CURRENT TOPICS.

Perhaps it is fortunate that we have the London Lancet and other medical and scientific journals to fall back on in our leisurely studious moments, or else we should drift along in blissful ignorance of our follies, our extravagances, our disregard of the simplicity that is pronounced necessary to health and happiness. Occasionally the Lancet, recognizing pityingly our infirmities, condescends to sympathize with human weakness, and even goes to the extremity of encouraging us in our dissipations.

Physiological scientists tell us brutally that in the matter of nutrition we make a serious mistake when we order expensive food; that turtle soup is not only expensive but valueless from a nutritive point of view; that 200 oysters have not the sustaining quality of a pound of beef; that a pint of beer is much more nourishing than a small bottle of expensive claret, and that there is no difference, chemically speaking, between a 5 cent and a 50 cent cigar. Hence our error extends not merely to the puntative necessities but to the comparative luxuries and vices of the table. We have hypnotized ourselves into the belief that we are really getting what we pay for in good results of sustenance and easy digestion, as well as in pleasure of the palate.

And here the Lancet comes ably to the rescue of the epicure, and the scientist, with his prosy discussion of protein and nutritive values, is put to flight. It points out convincingly, at least to the good liver, that the operation of the mind has not a little to do with good digestion and, consequently, with the nutrition afforded. Of what value is a pound of beef to the person who abhors beef and whose palate craves oysters? Why should a man of adequate means drink the beer he may dislike when he prefers a more expensive potation? In short, cold facts of chemical analysis do not take into consideration the matter of digestive operation as influenced by the bent of the mind, for, as the Lancet says in conclusion, "when food does not appeal to the eye it is likely not to appeal to the stomach."

A majority of people in this world do not listen to the warnings of the scientists or read the Lancet, but content themselves with eating and drinking as their tastes dictate, and profiting or suffering accordingly. Hence these discussions of food values never reach or molest them. But to the sensitive few who are anxious to do the right thing and yet wish occasionally to indulge the caprices of the palate there is a store of comfort in the conclusions of the Lancet and in the confirmation of the old saying that what may be one man's meat may be another man's poison. It is pleasant to know on high authority that the proscribed article willingly eaten serves a better purpose than the prescribed food swallowed with a protest. Again the mind asserts itself over the body and "good digestion waits on appetite."

LABORER AND KING.

An Incident Which Shows the Good Side of George III.

When George III. of England, in 1788, made his tour through the southern counties, his progress was not that of a monarch, but of a squire, to whom fresh air and exercise were necessities of daily life. "Society in the Country House" narrates that the King inquired about Addison's birthplace, and found his pleasure in visiting places enriched by literary associations. He refused to be feted, and stipulated that there should be no state entertainments.

During this journey the King gave a proof of his kindliness and courage. He had recently visited Berkeley Castle. In conversation with his companion, on Edward II.'s murder in that building the King seemed wholly preoccupied.

A minute or two later, with the remark that he would ride on a little by himself, he spurred his horse, and met a laborer riding by the side of a wagon. Attempting to steer his horse between the rider and the cart, the King was somehow hit on the leg by the rider, and nearly precipitated into the wagon.

Manners, his companion, seeing the accident, quickly rode up. Doubling the thong of his hunting-crop, he lifted it against the man, exclaiming, "You scoundrel! Don't you see it is the King?"

The countryman, petrified with surprise, remained speechless, and in imminent peril of the courtier's lash.

"Don't strike him on any account!" exclaimed the sovereign. "My knee is hurt a little but it was altogether an accident, and will do me no real harm."

On reaching the next stage, his Majesty insisted on himself applying the liniment which had been procured.

It proved to be a severe and painful contusion; but the King would not confess himself disabled, and continued the journey as if nothing had occurred to interrupt it.

About the House

FAVORITE DISHES.

Puffed Potatoes.—Cut baked potatoes in halves, lengthwise, and carefully remove contents; mash thoroughly, adding warm milk, butter, and salt; beat until light. Fill the half shells heaping full and place on baking tin in a hot oven until lightly browned.

