

## SIDELIGHTS ALONG WASHINGTON BYWAYS

folks, believe in the old saying that all ton, still a newlywed, proposes a toast to the world loves a lover, and they are the ladies even when he drinks a glass of smiling benevolently at the latest recruit water. to the ranks of Dan Cupid.

house from Alabama, was famed until re- declared Representative John W. Weeks to the front, not to fall back again, but to cently for his readiness to sing long and of Massachusetts. "I have long been of loud the praises of the democratic party, that opinion, and last week it was con-He did this on the floor of the house as firmed.

Members of congress, like most other Evidently it has become a habit, for Clay

"Speaker Cannon is without doubt the Henry Clayton, representative to the best known man in the United States." Painted the picture of an individual going



often as he could do so without making it. "I accompanied the speaker to Boston, the part of man with respect to himselfappear that he desired to have his name where he was to speak before the Middlethe Congressional Record as often as sex club. On our way back to Washing-Robert Bruce Macon of Arkamus. When ton we stopped in New York. After Mr. Clayton had any pent-up feelings breakfast the speaker suggested that we Cabout the iniquity of the republican party, walk down to the ferry. As we started out of the hotel the speaker was obliged in the house, he assembled his cronies to respond to half a dozen salutations. As around him at his hotel and told of the we passed the first street crossing vices of the G. O. P. and of the virtues of mounted policeman saluted and said Miss Democracy. He came pretty nearly 'Howdy, Mr. Speaker,' Next we passed a being a man's man. He lived with men milk wagon. The driver stuck his head and spent all his time with them.

married. No longer can he be found lean- across Broadway we encountered a squad ing back in a hotel chair, carcless of the of mounted police escorting a Chinese approaching hour of midinght. In the old prince, who was being shown the sights of days after the house had adjourned Clay- the city. ten walked down town with Ollie James "The officer in command of the

out of the side of the wagon and called Now it is all changed. Henry Clayton is out: 'Hello, Uncle Joe.' As we walked



down town each night after the house ad- all of his men, instantly recognizing him. journs, but his old time friends are did likewise. And so it was from the moa walk home.

life that he cannot stop talking about it, his companions. When we reached them When he gave his bachelor dinner he began they straightened up and respectfully by lifting his glass and remarking fer- passed the time of day. a toast to the ladies in the same language. I non."

General Methods of Preparing Meat

for the Table.

The question of the amount and charac-

ter of the ingredients which escape from

the meat and other changes occurring in

it during cooking is too complicated to be

discussed in detail here. Much careful ex-

perimenting along these lines has been

done in experiment station and other

laboratories, and the results show that

the losses vary considerably with the

method of cooking employed, being of

course greatest where small pieces of meat

Among the principal conclusions drawn

are subjected to prolonged cooking.

and Tom Heflin, Clayton continues to walk recognized the speaker and saluted, and barred. He permits no one to intrude ment we left the hotel all the way down when his bride joins him at the Capitel for to the ferry. Just by way of variety we met four tramps near the ferry. One of Clayton is so enraptured with married them saw us coming along and -audged

vently. "Here's to the ladies, God bless "I doubt if there has ever been a pres-The next night he was toastmas- ident of the United States whose face is ter at a democratic dinner and as he in- so familiar to every man, woman and child troduced each of the speakers he proposed in the country as is that of Speaker Can- lously.

ter of the roasting pan and similar

from the experiments referred to are the tors, thus the total loss in weight is natur-

following: The chief loss in weight when ally greater in an open than in a closed

