Our Bodies.

By the early heretics, who invaded the Christian church even before the Apostles left it, all matter was looked upon as essentially evil. Many persons believed it to be the work of malignant spirits.

Somewhat later, men sought to purify the soul by breaking down the body-beating it, half-starving it, exposing it to the heats of summer and the cold of winter, and subjecting it to every form of hard usage. Fifthy and half brutalized hermits were venerated as the choicest of saints.

There has been a vast change since those days. The body is looked upon as the fit companion of the soul. Even its appetites, in their proper sphere and within their nor- out of his senses if he does nothing but count mal limits, are regarded with high respect, the ticks of the clocks; so man has inventnor merely as contributors to our pleasure, ed for his solace an infinite variety of delibbut as essential to our highest welfare. We erate pastimes-artificial work of head or insist on it as a vital truth that the mind | hand -which lull his perception of the slipcan do its best only as it is ministered to by | ing sands as well as productive labor does a sound body.

ar was known by his pale face, feeble limbs of decrepitude or senility in the worldand dyspeptic stoop-joint product of the society-mankind as a mass-is nowhere farrous "midnight oil," foul air and flabby more manifest than in the elaborate and costmuscles. Now we say, "Nature is not to be ly preparations for amusement-for sheer cheated at any point."

child in his studies, we hold him back be- notable and somewhat unsatisfactory feahind his mates, and seek to restore the ture in this mimicry of work is that the proharmonious balance of his brain with his fessional is coming more and more to the body by an abundance of pure air, nourish- front, to the discouragement of the amateur. ing food and zestful play. We thus save To excel in billiards, in cricket, in golf,

of demons. It is now regarded as a purely time must be filched from serious business physical infirmity, perhaps inherited from than can by any means be afforded by those those who had somehow violated physical who have to earn a living. To become prolaw, or induced by our own transgression. ficient in the spot-stroke postulates an ap-Even the terrible depression into which good | prenticeship at least as severe and as promen sometimes fall, are now seen to be the longed as that of any skilled handicraft, and exhausted. The men behaved well, with result of disturbed physical states.

marked than in the present attention to distinguished from "players," implies that physical culture. A national association for | for them it is the business of life, and not its promotion has been at work among us for mere relaxation. The tendency of all games, five years. At its last annual meeting in | in this age of wealth and leisure, is to turn Boston, the leading universities were rep- players into athletes, and in these, as in resented by their respective professors of serious work, "amateur" is synonymous with physical culture.

Improvements are constantly being | Yet games are of such excellent use in pushed, and gymnastic teachers find steady | themselves, not only as recreation from employment. The female sex is coming into strain, but as safety valves for the dangerthe movement. Some young women have al- ous or mischievous forces in human nature, ready fitted themseveles to do good in diverting the thoughts from unhealthy tenschools and colleges. Many are seeking dencies and chastening the frames into symsimilar preparation.

Eruptive Diseases.

These include smallpox, varioloid, scarlet fever, measles, chicken pox and a disease called German measles. The specific worked and vanity in the idle; each of official circles at Moscow by the announceorganism or germ of none of these diseases | which brings many a man and woman into | ment of the sudden death, at Tashkend, of has as yet been discovered but it is almost a tragic degree of ridicule. Some young Major-General Alexis Boronok. The deep certain that they are all caused by a micro- people are so constituted as to feel no inclin- impression caused by this news is due to the organism. Says Dr. Canfield in "The ation to games, but very much the re- fact that the diseased officer had only just Mother's Nursery Guide": When the fever | verse; their minds are of such fiber as to arrived in Turkestan for the purpose of which precedes all these diseases, and retain elasticity without having recourse to making a thorough investigation into the which is usually high in children, breaks systematic diversion. That they are not provincial administration, in some departout, it is impossible for any one whether | characters of small capacity which exhibit | ments of which great confusion and even physician or not, to say what the disease this trait may be shown by quoting two irregularities are alleged to exist, in which, will be until the eruption has appeared. | well-known instances of men highly distin- | it is asserted, a great number of the officials When the eruption has appeared, the child guished in widely different careers. The are involved. These circumstances have should be kept apart from the rest of the Duke of Wellington could never be induc- led to the belief that there is possibly a confamily according to the directions of the ed, when at school, to throw any spirit into nection between Boronok's sudden death attending physician, and all other children | the sports of other boys; he preferred wan- and the dread entertained by certain offiin the house or family be kept from school dering about alone to the engrossing occu- cials of the results of the investigations and away from others.

