

WE EAT TOO MUCH MEAT.

SOME GOOD SUBSTITUTES ARE HERE SUGGESTED.

Humanity, as a Rule, Over-Indulges Its Appetite in Regard to Meat Diet.

The present high prices of meat have led to many inquiries concerning the possibility of securing cheaper food products which may be regarded as substitutes for the high priced meats. Vegetarianism is likely to become the fad if the present prices continue, not so much by reason of any superior merit of its principles as because economical considerations compel its adoption, says H. W. Wiley, chief of the bureau of chemistry, United States Department of Agriculture.

There is no doubt of the fact that meat eating is not essential to human life, and that man can be nourished, and well nourished, without resorting to a flesh diet. The principal argument for the use of meat is based upon taste, since it is admitted by all that the function of foods, so far as the human animal is concerned at least, extends considerably beyond the necessities of nutrition. Food is a factor in social economy and an important one in domestic economy. Not only do we demand that our food be nutritious, but also that it be palatable. Just at the present time, however, the necessities of nutrition are presented which demand careful scientific and technical study.

TOO MUCH MEAT.

I think the statement may be accepted without question that, as a rule, we eat too much, not only of meat, but of all forms of food. The question of limiting the diet, however, is one that deserves more than a passing notice, and is based primarily not on the principles of economy, but on the requirements of hygiene. Both under-nutrition and over-nutrition act unfavorably on the animal economy, causing, on the one hand, a deposit of unnecessary fat, and, on the other, interference with the vital processes, by reason of diminished or insufficient materials for renewing the waste of the body.

Comparative anatomy has shown that man is an omnivorous animal, and therefore, there can be no question of the right and propriety of flesh eating. In addition to this, the taste of well prepared meats is most delightful, and man in his normal state has a craving for a meat diet, or at least one in which meat figures to a considerable extent. This craving may be satisfied in some degree without indulging too freely in the expensive luxury of meat eating at the present prices.

THE WASTE IN MEAT.

A very few people realize what they buy when ordinary meats are purchased. In the first place, almost every piece of meat purchased in the market has a large quantity of refuse, viz., the bones, gristle, tendons and other parts unsuitable for the table. These, of course, are put in at standard rates; and the result is that the actual meat which is fit for consumption for which, say 20 cents a pound is paid in the market, is worth 25 or 30 cents a pound before it is ready for cooking.

Then, after the refuse is cut away, the purchaser buys an immense quantity of water. In some parts of beef, and beef may be taken as a type of all meats in general, the percentage of water rises above 70. In a sample of meat which was prepared for canning purposes, under the supervision of an agent of the bureau of chemistry, in the Department of Agriculture, it was found that after removing the bones and other refuse portions and passing 356 pounds of the meat thus prepared through a sausage cutter, a sample of the average meat secured contained 71.17 per cent of water. The average percentage of water in meats, of course, is not so high, but after losing 25 per cent of the meat in refuse, the purchaser can safely count upon having 50 per cent of the rest of the meat consist of water. So, after all, in purchasing meats in general in the open market, only about 25 per cent of the total weight received can be regarded as nutritive value.

Since the flavor and taste of the meat are one of the desirable things, it is evident that a considerable saving can be secured in meat by utilizing the waste portions for making soup. The bones especially are available for this purpose, and to secure the best results should be broken into small pieces before being treated for making stock for soup. Again, the flavor of the meat is imparted in a most agreeable way to stews and other preparations of a similar nature, where the principal ingredient is potato or some other vegetable, and only sufficient meat is present to give the desired taste and flavor. Portions of meat, also, which are not edible in the ordinary forms in which they exist, can be made quite palatable by being worked into hash and other similar preparations where vegetables are added in large quantities and seasoned with appropriate condiments. By the practice of a little ingenuity, the housewife can utilize to excellent advantage portions of meat which otherwise would be wasted.

RIGHT KIND OF BREAKFAST.