When beef is cooked by pan broll- tunity for the evaporation of water. Judg-

meat is cooked is due to the driving off of pan, as the open pan offers more oppor-

ing-that is, seared in a hot, greased pan, ing from the average results of a consider

a common cooking process-no great loss able number of tests it appears that,

of nutritions results, particularly if the roast weighing six pounds raw should

fat and other substances adhering to the weigh five pounds after cooking, or in other

pan are utilized in the preparation of words the loss is about one-sixth of the

gravy. When beef is cocked by boiling, original weight. This means that if the

there is a loss of 3 to 20 per cent of ma- raw meat costs 20 cents per pound the

terial present, though this is not an actual cooked would represent an increase of a

loss if the broth is utilized for soup or in cents a pound on the original cost; but

some similar way. Even in the case of this increase would of course be lessened

meat which is used for the preparation it all the dippings and gravy are utilized

of beef lea or broth, the losses of nutritive With the quantities used in the ordinary

material are apparently small, though home the relative losses sustained in dif-

much of the flavoring matter has been re- ferent methods of cooking meat are not

varies directly with the amount originally with reference to economical management.

present in the meat; the fatter the meat However, in public institutions where a

the greater the quantity of fat in the broth, small saving per day for each inmate

The loss of water in cooking varies in represents a large item in the course of a

the fatter the meat the smaller the ods involving the least loss, which would

hage due to loss of water. In cooked mean that the advantage would lie with

meat the loss of various constituents is in- stewing and boiling rather than with broll-

versely proportional to the size of the cut. ing and roasting, so far as the relative

meat the greater the percentage of loss relative economy of different methods of

Loss also appears to be dependent some- cookery depends very greatly upon the

what upon the length of time the cooking kind of fuel, the form of stove and oven,

is continued. When pieces of meat weigh- and other similar factors. These vary so

ing one and one-half to five pounds are much under different home conditions that cooked in water somewhat under the bell- it is difficult to draw general deductions, ing point there appears to be little differ- though the subject has often been inves-

ence in the amount of material found in tigated. However, it may be said that it broth whether the meat is placed in cold is often possible to effect a saving if the

water or hot water at the beginning of housewife can so plan the cooking of

the cooking period. When meat is roasted meat and other foods as to take full ad-

in the oven the amount of material re- vantage of the heat supplied by the fuel

In other words, the smaller the piece of losses of material are concerned.

versely with the fatness of the meat; that year, it may be desirable to select meth-

The amount of fat found in broth great enough to be of particular importance

# LE SERMON FOR THE WEEK ENDS

Humility and Its Reward.

Luke 14:11- He That Humbleth Himself Shall be Exalted." Would you behold a beautiful portrait? point you to the canvas upon which is remain steadfast, gradually making progress. He is the humble soul-the picture of a man exhibiting what the famous Augustine called the first, second and third article of the Christian religion.

The greatest problem of human lifethat problem which so few among men ever solve is involved in the question, Who am I or what am 1?" No better advice could be given to a young man, or any man for that matter, than that which a expressed by the inscription on the walls of the Delphian temple and which is ascribed to the great Athenian lawgiver namely, "Know Thyself!" Ignorance on that lack of self-knowledge, is responsible for his unjustifiable exaltation and his consequent abasement which is thus made inevitable. And as ignorance of one's self. is productive of self-exaltation, so humility is the natural consequence of selfknowledge. Humility of man is the surest evidence that he knows himself. You cannot fiatter such a man; you cannot puff him up or make him vain. You cannot puff the surest of the sures him up or make him vain. You may in time exalted in the beauty and fragrance language elegant in diction, adorned with of the rose. The young man finds himrhetorical flourishes and full of sublime self unpopular among his fellows, often husentiment heap upon him much praise miliated-beginning at the lowest round and thus seek to exalt him far above all of the ladder, occupying an insignificant Pairest and best adorned is she others whom you may know; you may cast and lowly positon in an important and beautiful bouquets at his feet and shout prominent business-but in due time by "The saint that wears heaven's brightest triumphantly when some victory he has | honest service, fidelity, and diligence and | won; you may bestow upon him precious with humidity of mind, he is exalted to a The weight of glory bows him don the precious with humidity of mind, he is exalted to a The weight of glory bows him don the process of the weight of glory bows him don the process of the weight of glory bows him don the process of the weight of glory bows him don the process of the weight of glory bows him don the process of the gifts in recognition of his superior service better and higher position, and up he and worth-yet, knowing himself, he will goes to the very top of the ladder. "He The footstool of humility." realize that he possesses many weaknesses, that humbleth himself shall be exalted." And while his powers and capabilities have | David at one time, when it was proposed enabled him to attain success, and he is to him to become a son-in-law of King Experience is a good teacher, but much his growth, development and elevation is king's son-in-law, seeing I am a poor man the charming virtue of humility