let fever. Smallpox should never occur and an attempt to master the game of chess; rarely does where vaccination is properly but, though he persevered in repeated enperformed. The poisonous part of these deavors, they all came to nothing, for as of skin which peel off and spread had learned went out of his head. But such of a startling nature which was brought to the disease if they are allowed to fly instances are exceptional, and in most char- their attention last Friday. Building operaabout. Those who come in contact with acters hard work, unrelieved by competiscarlet-fever patients should keep as far | tive games, is apt to produce "grooviness" away from healthy persons as possible. -and superfluous leisure, stupidity. It is Square, London, and under the flooring of The physician, nurse and mother are all difficult to imagine a young woman fond of an outhouse the workmen discovered, buried that need to see the sick child and when lawn tennis falling a prey to the morbid in lime, a quantity of human remains. Upon these leave the room, they should go out in | self-consciousness which consumed the Comthe air, or change the outer garment before | tesse de Senecterre, whom Tallemant des | two adults and a child, and in one the skull going near others. Of all diseases smallpox Reaux describes as a beautiful but very was cleft in two. The police are now makcan effectually be prevented by proper vac- foolish woman. One of her tancies was to ing inquiries into the matter. cination, measles is usually not very serious | have pillows of every size in her bed-even but scarlet fever is the disease most to be for her thumbs-for she prided herself on ous unless the contact is close while measles open to keep the joints small. Athletes, it to drag a knight from the saddle. is contagious at a long range.

skin of the child should be kept well anoint- pardonable than the deliberate self-love of give a bond for it before he is sworn in. ed to keep these scales from flying about, indolence. After the disease is over all the clothes

Nervousness and Its Cure.

is pervading all classes of society in an increasing degree, insists that each individual own hands, of alleviating by a rational mode of life the general harm to which modern man is exposed under the influences which contribute to nervousness. But the majority of people seem to prefer to remain ignorant, and more or less gradually impair their nervous systems by certain special indulexcessive use of tobacco smoke, etc. Among the carly symptoms of derangement from to be overcome by trifles or a sensibilparently critical cases a surprisingly favorof a little patience, combined with a proper | recalled, the loss of which is ever the cause and intelligently directed general hygiene. of fruitless regret. Nervous patients must school themselves religiously to avoid as much as possible all but here even knowledge seems to be set at | come from a fresh fish readily, but the flesh drug remedies. Benumbing narcotics should | contempt. Crowds of educated people, with | of a stale fish will stick to the skin and be especially be foresworn, no matter how ready access to all the stores of knowledge torn more or less. At eight cents a pound seductive they may appear at first, for in laid up through the laborious ages for pres- a flounder weighing eight pounds will serve the end they to a certainty do more harm | ent use, affirm the contemptible creed of | eight persons and not make a very costly than good. Of immensely greater value than luck. Never was there a god so false, never dish. For frying, fish should be wiped dry drugs to nervous patients are the natural one before whom so many bow the knee in and crumbled with crumbs which have been factors of pure air, light, water, quiet and profound and ignorant faith. It would be dried, rolled and sifted, but flour may someexercise. Fresh air, and especially moun- lost labor to combat the belief-almost uni- times be used for the same purpose of drytain air, is invaluable, and can be indulged in | versal and wholly ineradicable among gam- | ing it. Sprinkle the fish with salt and | in nervous diseases because of its flagrant idolatry; for civilized, well-educated people or water, but do not think because you have | doughnuts. abuse. A too indiscriminate application of behave just as the pagan does in regard to plenty of eggs that all egg will be better water is a double poison to nervous patients | the Great Spirit, the souls of his ancestors | for it will make a thicker coating and this is cure and certain respiratory and muscula fact, a kind of lusorial animism. "Don't diluted egg. Fry the fish in hot deep a kettle of hot water, and steam one hour vents breaking the materials to be fried as exercises, as well as massage, it is of th" disappoint your luck !"-the gambler's car- fat for about eight minute

and dietetic measures, and above every- idea uppermost in all religion. thing, patience and rest must be insisted

Necessity For Pastimes.