At the early breakfasts which we are wont to indulge in, that is a hearty meal before going to our daily work, the omission of meat is to be earnestly advised. Many of the ordinary breakfast foods are to

be preferred, especially oatmeal, with sugar and cream, and this, together with a couple of eggs, a few slices of toast and a cup of coffee, makes a breakfast which is entirely sufficient for the man of sedentary employment, and with a little addition of materials of the same kind, quite enough for a laboring man. In so far as actual nourishment is concerned, the very cheapest and best that can be secured is presented by the cereals, viz., Indian corn, wheat, oats, rye, rice, etc. These bodies contain all the nourishment necessary to supply the waste of the body and the energy and heat necessary to all animal functions and hard labor, in a form well suited to digestion, and capable not only of maintaining the body in a perfect condition, but also of furnishing the energy necessary to the hardest kind of manual labor. The waste material in cereals is very small, and, as compared with that in meats, practically none at all.

NUTRITIOUS AND HEALTHFUL.

It so happens that the cereals contain all the elements necessary to the nutrition of the body, having in themselves the types of food which are represented by the fats, the nitrogenous or protein bodies and the carbohydrates. In addition to these, they contain those mineral elements of which the bony structure of the body is composed, viz., lime and phosphoric acid. If, therefore, man were confined to a single diet, there is nothing which would be so suitable for his use as the cereals. Starch and sugar are primarily the foods which furnish animal heat and energy, and, hence, should be used in great abundance by those who are engaged in manual labor. The workmen of our country, especially, should consider this point, and accustom themselves more and more to the use of cereals in their foods. When properly prepared and properly served they are palatable, as well as nutritious, and their judicious use in this way would tend to diminish the craving for flesh, which, however, it is not advisable to exclude entirely from the diet. By persons whose habits of life are sedentary, requiring but little physical exertion, starch and sugar should be eaten more sparingly, since, if not used for supplying energy for muscular exertion they are largely converted into fat, thus producing a condition of stoutness which is looked forward to with fear by all who hope to retain undiminished their bodily powers. In other words, the well-to-do person, as a rule, whose habits are sedentary, can eat meat with less danger of acquiring that excess of adipose to which reference has just been made.

It seems probable that the prices of meat, now abnormally high, will never again descend to as low a point as they reached a few years ago, and, hence, the condition which now confronts us, which so accentuates the question of the cost of living, is probably one of considerable permanency.

JACK AT HIS TRICKS AGAIN.

Many years ago two sailors were one Sunday sitting in the gallery of an old country church, paying very great attention to the service. During the sermon one of them heard a distinct sound of snoring come up from the body of the church, and, looking down, he saw a fat old farmer fast asleep, his head thrown well back and his mouth wide open.

The temptation was too strong for Jack, who, making up a plug of tobacco, shut one eye and, glancing along an imaginary plumb-line, dropped it into the old man's mouth, causing the old fellow to close it with a snap and jump to his feet, spluttering and spitting, with a face almost purple. Confusion reigned supreme, and Jack's chum innocently asked: "What's up, Jack? Man overboard?"

"No," said Jack, with suppressed laughter, "I dropped a bit of baccy plumb down the main hatchway and into his old grog-tub!"

THERE WAS A BOOM ON.

A citizen of a flourishing western town was boasting of the growth and enterprise of the place to a group of strangers in the smoking compartment of a Western express train. "Only eight years old, and one of the finest young towns in the West." "I don't think much of it," said one of the smokers. "You don't?" cried the man from the town in question, aggressively. "When were you there?" "Used to live there." "When did you move away?" "Two weeks ago." "Oh, well, you ought to see the place now!"

EXPERIMENTS IN BURIALS.

Sir Seymour Haden reports from experiments carried on for twelve years in the burial of animals that bodies buried four feet deep required more than four years for their complete dissolution; three feet deep, three years; two feet deep, two years; one foot deep, one year; while bodies not buried but simply covered with a foot of earth disappeared, all save their bones, in less than a year; but in all cases without injuring the purity of earth or air.

Proud Father: "Always be a good boy and mind your teacher, and some day you may be Prime Minister." Johnny: "I don't want to be Prime Minister." "What do you want to be?" "I want to be a mounted policeman."

CHILDREN ON THE THRONE

ALFONSO XIII. ONE OF MANY TO WEAR A CROWN.