By Rev. J. E. Rummon, Pastor Kountze as the greatest of the apostles, the chief made sure. It is a principle of life. Hu- that the world has ever known. Truly he that humbleth himself shall be exalted. mility is the price of exaltation. The grain of wheat that is cast into the

"The bird that soars on highest wing

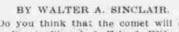
worthy, therefore, of great praise, yet Saul, feeling his utter unworthiness, said: humiliation can be avoided by sitting as a he will know that the future is full of pit "Who am I and what is my life or my pupil at the feet of Him who said, "Learn falls into which there is constant danger father's family in Israel that I should be- of me; for I am meek and lowly of of falling. The spirit of self-exaltation is come the son-in-law of the king? Seemeth heart." There men learn to know themeast out of his whole life, and accordingly it to you a light matter to become the selves and to know oneself is to possess

ter was in due time exalted to the king's sands, the tricks of the sealed letter and hand it in carefully folded and rolled into felt himself unworthy of a king's daughthrone. Poor lame Mephibosbeth, son of Pellet writer have dereived their tens of Jonathan, receiving recognition at the thousands. The list of these tricks is so tells what one question is and then opens the varieties of cook tricks are placed before the medium in a little basket. He hands of David, fell on his face before long, the variations of each trick are so the pellet to verify it. A sitter acknowlthou shouldst look upon such a dead dog tifying to the unmittated, that it is small one by one, with never a slip or a word as I am?" was given an exalted position wonder that even the highly intelligent at missed. It is very puzzling, but the exat the king's table as one of his sons and least are forced to the conclusion that planation is easy. The medium knows in became the master of all the servants of there is truth in the work of advance the question the confederate will the house of Ziba. John the Baptist, feel- the spiritualist. It is of no use ask. He also knows his pellet by an uning unworthy even to stoop down and unwhose coming he appeared in the Judean that grow out of exhibitions of sealed letter up a pellet to verify it. But the pellet he wilderness to announce, is counted worthy tricks are so great that they can be arto be His harbinger. Paul, though on being made an apostle declared himself unworthy of the name and later cried out, again just before his marryrdom having ception of the few experts in the arts of declares it to correspond with pellet numreached the most sublime heights of Christian attainment, exclaimed, "I am the chief of sinners." lives today in history

Whose clothing is humility.

The Tired Business Man

Tells Friend Wife the Comet is a Sky Terrier.



Do you think that the comet will cause any disaster?" asked Friend Wife, anx-

"If you entertain a fear about it, calm " said the Tired Business Man. "I don't know what Professor Halley's little wandering pet can do when thoroughly angered, but I can't suggest a better disaster job than its carrying off a few thousand pests who have been making positive predictions on the subject. While old Sirius is the watchdog of the heavens, and a silver watchdog at that, the comet seems to be a sky terrier.

"It keeps men up nights until the wee hours. Or, at least, that's what they tell their wives. It has been a blessed relief in the way of a new excuse for coming home two jumps ahead of the milkman and telling the spouse that hubby has been up watching the comet. As a matter of fact most masculine persons of my acquaintance would not even go out nights to look sniff and then laugh themselves to death. at a star-of course, excepting a comic Jolly finish! Of course, all grouches will

"I imagine that before the open season them. for comets is over it will have also been gents rolling home after midnight and for quarter in the slot meters to peddle the the unexplainable laughter which accompanies this phenom. I read the other day the name of some county in New York. that Professor Somebody says that the comet is surrounded by a stratum of laughs-with-you line I read that some telelaughing gas and that when it sideswipes scope experts have discovered that the tail Tired Business Man. the earth the population here will get one of the comet is freighted down with cathode (Copyright, 1910, by the N. Y. Herald Co.)



