the personally for special facilities out of reach of the man on the farm. All these things count when the balance is struck.

Again, the system I have outlined makes possible large economies in buying. stands to reason that the man who buys on fifty farms can secure a lower figure

One of the Big Problems. One of the biggest problems of farm man-

agement is, of course, the distribution of Whenever this question comes up crops. among farmers there is always a great deal of wise talk about "crop rotation." Sift this down to the bottom and it will be found, in most cases, that farmers understand this term to mean sowing a field for oats one year and wheat the next-alternating these crops indefinitely year after year. Here is where the chief mistake is made. They do not make provision for giving their ground a chance for rest and enrichment. They do not plan to return anything to the soil. Every field used for wheat, corn and oats should have a season's rest once every three or four years. Give each field a chance to serve as pasture land as frequently as this, and it will pay big returns in rich and heavy yields.

About thirty years ago I began farming on a tract of 100 acres on the banks of Seneca lake, in New York. In three years I saved \$3,200 from the farm and had a good living besides. It was there that I demonstrated the principle of the rotation plan which I have since followed on a larger scale. From that time until the present I have been constantly buying farms and operating them and have yet to make the first unprofitable investment. This is why I have little patience with the man who, under average conditions, declares that there is "nothing in farming." Men who talk in this strain are those who are satisfied to get a yield of thirty-five bushels of corp or oats to the acre, when they should know that their management is at fault if they fall to produce an average of less than seventy bushels of either to the acre.

Proper Allotment of a Farm.

Here is my allotment for a farm of 160 acres: Ten acres for buildings, garden patch and a field of mangel-wurzel beets; sixty acres for pasture, sixty acres for corn, thirty acres for oats. In the second year these crops should be shifted, pasture and grass lands being turned over for cereals. The beets should be fed to sheep and hogs and as much will be realized from the sale of wool, lambs and hogs, under this system, as would otherwise be secured from the entire product of the farm.

The showing made by an intelligent fol-

lowing of this plan should be fully as good

 From sale of wood
 \$100

 From sale of lambs 5
 500

 From sale of hogs
 500

 From sale of coin
 900

 From sale of oats
 200
 \$2,200 This allows for feeding 1,500 bushels of corn out of a crop of 4.500 bushels; the corn was a good price for the property. It was considerable quantities. No food in the waste material. Mutton fat should not be being figured at 30 cents a bushel, and the not worth a cent more. yield at seventy-five bushels an acre. The number of lambs in this estimate is 100 and it to you for \$5,000-not a cent less." hogs fifty. Placing the farmer's outlay for

350 cattle and sell from \$8,000 to \$10,000 he afterward died.

tive estimate of what any good farm may

worth of hogs. warded in the regular routine of business.

How to Get Good Workers. There is no difficulty in getting good foremen and good hands so long as they are given the right kind of a chance to make

something for themselves and to live in The foreman of my largest farm is worth \$16,000 and lives in a degree of comfort that some city men who make almost that amount every year can't provide from their incomes.

First of all, the houses are kept in good repair and especial attention is paid to the kitchen. Everything within human reason that can be done to make the houses convenient for the wives of the farmers is done. Then each family is furnished with a certain number of cows. If these yield more butter than is required for the household the farmer is free to sell the surplus large scale until he systematizes his entire The wives and children of the men who run these farms are given all the poultry they and go to make the foreman, the hands on with their work in a mechanical way, and the tenants, together with their familles, contented with their lot and eager to

> Orchards are planted on these farms, to gether with small fruits, and there is every encouragement to have large gardens and to keep them in good condition. Men who are well fed, having a tempting variety of the delicacies of the season, will thrive and work well where a plain and monotonous bill of fare would produce grumbling, discontent and a constant change of help.

> There is not a farm in the whole system hat hasn't in its equipment an extension top buggy, and some have more than one according to the number of young men employed. The horses which are driven be hind these carriages are equal to the ones owned by the sons of neighboring farmers who work their places instead of being in the employ of a "Chicago capitalist." Here is another instance in which small expense and a little thoughtfulness work large re-

> sults in loyalty and contentment. Quite as important to the welfare of the employes and the tenants of the farms as orchards, gardens, dairies, poultry and top buggies, are good district schools. If there is not a "little red school house" on or very near a farm that comes into my possession I see to it that the authorities are offered a gift of ample ground on which to build one On one occasion, after repeatedly pressing an offer of this kind, my foreman was

"Why is that capitalist boss of yours so anxious to build a brick school house? It will simply increase his own taxes, and he will get no benefit from the improvement having no children here to attend school." As the foreman was a bright Irishman h had a ready answer: "Because he thinks more of your children and their chances in life than you do yourselves!"