All men feel the necessity of beguiling the hours ; the versiest sloth will soon fall that of the artisan. The energy which has Even within the present century, a schol- been cited to show that there are no signs pastime-which ensues as soon as people get Instead of proudly pushing a precocious respite from the task of bread-winning. him from becoming a dullard or an imbecile. | tennis, or any of the myriad games played Insanity was once looked on as the work | with balls of various size and material, more the extraordinary perfection attained by the exception of three Chilian sailors. The Perhaps in nothing is the change more | those classed as "gentlemen" cricketers, as "immature."

metry and grace, that it were a pity if room were not kept for people who can never aspire to professional proficiency. They are potent safe-guards against two of the most deplorable deformities to which numan nature is liable—dullness in the hardpation of foot ball or cricket. Rousseau which the General was charged to make. The worst disease after smallpox is scar- consumed days and nights in close study in diseases undoubtedly lies in the scales often as he sat down to a game, all that he lice are at present investigating a discovery is true, are peculiarly prone to vanity, but

It is a long descent from games which of the strange effects of diving is the invarand everything in the room as well as the exercise mind or body to those of pure liable bad temper felt while working at the room itself should be thoroughly disinfect- chance, yet these have as firm a hold upon bottom of the sea. As this usually passes ing the floor. ed in the way laid down by the family phy- human inclination as if they possessed merit away as soon as the surface is reached, it is sician or the health officer. Upon the in themselves. No more piteous impression probably due to the pressure of the air mother should be impressed that it is very | can be made on a mind capable of reflection | effecting the lungs, and through them the dangerous to keep clothes of children who than is left by a visit to the table at Monte brain. The exhibaration and bonhomie of have died with scarlet fever, for they may Carlo. Hour after hour, day after day, the mountain-climber is a contrary feeling give the disease to other children years | year after year, the same crowds gather | from an opposite cause. A diver becomes round them, blind to the beauty of sapphire | so angry at some imaginary wrong-doing on sea and glorious sunshine, content to swel- the part of those in the boat above that he ter and scramble and wrangle -for what? gives the signal to be pulled up, "with the Well, they are under the thrall of one of intention of knocking the heads off the Dr. Bilsinger, in an article on the cure of two motives-two deplorable motives-one entire crew"-only to forget what he came neauasthenia, or modern nervousnes, which | the lowest, the other the saddest that can be | up for when the surface is reached. conceived. For the first is avarice-of all lust the most obscene, of all passions the has the means, to a certain extent, in his most disastrous. Valor, self-devotion, truth, humanity, may (so complex is human nature) coexist with much that is evil in a character, but avarice taints the whole being: unlike other desires, it is never satisfied, it is never at rest; nothing sweet can flow from the source which it has polluted. Let there be no mistake or palliation about | Even young husbands are sending their girl gences, abuse of stimulants, too early and this: Avarice is the primary lure to the Casino. Take away the gold, and who would be so childish as to play for counters these causes are crossness, a tendency and sweetmeats? The other and subsidiary two pounds of rice a day, if he will only motive which collects a crowd round the ity to nervous disturbances. But in ap. tables is the desire of idle men to rid themselves of that most precious possession, able result may be reached by the exercise time, which, once it is gone, can never be

greatest benefic. Gardening is one of the [dinal procept-implies the same dread of best and simplest cures for disordered nerves, offending a powerful being, impatient of and an arm and chest strengthener, which | slight, as still moves the inhabitants of Tinexpands the chest, regulates the activity of | nevelly, in the Indo-china, to lay brandy the heart and strengthens the muscles, can and cheroots on the grave of a certain Two little feet, so small that both may nest be used with great advantage, provided the British officer whom they hated and feared exercise is taken in a well-aired room. The on account of his tyrannical rule over them, diet should be light, slightly stimulating | believing that his spirit can only be kept and frequently changed; strong soup, fruit, from mischief by being plied with the same Dimpled and soft and pink as peachtree blosgreen vegetables and mild and grain dishes | little luxuries he loved when alive. "The are recommended. A suitable mental treat- | Lord thy God is a jealous Lord " is dogma ment should go hand in hand with hygieric ant peculiar to Jewish worship; it is the

Trials of Shipwrecked Sailors.