"Still that's just supposing that no gas cyanogen gas. Queer gas, ch? Sounds like "In addition to this laugh-and-the-comet-

"Everything considered unusual by persmall dresses-in fact everything you can think of is laid up to the comet. "If we didn't have a silly season every

year-anywhere from twelve months up-I'd say that the comet caused that, too. survive, because they haven't a laugh in It's a great thing to invite a man out to a little friendly quarter limit game and have him tell his wife that he is going to observe blamed for the peculiar gift affected by trust gets to the supply first and puts in the comet, but if he comes tiptoing home ceiver. His heels are covered with a copin the dark he's liable to step on the per plate to which the wire leading from comet's tail and wake the household."

> asked Friend Wife. "The G. O. P. tends to that," said the

the park nights this summer and listen to the cathode band concerts.

"Will the comet assure good crops?"

## Things You Want to Know -111. Scaled Letters and Pellets.

"What is thy servant that many, and the results so thoroughly mys- edges it to be his. Then he tells the others

cose the latches of the shoes of Him seeing is not always believing. The profits announces this question and then picks ranged with very elaborate settings.

'I am less than the least of the saints," and who has attended it, with the possible ex- the message on pellet number two and selves, or even to write and seal them announcing its contents. of saints and the noblest Christian here before going to the seance. Then the man- One of the most mystifying tricks of 250 after gives each sitter a number, which is the average medium is to have the sitter placed on the sitter's envelope. The med- write down the names of half a dozon it in his own lap during the whole per- the fact and tells the name.

blindfolded medium points to a sitter and them down. The medium watches the writand So. It is a son who was drowned. after another hears his questions answered, his location in the crowd pointed out. After all the questions have been answered the bands. Don't know what they are, but if letters. They do so and find them intact. It in his memory until the slip is produced writers are requested to call and get their they turn out good we can all go out in And they go away completely mystified.

But when the manager received the hat from the volunteer, he substituted another cons of short memory can be attributed to hat. The medium has a confederate who the comet these days. The high cost of living, the trusts, the perverseness of the weather in getting bad at the beginning of flowers, read them one by one, having has found his answer to that message undisturbed, and has found his answer to that message wrish the base ball season, the speciacles of legislators confessing about bribes in Pitts-burg, Albany and Chicago, the insurgent rise up and sit down, the snuffing out of Uncle Joe, the announced retirement of Aldrich and Hale, the Back from Elba movement, the admission of Poe and Possible table in the top of a little table in the wings, when the top of a little table in the wings, when the top of a little table in the wings, when the top of a little table in the wings, when the top of a little table in the wings, when the top of a little table in the wings, when the top of a little table in the wings, when the top of a little table in the wings, when the top of a little table in the wings, when the top of a little table in the wings, when the top of a little table in the wings, when the top of a little table in the wings, when the top of a little table in the wings, when the top of a little table in the wings, when the solution of the envelope itself. He is at a loss to account for this by natural means. As a matter of fact the medium, has a half dozen ways in which he may read it by the use of an egg tester, which often will show through several thicknesses of the confederate, who sealed them in duplicate numbered envelopes and placed them on the inside of the envelope itself. He ontas to the Hall of Pame, the meat hat-holding performance, the manager took boycott, the Ballinger-Pinchot controversy, the hat, poured the dummy letters on the the opera consolidation and accompanying table and bade the sitters claim their mistwitters by the song birds, large hats and sives. In moving the table from behind the wings the real letters were substituted for the dummies and everybody got his message back according to its number.