Canned Blueberries.—Take one cup of blueberries to two cups of pieplant; cut in small pieces; add three-quarter cups of sugar, and stew until pieplant is soft. Put in cans, airtight. It is excellent for pies or table use, as the pieplant takes away that flat taste of the blueberries.

Mayonnaise Without Oil.—Put one cup of milk and four tablespoonfuls of butter in a pan on the back of stove where the butter will melt, but not cook. Beat three eggs, add one teaspoonful of salt, one tablespoonful of flour, one tablespoonful of sugar, one teaspoonful of mustard, and a dash of cayenne pepper. Mix thoroughly and strain into the milk. Put all over a hotter place on the stove and add a half cup of vinegar slowly, stirring constantly. When thick as custard, remove from the stove and beat for a few moments. This dressing will keep for a month in a cool place.

Surprise Salad.—Make a jelly of seasoned vinegar and gelatine, coloring it with green fruit coloring. Pour into saucers, having tumblers inverted upon them. Let it set, and then remove the tumblers. Fill spaces with cabbage salad and chopped nuts or with celery, apples, and nuts.

Attractive Lunch Dish.—Take nice, sweet salt pork and freshen. Place in spider and fry till brown. Remove from fire and dip in batter made of one egg well beaten, half cup sweet milk, pinch of salt, baking powder and flour, to make a good batter. Return to spider and fry a golden brown.

Spaghetti.—Boil together one and a half pounds of hamburger steak, one can tomatoes, two onions chopped fine, two large green peppers chopped, and pepper and salt to taste. Cook one and one-half hours. Boil one package of spaghetti in separate kettle; cook until tender; drain the spaghetti dry and put on a large meat platter. Spread the pot of meat and vegetables next, as a layer, and sprinkle grated cheese on top.

Novel Luncheon Course.—Lay on each plate a leaf of lettuce. On this set a little cup made of wheat fibre. Fill with chopped pineapple, orange, cherries, or any fruit in season. Pour over all a good mayonnaise dressing.

Luncheon Dish.—Pare four large, firm cucumbers, cut lengthwise, and place in cold, salted water for an hour. Stew in a shallow stew pan in clear, boiling water until transparent. Lift carefully so as not to break or make mussy, and lay each piece on a slice of brown, buttered toast. Make a sauce or dressing of milk and butter with a little cornstarch; pour over and serve hot.

Salad Dressing.—To four eggs beaten light add one-half cup melted butter, one heaping teaspoon German prepared mustard, four tablespoons vinegar, one tablespoon sugar, one tablespoon salt, and one-half tablespoon black pepper. Boil all together or add cream after the rest is boiled. If it curdles take the egg beater and beat the mixture till smooth.

Preserve Eggs.—For every three gallons of water add one pint of well slacked lime, one-half pint common salt. Mix well, put in a jar or keg, and put in fresh eggs; the shells must not be cracked. When fresh eggs are put in they will come out fresh if kept six months or longer. They must at all times be kept under the brine.

Traveler's Lunch.—Fry slices of ham as for the table. Put through the meat chopper, then return to the frying pan with the drippings from the frying. Heat and mix thoroughly, pack in a fruit jar or something convenient to carry and you have material for sandwiches.

Cabbage Salad.—For dressing use four eggs, well beaten, with three-quarters cup vinegar. Next, mix one-half cup sugar, one teaspoonful salt, one teaspoonful dry mustard, one teaspoonful pepper. Add the eggs and vinegar to the above mixture, with a lump of butter. Cook in a double boiler till thick. Pour while hot over a crock containing two-thirds cabbage and one-third celery.

Crown Roast.—Use about five pounds of lamb roast, such as is used for chops. Have the butcher trim off the ends as for French chops, and fasten together to form a crown. Put in a roasting pan with the trimmed end up and roast until tender. When there is danger of the ends browning too much before the meat is done wrap a clean cloth around them. Put lettuce leaves in the centre of a platter large enough to set the crown on; line it with large lettuce leaves to extend to the top, and fill it with creamed green peas. Decorate the rough outside edges of the crown with rose radishes and garnish the platter with parsley.