A. R. Sullivan, mate of the ship W. A Campbell which was lost at sea, has arrived at San Francisco with six of the crew, who escaped with him. Sullivan states that the fury of the gale was such that the crew were powerless, and the deck was soon littered with wreckage of spars and masts. Finally it was decided to abandon the ship, as it was apparent it would soon sink. The water tanks were all burst in, and only a small supply could be secured from the donkey engine. The captain's young wife, who bore herself bravely, and his baby were put in the larger boat with Captain Havener and 13 sailors. It was decided to set fire to the ship for fear that she might wreck other vessels, so as they shoved off the torch was applied, and soon afterwards she blew up, as there were explosives on board. "After staying together two days," said Sullivan, "I decided to push on, as my boat was the swiftest. All hands were put on short allowance, half condensed milk and water and three biscuits a day; canned meat at morning meal, and in the evening one tin of fruit was used. On the tenth day our water gave out, and I put the men on the same allowance of wine. On the 14th signs of weakness were noticeable in several of the men noticed that the Chilians seemed to stand the short allowance of rations better than themselves, and it was decided to ascertain the way they did it. Watch was set, and in the night they were discovered eating from the rations of the sleeping sailors. It was all I could do to save the lives of these Chilians, as several of the men drew their knives and swore to kill the thieves." No tidings have been received of the miss- school books and stationery, but spends the wife, and child, Second Mate Alexander Murray, Third Mate Percy E. Turner, and eleven men. It is thought they were picked up by a vessel going round Cape Horn or have perished.

A Russian Scandal.

A great sensation has been caused in

Startling Discovery in Old London.

The Press Association learns that the potions are at present going on in the rear of some houses at Greville Street, Brunswick examination, they proved to be portions of

civilisation of the West is seizing hold on nerve to give them a liberal education: two or three will last for years: wives to school. The craze to learn English is universal. The coolie will offer to work for an English speaking master for the price of talk to him in English.

FRIED FILLETS OF FLOUNDER. - Flounder is generally substituted for sole which is not often found in our markets and this dish is commonly called "fillet of sole." A fillet is a piece of meat "Knowledge comes, but wisdom tarries;" or fish without bone. The skin will

HOUSEHOLD.

Lattle Feet.

In one caressing hand; Two tender feet upon the untried borger Of life's mysterious land;

In April's fragrant days, How can they walk among the briery tangles Edging the world's rough ways?

These rose-white feet along the doubtful future Must bear a mother's load : Alas! since woman has the heavier burden. And walks the harder road.

Love, for a while, will make the path before All dainty, smooth, and fair : Will cut away the brambles, letting only

The roses blossom there. But when the mother's watchful eyes a Away from sight of men. and these dear feet are left without her gui

Who shall direct them then? How will they be allured, betrayed, deluded, Poor little untaught feet! Into what dreary mazes will they wander,

What dangers will they meet? Will they go toiling blindly in the darkness
Of sorrow's tearful shades? Or find the upland slopes or peace and beaut Whose sunlight never fades !

Will they go toiling up ambition's summit, The common world above? Or in some nameless vale securely shaded? Walk side by side with love?

Some feet there be which walk life's track unwounded Which find but pleasant ways; Some hearts there be to which this life is only

A round of happy days. But these are few. Far more there are wh wander

Without a hope or friend. men. Twenty days out and all our liquids | Who find their journey full of pains and losses And long to reach the end.

> Ah! who may read the future? For our darl-We crave all blessing sweet. And pray that He who feeds the crying raven Will guide the baby's feet.

The Woman Beat.

As a schoolgirl she begins to display the She is a borrower. She doesn't buy her es are being made of that fruit. herself to her companions' supplies, and she | been boiled until thick. does it in a regal way that makes it seem a condescension on her part. Candies, trinkets and school girl treasures come under the general division, and she is usually as well stocked with such belongings as any of her mates. When vacation comes she Micawbers someone into inviting her away for the season, and frankly admits the poverty of her purse.

This is but the beginning. As she goes into the world she still manages to travel under the wing of some good-natured friend who may never wake up to the fact that she is being made a convenience of to suit the whim of her clever friend.

feminine beats among her acquaintances. slices then grease a common wire broiler with The "friend" who accepts your gifts and a little of the rind and tay the bacon in even the hospitality of your home, but who has rows across it. Set the broiler into or over a been never known to make any return for dripping panaad put them in the oven on the the favors she receives so gracefully. She grace. Cook until the bacon is crisp and lay will berrow your traveling bag and umbrella | the slices on brown paper to drain. and in the meantime you may need the

serve her selfish ends.

Scrim Curtains.

In the twelfth century a nook was at- Gather them across the top, or baste in fine most "baggy." What is then left of the lengths hangs in long, scant folds just reach.