Thirty-Six Small Monarchs, Boys and Girls Who Have Been Rulers.

Alfonso XIII. of Spain, when he takes the oath of allegiance to the Constitution will be the only unmarried King in Europe and the youngest King in the world. The southwestern peninsula of the Continent of Europe has produced its full quota of the potentates in pinafores who have helped to rule the world. In the last sixty-nine years, counting Alfonso in the ranks of the interesting little company, Spain and Portugal between them have seen two queens in tiny short dresses and two kings in Eton jackets.

Modern history numbers thirty-six such small monarchs, Brazil, Greece, France, England, Scotland, Sweden and Austria each contributing to the total of twenty-five royal girls, most of whom lived unhappy lives, and many of whom met untimely or violent deaths.

Alfonso's own grandmother, Isabella II., was one of those into whose life came much sorrow. She came to the throne when a child of three and actually took up the reins of Government ten years later.

Her troubles then began, to be steadily continued throughout her life. First her mother, Maria Cristina, tried to force her to marry a man she did not love. Then the enmity of her mother made trouble for her after the little Queen had been wedded to her cousin Francisco de Assisi. Then there was an uprising of the populace against Maria, which drove her into France, and then, a dozen years later, a similar outbreak of the mercurial Spanish temper forced Isabella herself to follow her mother. She abdicated two years later in favor of her son, Alfonso XII., the father of

THE PRESENT KING.

In the meantime, across the line in Portugal, Queen Maria, whose father, Dom Pedro IV., had given her the throne when she was but a slip of a child not yet 7, was trying against an ill-affected people and a hostile Ministry to hold the power for herself, while over in Brazil her brother, Pedro, one of the most charming of young men, was doing his childish best to satisfy the demands of a rebellious people.

Maria of Portugal died of discouragement, it is said. Pedro of Brazil, driven from his kingdom, died of a broken heart. When, in 1833, Isabella was Queen of Spain at the age of 3, and Maria was Queen of Portugal at the age of 7, and Pedro was Emperor of Brazil at the mature age of 8, Greece was in the rule of a boy not yet out of his teens, Prince Otto of Bavaria. He sat on the throne at Athens during twenty-nine years of almost constant disaffection and turbulence, and then, in 1862, was expelled, only to be succeeded by another young man of 18, Prince George of Denmark, brother of Queen Alexandra of England.

England has entered upon her chronicles the names of ten child monarchs, the latest of whom was Victoria herself, who was but 18 on that historic June night when she was awakened from her sleep in the palace at Kensington to hear that the King was dead and that

THE QUEEN RULED.

Henry III. came to the English throne when he was 10, and Richard II. when he was 11. Two of the Kings in whose reigns the island was rent and torn by the wars of the Roses, Henry VI. and Edward IV., began their ruling when little more than mere boys; Edward IV. at 20 and Henry VI. when scarcely 8.

The next Edward never lived even to be crowned, for Edward V., rightfully succeeding to the throne when 13, spent the twelve weeks of his mockery of a reign as a prisoner of his uncle of Gloucester in the Tower of London, where he was murdered.

Henry VIII. began his reign when 18, and when the throne descended to his son, Edward VI., that boy was in his tenth year; he died before he was 16. Lady Jane Grey was England's Queen for just eleven months, which measured for her forty-five weeks of plots and counter plots, strife and suspicion, ending in her execution before her nineteenth birthday.

Five of the seven potentates in pinafores who sat upon the ancient Stone of Scone in the neighboring kingdom of Scotland met untimely deaths. James I., who began to rule when 12, was murdered when 43, and his son James II., was accidentally killed when 30, having worn the crown of his father twenty-three years.

THE THIRD JAMES.

Coming to the throne at the age of nine, was murdered when 45; the fourth, who began to rule when 15, was slain in battle when 41; the fifth, only sixteen months when his little head was first weighed down by the crown, was dead at 30, while James VI., under whom the two kingdoms were at last united, was the only one of all the line of whom it may be said that he lived out the natural span of life. He came to the throne when only a month more than one year old, and died when fifty-nine.