"Rose Radishes."—Cut the skin from the end to the top of the radishes, in narrow strips, and put in ice water for about an hour before using. They will open out like little roses.

Bacon on Toast.—Toast some bread; keep hot. Fry bacon and put one piece on toast, two slices of tomato, salt, pepper, another slice of toast. Fry an onion in the bacon drippings and pour in a pint or more milk; thicken, pour over the toast, and serve hot.

Good Cup of Tea.—Fill the teapot with boiling water ten minutes before it is needed. Pour out this water and put in a scant teaspoonful of tea for each cup of boiling water poured over it. Do not wash out a teapot, but rinse it. The pot should hold the aroma of the tea.

Dutch Stew.—Take the small pieces of a beef roast, or any kind of beef meat, cut in small pieces, add celery salt or an onion, as desired, a small lump of butter, and stew all together. When done thicken; have some slices of bread toasted, turn over the stew, and you have an appetizing dish.

USEFUL HINTS.

Drive Mice Away.—A bag covered with cayenne peppers stuffed in a hole will cause the mice to migrate to other quarters.

To Keep Music Book Open.—To keep a hymnbook or other book of music open on the piano rack, lay across the bottom a bar of solder, covered with ribbon fringed and tied at each end.

Be Your Own Carpenter.—Save money by buying a few carpenter's tools and make your own light furniture, such as magazine racks, umbrella stands, shirt waist ironing boards, and many other useful articles. A neat finish is made by painting dead or jet black.

Home Made Ink.—Take one 15 cent package of gray silk dye; dissolve in one pint of boiling water, and mix thoroughly. Set aside to cool and the ink will be ready for use. It is removed easily with hot water if spilled on one's clothes.

Care of Umbrella.—Always unroll an umbrella when not in use. After it becomes wet open and dry. When dry, stand with handle down. This method prevents cracking silk.

Clogged Chimney.—When your washboard becomes old, cut up the zinc, and on a day when you have a good fire, put it in the stove, throw back all the dampers, and it will clean out all the soot.

Troublesome Flies.—When there are children in the family, have a carpenter divide the back screen door at the cross piece, near the centre of the door, so that only the lower part opens when the children go in or out. The flies settle near the top of the door, so this arrangement keeps out a great many flies. There is a narrow strip of wood fastened to the lower end of the upper part of the door, which overlaps the lower part, so that the whole door opens when pushed or pulled above the division line.

Bookkeeping for Housewife.—Young brides and also housekeepers who find it hard to live within their incomes will find this system helpful to them: Have a book in which to keep account of everything you buy each day. Start with pay day, and on the right hand page mark C. O. H., meaning "cash on hand." Underneath write how much money you have, and on the other side the date of the month and the day. Write down everything you buy that day. Also put aside 10 cents each day for your gas bill. Every week when you get your house money put a certain amount away for your rent. In this way you will never run short when rent day comes, and the 10 cents each day almost will pay the gas bill and you never will miss the dime. The change that is left at the end of the week put away for your pin money. You will find the system interesting and also economical for there are lots of little things a woman will buy that she does not need so when you look your little book over each evening you will see them and try to be more saving each day.

SUPPORT

SCOTT'S EMULSION serves as a bridge to carry the weakened and starved system along until it can find firm support in ordinary food.

Send for free sample.

SCOTT & BOWNE, Chemists, Toronto, Ontario.
50c. and $1.00; all druggists.

CHINESE AS SERVANTS.

Majority are Apt to Disregard Contracts.