A Handy Holder.

Oatmeal and How to Cook it-

OATMEAL PORRIDGE. -Put as much water into a saucepan as will make the quantity secret of failures in cooking. of porridge desired. Let it boil; then take a handful of oatmeal in one hand and let it pect that everybody will cook potafall gradually into the water, and with a toes in this way when in a hurry in the spoon in the other hand stir the water and morning but we give the rule to mustrate meal round and round, constantly letting a new way of serving potatoes and it also more meal slowly fall from the hand, till shows how simple materials may be made the whole is as thick as common mush; then into handsome dishes. Pare the potatoes salt to taste and let it boil ten minutes; add and then cut them in shape using an apple a little more boiling water and boil five or corer. The pieces of potato in shape of an ten minutes longer, stirring quickly to pre. apple core as it comes from the corer are vent its scorching.

OATMEAL CAKE. - Wet the meal with hot water, add a little salt, then knead into a the starch has been removed. Now woil the dough; roll out very thin, and bake on potatoes for eight minutes which is not long iron plates till quite dry, but without chough to break them in pieces, drain them

oatmeal add one quart of cold water, and a

and a half after the meal begins to cook.

OATMEAL WAFERS. - Use equal parts of water and oatmeal, make as thin as you an shape out on the bottom of the pan, so that when done it will not be thicker than a knife blade anywhere, and most places you can see light through it. Bake very slowly until quite dry, watching so it will not scorch.

Apple Butter.

An interested young reader asks for a recipe for making apple butter. No better rule can be given than that in "Fruits and how to use them" by Mrs. Hester M. Poole. Take sweet cider from the press, not more than a day old or alcohol will begin to forn and the cider will have lost its fruity quality. Boil it down one half and then add the apples, pared, cored and sliced. There should be, by measure, slightly more than half as much apple as boiled cider. Cook slowly and carefully, skimming whenever necessary, and stir with a long wooden paddle which reaches the bottom of the kettle. The apple is broken into one mass like marmalade. When it begins to break, sweeter to the taste; it is more wholesome and appetizing if left quite tart. It can be kept any length of time in stone jars or wooden pails if thoroughly cooked. The usual apple butter sold in groceries is made insipid with too much sugar. The old-fashioned apple butter, less rich but more palatable preserves the very essence of the apple. Season with spices if liked, but the apple flavor is incomparable.

Cider Apple Sauce.

Reduce sweet cider to about one half be boiling over a gentle fire. Peel and core thy. apples allowing one peck of apples to one quart of the boiled cider. The best sauce is made from half sweet and half sour apples. Boil the sauce for an hour then add a pint of molasses to the proportions given above and continue boiling slowly for five hours. Keep the sauce boiling steadily but the heat should only be intense enough to maintain the boiling and the sauce should cook until it turn rea. It should be stirred occasionally from the sides to prevent barning and as it thickens the stirring should be irequent to avoid danger of burning.

Sometimes one fourth of the fruit is made characteristics that are inborn to her nature. | up of quince parings, when jelly or preserv-

When the apple sauce is cold it is put up ng boat which contained Captain Havener, money which she should expend in this in stone or glass jars or wooden buckets and manner for some personal adornment. Then closed air tight. When a smaller quanher schoolmates are victimized. It grows tity of sauce is made it can be boiled in about to be an accepted rule that she shall help two hours if the cider is used which have

Breakfast Dishes.

TWIN MOUNTAIN MUFFINS. - Cream one half cup of butter, then add gradually one half cup of sugar. Reat two eggs light and add to the butter and sugar. Mix four teaspoontule of baking powder and one teaspoontul of salt with one quart of flour. Add to the first mixture afternately with one cup of milk. Drop from the spoon into buttered muttin pans. Bake about twentyfive minutes in a moderate oven.