The school house was put up on the strength of that argument, and is now well filled and helping to make good, intelligent citizens of the children who live in that region. There isn't a more important building on any farm than the little red school house! Better get along with one less barn on short notice, in order to secure the or corn crib than leave this bit of architecture out of the landscape. The district school is the salvation of

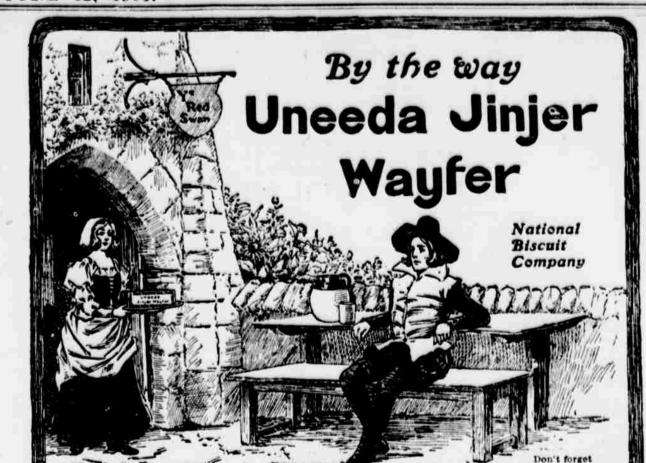
this country. It gives the children of the common people a chance for a good education, and that country which takes care of NEW YORK'S SPITE HOUSE.

One of the Most Curious Buildings

Ever Erected.

It is reported in New York that the famous "spite" house erected several years ago by a man named Richardson is to be one, nor any that has a more curious history. The man who built the house "out of spite" is now dead, but his name still clings to the place, and it is unlikely that it will ever be known by any other name than the "Richardson Spite House."

Richardson was a millionaire and he was also a miser. He began life as a bricklayer, economized and saved money. In time his savings were invested in houses and land. The land upon which Richardson built his "apite house" was the property of his wife. It was an absurd little strip of land extending 104 feet along Lexington avenue and only five feet on the side street. Eighteen years ago one Heyman Sarner, a clothier. wished to build a block of spartment houses on the side street, adjoining the little strip of land owned by Mrs. Richardson. He de-Managed on this plan, by a man who has sired a front on the avenue and approaching the Richardsons offered \$1,000 for the ruler-Illinois or Nebraska field should yield from shaped bit of land. One thousand dollars



exponses at \$700, this leaves him \$1,500 iginal offer and said he'd manage to get used. clear. I believe this to be a very conserva- along without a Lexington avenue entrance. The meat should be of a decidedly bright Richardson brooded over the matter and clear pinkish color. If too undeveloped should be served with as little condiment be made to pay, for I have generally ex- awhile and then made plans for "getting it is decidedly indigentible and often as possible, but year requires considerable ceeded this figure in the net results of even." He would build a house of some causes great distress if eaten by children seasoning to make it savory. To cook veal sort on that land even if it were unin- and debilitated persons. On the 3,600 acre farm, to which I have habitable, just so he could keep the light Added to this danger, we seldom find a ble requires a half hour to each pound. alluded, the allotment followed is this: from Sarner's windows. He built the house cook who realiges that all young meats Care must be taken that it does not burn 1,800 acres in corn, 200 acres in rye or oats and gratified his spite. Then he went to require very thorough cooking, especially before it is done and it should be hasted and the remainder in pasture. We keep live in the house with his family. There veal. Well grown lamb may have a faint often and be a bright, rich brown and

Each farm has its foreman, whose duty inable. It looks like a bleycle case set on mutton should it have that stamp of skillonsists in seeing that the central office end. It extends the full 104 feet on the ave- fully cooked joint, the "blush" that faintly your butcher remove bone from shoulder, is always intelligently informed of all local nue and is nowhere over sixty inches wide, appears on the carving of each juicy slice, cut off the knuckle part, which may be conditions and affairs and that orders are it contains narrow little casement-like promptly and efficiently carried out. All the rooms, with furniture built especially for expenses are paid by draft through the the pigmy apartments. The stairways are local bank. This transfers the detail book- as cramped as one can possibly imagine. It keeping to the central office and relieves is impossible for two persons to pass in the the head farmer of clerical burdens. His halls. To accomplish such a passing one only care in this particular is to see that of the two must step into one of the rooms he has a proper voucher for every item on the side. The table in the dining room on the side. is eighteen inches wide and the rest of the furniture is built in proportion.