His mother, the ill-fated Mary Queen of Scots, found in her por-

tion all the sorrow that has come to be associated with the lives of infant monarchs. She was crowned eight days after her birth; she was a widow at 18.

When 23 she married Darnley, Bothwell when 25, and through all these years her hopes were constantly disappointed and her plans turned to naught. Forced to abdicate the throne that was hers by right, she was beheaded in the end.

On the Continent eight Kings have assumed the reins of government when only boys. The present Emperor of Austria was 18 when, in 1848, he was proclaimed. Charles XII. of Sweden, was 15; Louis IX. of France 11; Louis XIII. 9; Louis XIV. and Louis XV. each 5. Louis XVI. was 16 when he began the reign that was to end in deposition and death on the scaffold; Louis XVII. who became rightful King when 8 years old, was dead two years later.

On the other hand, Louis XIV. wore the diadem of France royally for seventy-two years, the longest in history.

To this company of boy rulers Alfonso XIII. of Spain is now to be added.

BOOKS WISE MEN ENJOY.

Chopin rarely read anything heavier than a French novel.

Lord Clive said that "Robinson Crusoe" beat any book he ever read. St. John Chrysostom never tired of reading or of praising the works of the Apostle John.

James I. of England was a lover of the classics and very familiar with most of the Latin writers.

Bunyan read little besides his Bible, and often said that Christians would do well to read no other book.

Salvator Rosa liked any kind of poetry, but more especially that relating to the country or country scenes.

Hume said that Tacitus was the ablest writer that ever lived, and himself tried to model his style on that of the Roman historian.

Locke gave most of his attention to works of philosophy. He said: "I stand amazed at the profundity shown by Aristotle."

The elder Pitt liked Shakespeare, but not the labor of reading plays. He enjoyed hearing them, and once said that he had learned more English history at the theatre than at the university.

Shelley read with close attention all the works he could find antagonizing Christianity. He thought he was an atheist, but was mistaken, as there is not a more spiritual writer in our language than he. He read the Bible with great care and some of his finest imagery is borrowed from its pages.

Tennyson would not talk about his poetry, but once intimated that he regarded the "Ode on the Death of the Duke of Wellington," as containing more inspiration than some of the others. He once said that he did not expect much of the "Charge of the Light Brigade," and was agreeably surprised at its reception.

Scott believed that "Waverley" was his best novel, and "The Lady of the Lake" his best poem. He and the Ballantynes had more than one lively discussion on the subject, but he would never admit a change of opinion. He knew "The Lady of the Lake" by heart and once repeated the whole to prove the fact.

LORLIE FROCK.

A dainty frock intended to adorn the baby beginning to walk, and is made of lawn. The full skirt is gathered four times at the yoke, along the line of holes, and placed to rows of holes, on yoke the gathers being sufficiently far apart to admit of puffs between. The sleeve is a full bishop sleeve, with a frill formed by the extension of its own fullness over the hand. Rosettes of pink or blue ribbon give a delicate bit of color to the frock.

Quantities of Material Required: The size for two years will require three yards of lawn thirty-six inches wide.

The size for four years will require three and one-half yards of goods thirty-six inches wide. Three-eighths of a yard of tucking will be needed for the yoke. Three and one-half yards of edging for sleeves and edge of ruffles, with two and one-half yards of insertion for one row around the skirt.

SIGN OF MORAL DEPRAVITY.

For a number of years a distinguished French physician has been making observations pertaining to the habit of finger-nail biting. He examined the pupils in a number of schools. The habit is much more frequent among girls than among boys. In some schools fifty per cent. of the girl pupils had the habit. It was noted that the nail-biters were the poorest students. The habit prevails most frequently between the ages of twelve and fourteen. In most cases it is hereditary and associated with moral depravity. The most incorrigible pupils were found invariably to be nail-biters. It is not a willful habit to be cured by some little punishment, but an indication of the first stage of degeneration. The habit should be treated as a disease. It affects the general health greatly. Proper food and exercise are important factors in curing the habit.

LEBANON'S OLD TREES.

Some of the Cedars Standing After Thousands of Years.