BREAKFAST BACON. - Dacon is easily cooked and easily spoiled. A new way to cook Every woman numbers one or more of the it is here inustrated. Cut the bacon into thin Doughnuts. -This rule is a little different

articles yourself and be forced to go without. | from the usual rules because both soda and Perhaps you'are so fond of this fair im- cream tartar are used with sour milk. The position that you are willing to pay for all ingredients are five cups of flour, one teaher pleasures, but the awakening will come | spoonful of cream tartar, one heaping teasome day and you will find that you might spoonful of butter, one cup of sugar, one better have lavished your kindness upon and a half teaspoonfuls of sait, one quarter your laundress or maid, for the pretty fraud | teaspoonful each of cinnamon and nutmeg, who has shared your purse and your pleasur. one egg, one cup of sour milk, one rounded es is likely to prove ungrateful and forgetful | teaspoontul of soda. Mix the dry ingredients as soon as some better opportunity offers to together as follows: Sitt the cream tartar in the flour and then rub in the butter with the tips of the fingers; drop the egg whole into the centre of the flour; sift the soda into the sour milk and pour on the egg. Thin scrim curtains, lace edged, are When using soda mix it with the acid as lovely draped in the following manner. quickly as possible in order to save the carbonic gas which makes the mixture light; dreaded. Fortunately it is not so danger her beautiful hands and slept with them tached to a footman's spear to enable him pleats, and cross them at the top of the it sous is dissolved in hot water according window till each length extends threefour- to the old way a part of effervescence is The Lord Mayor of London's badge of the way over. They will hang very lost; it is better to add it to the acid which In all these diseases the scales of the skin the form that vice assumes in them is that office contains diamonds to the value of thick and double. Now separate the sides, is already sixted in the flour or mixed with contain the contagious principle and the of the pride of life, by many degrees more £120,000, and the temporary owner has to and drape back with cords or ribbons, just it. Attermixing this dough well add a little two feet below the gathers; and have these more flour if necessary and turn on to a An Australian pearl-diver says that one upper portions hanging quite full until al- well floured board. Work it slightly and roll out one-fourth of an inch tnick, cut with a dough cutter and fry in deep fat until brown and drain on brown paper and sprinkle with powdered sugar. Have the iat not and to and whether it is hot enough Every housewife has almost daily felt the try it with a piece of bread which should necessity of a holder near enough at hand brown while you count sixty, slowly as the to be of use upon unexpected occasions. | clock ticks. This is the rule for an uncooked To supply this need I purchased a few yards | mixture but for something which is already of quite narrow cheap crash toweling. Cut cooked as a croquette the fat must be hot this according to the length of your arm, enough to brown the bread in forty minutes, or a trifle longer, fold the toweling two or counting in the same slow manner. If anythree, or as many thicknesses as you need, thing is to be fried a long time do not leave at the bottom, to protect your hands from | the lat on the front of the range where it the heat; stitch across three or four times, grows hotter and hotter but after plunging As a proof of the manner in which the with the machine, hem the other end and the article to be fried into very hot fat see fasten to your waist with one or two safety- the kettle back where the heat will not in-Japan and all that is Japanese, it is stated pins, and you will never again be obliged to crease; in this way a hard brown crust is that in a private mission school in the town | choose between burning your hands, or us- not formed. Bread flour has more gluten in of Kiota there are four hundred Japanese ing your apron as a holder. A cheap grain it than pastry flour therefore if you wish women. Ten years ago the fathers of these sack cuts up nicely, and makes equally as anything to rise quickly it should be made girls looked upon them as slaves, or at best good holders, and is cheaper than crash. of the latter, which is not so tenacious. It upper servants. Now they strain every These holders can be washed weekly, and is a mistake to keep but one kind of flour in the house; but it compelled to use bread flour with baking powder or soda remember to use less as it swells more. Using the wrong kind of flour is very often the

FRIED POTATOES. -- We do not exthen soaked in salted water for an hour, as potatoes always fry better when part of thoroughly by spreading them on a cloth, FRIED OATMEAL.-Slice up cold cooked then fry in deep tat using a basket. When without fear of excess. The same, however, blers in an inscrutable influence upon pepper and dip in bread crumbs, then in oatmeal, then fry in a little hot lard, or dip well browned, season with salt and pepper can not be said of water. This most sover- human occasion, capable of being offended egg and last in crumbs. To prepare the in beaten eggs salted to taste, then in bread and drain on brown paper. When ready eign of all remedies has come into discredit or propitiated. It differs is no respect from egg, beat it with one tablespoonful of milk or cracker crumbs, and drop in hot lard like to serve, sprinkle with nucly chopped para-STEAMED OATMEAL. -To one teacup of the potatoes will taste as well but not look as tempting. All good cooks now use a On the other hand, combined with the ai or the defied powers of nature. It is, in not as good as the thinner one made by the teaspoonful of salt; put in the steamer over frying basket as it helps so much and pre-