Table and Kitchen

Practical Suggestions About Food and the Preparations of It.

> Daily Menus. THURSDAY. BREAKFAST.

Fruit. Cream.
Cereal. Omelet Creamed Dried Beef.
German Fried Potatoes.
Coffee. Plain Omelet

Rolls. LUNCH Crab Salad. Potato Croquettes.
Cherry Pie. Cereal Coffee.
DINNER.
Clear Soup.
Roast Chicken. Brown Sauce.
Stewed Okras and Rice,
Stuffed Tomato Salad.
Fruit Taploca. Coffee.

FRIDAY. BREAKFAST. Fruit. Broiled Smoked Fish. Creamed Potatoes,
Drop Biscuit, Coffee,
LUNCH.

Asparagus with Eggs. Strawberry Pancakes. DINNER. Tomato Soup Planked Shad. Cucumbers Mashed Potatoes. Spinach.

Lettuce Salad Cottage Pudding. Lemon Sauce.

SATURDAY. BREAKFAST. Fruit. Cereal. Cream. Cream. Coffsh in Cream. Plain Boiled Potatoes. Coffee. LUNCH Club Sandwiches.
Boiled Rice. Fruit Compote.
Chocolate.
DINNER.
Cabbage Soup.
Broiled Steak. Mashed Potatoes.

Broiled Steak. Mashed Potaton.
Buttered New Beets. New Turnip
Lettuce.
Junket with Berries and Cream.
Coffee.

BREAKFAST. Whipped Cream. Prune Toast.
Panned Tomatoes.
Cream Sauce.
Coffee. DINNER.
Cream of Cauliflower Soup.
Breast of Lamb, Rolled and Roasted,
Boiled Rice. New Peas.

Tomate Mayonnaise Rhubarb Pudding. Coffee Jellied Chicken. Cucumo-Fruit. Little Tea Cakes. Cocoa. SUPPER. Cucumbers.

MEATS FOR THE SEASON.

Lamb, Veal and Spring Chicken

How to Serve Them. Fortunately or unfortunately for us, we selection of our foods, and may humor our fickle fancy to the fullest extent, until a final day of reckoning may overtake us for reckless indulgence. There are some few whose tastes do not vary materially and whose appetites do not falter and grow weary of certain kinds of foods. To them a restricted diet is no hardship, and they are satisfied if beef and potatoes constitute the principal features of their sustenance the year round, so long as there is plenty of these foods.

The same element of "divine discontent" that rules the actions of the typical American seems to govern the appetite as well, and there are few who do not desire that

While nature has not so far yielded to white. our humor as to produce a new meat, unless we make an exception of Belgian hares. there are certain kinds of meats which custom has adopted as best suited to the offered for sale, together with its furniture spring and early summer. These are study economy closely, as it does not pay and interior decorations. There is not in lamb, veal and spring chicken. While we to get a second quality and observing the the whole world a stranger house than this may very reasonably question the wholesomeness of very young lamb and veal, which holds true of mutton as well as the fact remains that both are eaten in to hib. you are paying for considerable van Houten's Cococ

Nutritive, Refreshing, Economical in use. A breakfast-

cupful of this delicious Cocea costs less than one cent.

Sold at all grocery stores-order it next time.

first and undeveloped stages is fit to be thrown away, but is not available for cook-"Oh, no," said Richardson, "but we'll sell caten, least of all animal. Veal should ing purposes. It is excellent, however, for be, of all meat of young animals, well many totlet purposes. Sarner declined to pay more than his or- grown and well fed on milk before it is Roasting Veal-Remember that no meat

tinge of pink in the center of the roast, well glazed when it comes from the even. The house is the queerest dwelling imag- but only when developed into full grown A moderate oven is required.

Inderdone Vent. Veal, on the other hand, must show not

the faintest sign of color and should slice sures that the ment is suitable for digestion and that the cooking has been properly done. As we have so often stated, it is not the use of any substance provided for food with plain boiled macaroni and brown of man, but the abuse of these substances that makes them harmful. While some foods are known to disagree with a large majority of people and investigation proves our dietary, if facts gathered by authorimany prefer to try Mark Twain's mushselves, the only alternative is to work on with melted butter or add a quarter of a the theory that what is one man's poison is another man's meat, and that toadstools may possibly agree with exceptional indiiduals if properly cooked.

neat of well-grown calf and cook it thor-

We must acknowledge that veal is to be preferred as a warm weather meat to the in appearance and may be prepared in many with a little salt and brown nicely. Serve ways if one finds the meat not unsuited for with mint sauce. heir digestion.