At an elevation of about 6,000 feet above the sea, on the left of the road to Baalbek, is a group of the noblest specimens of the vegetable kingdom in the east, which are believed to be thousands of years old and the remnant of the far famed cedars of Lebanon, of which David and Solomon sang, and from which came the timbers of the temple. Djebel-el-Arz (the mountain of the cedars), which rises 7,770 feet, is generally covered with snow, says William E. Curtis in the Chicago Record-Herald. As I have explained before, the term Mount Lebanon is misleading. There is no peak of that name which is applied to a lofty range with several conspicuous summits extending about 100 miles from the neighborhood of Damascus to the sea and being about twenty-five miles broad from base to base. The most elevated peaks are those that I have just mentioned, Mount Hermon, 9,383 feet; Dahar-el-Kudhib, 10,020 feet; Jebel-Makmal, 10,016; El Miskiyeh, 10,037; Fum-el-Mizab, 9,900; Sannin, 8,900 feet. These peaks are broken by rugged ridges, precipitous cliffs and deep gorges. A parallel range, which does not reach so great a height, is known as Anti-Lebanon.

When the word Lebanon is used the higher range is meant, and it is referred to frequently in the Bible.

YOU WILL REMEMBER.

That Moses begged earnestly to Jehovah, "Let me go over, I pray thee, and see the good land that is beyond Jordan and that goodly Mountain Lebanon," of which he had doubtless heard in Egypt, for its glory extended over the entire world. The patriarchs and the poets of the Bible praised Lebanon and sang of its forests, the snows that crowned its summits and the streams that bathe its feet. The Romans and the Greeks never tired of describing its beauties, its climate and its forests. The Arab poets use it as an illustration of grandeur, symmetry and strength. It is a proverb that Lebanon bears winter upon its head, spring upon its shoulders, autumn in its lap and that summer lies always at its feet.

Of all the mighty forests which formerly covered the slopes of Lebanon only five remain to-day, and they are limited in area. The loftiest trees and those most celebrated for their antiquity are found near the town of Becherre at an altitude of 6,300 feet and are known as "The Cedars of God" — "The Cedars of Lebanon which he hath planted," and according to the botanists, who count their age by the circles in their trunks, they are 3,000 or 4,000 years old. Like the immortal cliffs that tower above them, they have watched the passage of a procession of kings down the centuries, led by David, Solomon and Hiram, with a rear guard commanded by Kaiser William II, of Germany.

They are not so large nor so lofty as the great trees of California, but their antiquity and association make them the most sacred and the most interesting groves in the world, and pilgrims come here to worship them.

HOW SHE SCARED TRAMPS.

Timid, unprotected ladies who look under the bed before courting the sweet restorer, and who have been known to keep a masculine hat hanging in the hall to keep away burglars, will be interested in the device of a postmistress of 82 in England, who has taken a still more daring flight of imagination. The only door of the house faces the main street. Opposite the door is a table, and in the middle of the table rests a policeman's helmet. An inquisitive surveyor, who tells this story in a London publication, asked if she had a policeman lodging with her. She explained with some indignation that the helmet was a blind, for so many tramps came begging but when they saw the helmet they passed on. "The helmet there," concluded the aged spinster, "affords me great security."

NO WONDER.

A few years ago a rich merchant, as a reward for long service and faithful attention to duties, released his head clerk from his ordinary pursuits and sent him into the country to manage a large farm which had been much neglected and the finances of which were in a bad way. The next morning, in company with a friend, the new manager was looking about round the fields and meadows when he perceived one of the laborers sowing wheat. "Ah," exclaimed he, "no wonder Mr. W. — complained of mismanagement and waste. There's that man actually throwing away corn. I shall have to put a stop to that."

AT THE FRONT WINDOW.

Merchant—"I want you to take this note to my wife."
Clerk—"If she's not at home shall I—"

Merchant—"Oh! you'll find her at home. There's a new family moving in next door to-day."

Agent: "Here, sir, is a book that should be in every family. It contains a receipt for everything."
Cholly: "Give me three copies. If it has a receipt for my tailor's bill I'll take five."