There are a vast number of variations to this trick. In one the medium wears a turban with a large tassel over the ear. which conceals a watch case telephone rethe heel to the ear is soldered. The copper plate is placed in contact with two secret tacks in the floor, and a confederate under the stage opens the letters and reads them. the purpose. A lower sheet has been ones. A litle plumbago and charcoal makes to the sitter. legible the impressions on the paraffine solute accuracy. This requires, for its best excuses, manipulation, a confederate among the spectators, though it often is practiced Tomorrow-Spiritualism and Magic. VI single-handed. Every person present is

If state writing has deceived its thou- asked to write a question on a slip and by the confederate. He announces that Here, for instance, is an account of a he was right. He has thus gotten one seance that has mystified every living soul pellet ahead of the game and he reads legerdemain who have come to get ideas. but three. By thus opening a pellet ahead Sitters are asked to write their names and of the one he professes to have read he their questions on paper brought by them- is able to see every pellet in advance of

um is duly blindfelded on the stage, a people, some real, some fictitious, and one lady's glove being placed between the hand- dead. After the names are written they kerchief and the eyes, to make sure the are cut apart by the sitter, handed to the blindfold is sight-proof. Then a volunteer medium, who folds the slips and places spectator is asked to take the manager's them in a basket beneath the table or in hat and collect the envelopes and carry a human skull on top of the table. The them to the stage. He does so. The man-sitter takes them out, one by one, and ager takes the hat, covers it with a cloth, when the name of the departed friend hands it back to the volunteer, who holds appears the medium promptly announces This trick is one of the most legitimate

Then the manager makes a fifteen min- and at the same time the most surprising ute speech about the miracles of spiritual- of all. Here mediumistic power actually is ism, after which the performance is ready brought into play. The medium really does to begin. The medium, seated behind a divine the very thought of the sitter; but flower-covered table at the rear of the he does it by the use of his most carefully stage, announces that he hears the call of trained powers of observation. He knows some spirit, the son of a certain sitter that in writing the names of persons the present, who inquired about this spirit. sitter already has made up his mind about Silence reigns. No one announces that he the departed friend. The others he will made the inquiry. Then the hand of the think about momentarily before writing declares that he wrote the message, and ing operation intently. He notices it may proceeds to tell him the answer. The be only an instantaneous hesitation before doubter winces and declares he no longer each name until the real one comes, and doubts. Then the medium hears another that goes down without the slightest pause, spirit, which wishes to speak to Mrs. So The medium notes which name this is in its order on the sheet of paper, and when The spirit answers her questions to her the list is cut into slips and handed to him, satisfaction, and she is convinced. One he gives that one an unobserved different fold. When the slips are all placed in the basket and shaken up and the sitter draws them out one by one, the medium recognizes it by this method of folding. Having seen from the basket. Only the most expert It is impossible, you say. Certainly, truth seeker ever has been able to unravel this test, and it has converted its thousands to spiritualism.

> paper. Or, a little alcohol and a sponge will make an envelope temporarity transparent. The medium ascertains the questions, and then by the art of mirror, or reverse, writing, places a message on a slip of paper with a copying pencil. The lower flap of an envelope is usually easy to open. He opens. it, slips in the me-sage, face to the envelope, and by running his hand over a piece of paper on top of the envelope, makes the message copy itself on the inside of the envelope. He then withdraws his slip of paper, scals the lower flap and returns the letter to the sitter.

In one brightly conceived method of message reading the sitter writes his questions." In still another variation the sitters write on a tablet. He then lays it face downward their questions on tablets handed them for on a table. In this table there is a tiny trap-door, slightly smaller than the writtreated with a coating of invisible parra- ing pad, upon which the questions are fine. When the sitters tear off written Straightway the medium reads the their questions and fold them up and place message, and otherwise describes it, and them in their pockets, the attendants take the sitter has his last doubt removed. He the pads down to the front and place them goes away absolutely convinced. The on a table. Here, while the attention of medium simply let down the trap door the audience is attracted elsewhere, a con- after the pad had been properly placed federate lowers a trap door in the table over it, and a series of reflecting glasses and substitutes dummy pads for the real made the questions visible to him, but not keep