Veal and lamb are far from being cheap meats, as they contain a very limited

Selecting Venl.

Good veal is slightly reddish or pink and the fat is clear and white; veal that is too young or not in good condition has very little fat. As the meat in various parts of the same animal differs in composition and digestibility as well as flavor, it is well to understand which parts are best for roasting and which for cooking by other methods.

The leg, which generally includes part of the flank, is used for cutlets and roasts.

The loin for roasts and chops. The flank separated from the leg is nice made into a roll and baked or stewed. The ribs under the shoulder may be roasted, but are generally used for chops and stews. The breast is best in stews, pot-pie and for baking. The shoulder is used for roasting or baked dishes. The neck, which is really the most nutritious part of the animal, may be used for broths and stews The knuckle may be used in a stew, but usually goes into the stock pot when clear white stock is desired, while the feet are used for jelly.

The head is utilized for soup, scallop and head cheese.

The hind quarter of veal is considered he choice cut.

The spring lamb proper, which is from six weeks to three months old, is simply divided into fore and hind quarters by a middle cut, which leaves several ribs attached to the hind quarter. This brings the highest price, as it gives the greatest amount of meat, but the fore quarter or shoulder is superior in flavor. Lamb is not are allowed unlimited indulgence in the called mutton until it is a year old, and is sold as lamb from spring until late winter.

As the lamb grows older chops are cut from both fore and hind quarter; the former are called rib chops and the latter loin chops or cutlets, as they are taken from the leg.

Small sheep are frequently dressed and served as lamb, but the difference can readily be detected by the darker color of the meat, much smaller quantity of fat and white color and hardness of the bonca. those of young lamb being reddish and rather transparent. The flesh of prime lamb has a delicate rosy tint and there is an abundance of firm, white back and kidney fat. In the second quality of meat the the "old order changeth" in the springtime | ficsh is darker and less firm, the grain

> When the fat is searce and of veilowish tint and the lean meat soft and flabby, it

is poor. rule, "the more fat the better the ment,"

Uneeda Biscutt

requires more careful and thorough cooking than yeal. Roast beef and mutton sufficiently to render it perfectly digesti-

Roasted Shoulder of Veni Stuffed-Have used for stock with the bones from the shoulder. Fill the cavity from which the blade bone was taken with plain bread stuffing, sessoned with salt, pepper and very like the white, well roasted meat of herbs, or a good year forcement; fasten turkey, rather dry and crumbly. This in- well with skewers; dredge it with pepper and flour, lay slices of pork or bits of nice beef suct over it and roast in a moderately hot oven half an hour to each pound. Serve sauce, or a brown sauce with fresh mushrooms may be served.

Veal Stuffing-Put two cups of coarse bread crumbs into a bowl, add two tablethat it were better to eliminate them from spoonsfuls of chopped parsley, two teaspoonties will not be generally accepted and mixed in equal quantities, a very little room test in order to satisfy themselves of grated lemon, a teaspoonful of sait, sixth the truth of the theories as regards them- of a teaspoonful of grated nutmeg. Moisten of a teaspoonful of pepper and a quarter pound of finely minced suct. If suct is used bind the dressing together with the

yolks of two eggs. Therefore, if you will eat yeal, select the thoroughly cooked. A leg weighing four Roast Lamb-Lamb requires to be very or five pounds will take an hour and a half. When covered with the skin it may be rubbed thoroughly with salt, as the juices flesh of the mature animal. It is more half an hour before done remove the skin licate in flavor, odor and more inviting and dredge the meat with flour; sprinkle

> "Strategy, Me Boy, Strategy." Cleveland Plain Dealer: The young man stood before the great steel magnate. A moment later the latter looked up.

died shoes and the unkempt hair of the youth. "Well?" he said. The youth retained his presence of mind.

He stared at the rough clothing, the mud-

He wanted a job because he needed it. "Sir." he said, "I have came-He got no further. A smile irradiated the magnate's face.

"That's all right," he said; "the job is yours. I was afraid at first that you might be one of these worthless college graduates.

And when the youth, the valedictorian of his class and the pride of the university. again faced his mirror, he winked expressively at his own reflection.



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