Sometimes the medium takes the sitter's and the confederate under the stage com- pellet, holds it to his forehead and shortly municates the questions through the tele- after answers the question it contains. Subphone to the medium. On other occasions stitution is effected here, and it may be the sitters write their message on their said that there are a hundred different own paper and put them in their pockets, tricks which depend on clever substitution, after having shown them to the assistant When a sitter displays a tendency to divine on the floor. He passes the message by a the tricks of the medium there is always a telegraph code to the medium on the stage, convenient refuge behind the excuses that Another trick, very mystifying and seem- the sitter does not lend himself to the operaigly conclusive, is that of reading sealed tion of the occult forces, that the medium sellets by the dozen, every one with ab- is exhausted or one or another of a dozen

BY PREDERIC J. MASKIN. -Rope-tying and Rapping.

## The Onlooker

Fierce discussion raging about the date the straw hat comes in. Open season begins June 15 ordinarily, but the comet may shift it this year.

See that a rich woman has been arrested as a smuggier. Naturally. Persons in that business generally amass some coin until found out, and some run on quite a while

Having been made a Great Dane in Copenhagen. Colonel Roozevelt has been made a Midnight Son in Norway and publicly referred to as a demigod and a human engine. They surely are not joshing the colonel, are they?

That the world betterment is no myth i evidenced by the fact that the girls of Burnard college yesterday afternoon held their annual field day games and for the first time in five years it did not rain.

Girl of 9 struck by lightning because shwas wearing corsets manufactured by herself out of discarded tin cans illustrates the cternal teminine somewhat.

Man wants to be released from Sing Sing secause he's a vegetarian and the diet doesn't agree with him. Um! Ought to have thought of that before; besides, prices are away up and maybe it's as well as it is.

Colorado man on a rampage was lassoed with a clothesline by a ranch bred woman and roped to a water plug until the arrival east, where he would have run against a house broke woman and been sent to hos

pital to have a flatiron removed from his

One good thing about the bakers' strike, and that is a temporary check to the output of that gastronomic horror known as bread pudding.

If Signor Caruso, as intimated, comes here and prosecutes his Black Hand persecutors he will still further enhance the esteem in which he is held as an artist,

THE EASIEST WAY.



"How do you manage to get on so well with your wife? Don't you ever have any differences of opinion?"

:014

"Sure we do, but I don't let her

# Types We Meet Every Day

moved is somewhat affected by the charac- used.

BY BORBIE BARBLE. Says Trivia, "Well 1 must confess I've taken to fly-fishing less Because I like this outdoor sport And more because the natty sort Of clothes one wears when angling seems To fit my modiste's maddest dreams; Fish how I will, yet I must say big ones always get away!

"And sometimes as I whip the streams My inoughts stray far in idle dreams, ing gayly here and there-Then suddenly I am aware Of springing rod and whirring reel I feel the shock from head to heel; With utmost science then I play-Alas! the big fish gets away!

But when a tiny little mita Comes leaping up and takes a bite He's sure to ruin my best fly. And, though I land him high and dry, He's always such a little fish (He wouldn't fill the smallest dish). It he'd been bigger, I dare say ad been wise and got away!

What sort of fly will most allure. Now, when I use a pretty one With every color 'neath the sun The trout just glance at it-and glide Away up stream; while my old guide Casts an old fly, o fsomber gray. Casts an old fly, of somber gray,

With finest tackle I may toil; The wise old guide takes all the spoil With simple means, and, strange to state, Uses all sorts of things for batt-A mouse, a fly, a bit of perk think if he should use burnt cork A fish would rise and bite it; say, You bet it wouldn't get away!

### Daily Health Hint.

Physical ill health which results from care, anxiety or any overworking of the brain, may best be cured by simple diet. rest, sleep and exercise in the open air which is better than medicine,