There is no doubt that, with the shortage of labor, Chinese servants have become very exacting, says the Victoria (B. C.) Colonist. They all want to become cooks, and, as every one knows, there are other household duties for which help is needed quite as much as for cooking. Besides, there is a distinct tendency on the part of Chinese servants to disregard all contracts which they make with their employers. They leave on short notice, and very many of them are utterly insensible to any kind of responsibility. The shortage of labor is enabling us to see the Chinaman in his true light, and there is plenty of evidence that if he is allowed to control the domestic service of the province our homes would soon be in the hands of a union of Orientals, with whom we have almost nothing in common. It would be a fool's paradise into which we would enter if the prayer for the free admission of Chinese as servants were complied with. It is proper to add that among Chinamen there are many who appreciate their obligations towards their employers, men of good, sterling honesty, whose word can be absolutely relied on. But such are in the small minority. It would be exceedingly bad policy for the housewives of British Columbia to entrust their domestic welfare in the hands of irresponsible Chinamen and this is just what would happen if the request for their free admission into Canada were complied with.

SOME CURIOUS SPOONS.

Uses to Which they Were Put by People a Few Centuries Ago.

We are familiar nowadays with spoons of many shapes intended for every variety of purpose, but some old fashioned styles are now merely curiosities. There is the old-fashioned marrow spoon, for instance, which was used for extracting marrow from bones. It was made double, one end being used for small bones and the other for those of larger bore.

Another example is the mulberry spoon. This has a perforated bowl and a spiked and pointed handle, says the London Globe. The implements were made for use in a day when mulberries were much more commonly eaten than they are at the present time. With the perforated bowl a little sugar was sprinkled on the berry, which was then conveyed to the mouth on the spiked end of the handle.

The introduction of tea led to the making of a variety of new kinds of spoons, including the necessary teaspoon itself, some of which still remain in use, while others have disappeared. At South Kensington may be seen, for example, a curious collection of the little scoops so well known to our great-grandmothers as "caddy spoons." Tea caddies of the old-fashioned kind have long been superseded, and when the caddy with its two-lidded and metal lined end compartments and the sugar bowl in the cavity between went out of use the caddy spoon or scoop disappeared also.

Another obsolete curiosity is the snuff spoon, which, in the days when nearly everybody took snuff, and took it everywhere, was used for conveying the scented powder from the box to the hand, or in some cases direct to the nose. Candle spoons and pap spoons also are out of date. A Llangollen gentleman a few months ago, wrote in a Shropshire paper that he had in his possession a silver pap spoon which had been originally given by the Marquis of Exeter to a member of the Hoggins family of Bolas. The possessor of this spoon remarked that it had been given to him by his father, with the wish that it should be handed over to the first married in each succeeding generation, for as such it had come to him through the intermarriage of the two families in years gone by.

Three hundred years ago there was one at Ilford, in Essex, which held more than a quart. Others of more legitimate make were such as the curious combination implement with which folk of that date were familiar. When most people still dipped their fingers into the general dish to help themselves to meat, more dainty diners carried about with them an implement which was a combination of spoon and fork and toothpick.

The fork was at the back of the spoon, while the handle of the double article was finished off with a little figure terminal, which served as handle for the toothpick. The terminal figure was a very favorite form of spoon ornamentation.

It is most familiar in the Apostle spoons, of which original sets fetch such high prices and of which latterday imitations are so abundant; but the figures were by no means confined to the Apostles. In some cases the spoons were curiously finished with double heads, which can hardly have conduced, one would think, to convenience of handling. A curious but decidedly unpleasant form of ornament gave its name to the "death's head" spoon, which was made for commemorative purposes—a very unattractive kind of "memento mori."

BABY'S HOLD ON LIFE.

Baby's Own Tablets cost 25 cents a box. A box bought now may save your baby's life. Summer complaints come often without warning, and thousands of little ones die from them every summer. If children's stomach and bowels are kept in order there is little danger of these troubles, and that is just what Baby's Own Tablets do. They are good for the new born baby or the well grown child—and they are absolutely safe. Give your child an occasional dose of Tablets and you will keep it well. If you have not got a box of Tablets in the house now, send for them at once, and you may feel that your little ones are safe. Mrs. Wm. Parrott, Myrtle, Ont., says: "My little boy suffered greatly from colic, and cried almost continuously. A few doses of the Tablets cured him, and now I give the Tablets occasionally to prevent the trouble returning." Sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

SPOILS OF AUSTRIAN COURT.

How They are Divided Among the Attendants Upon Royalty.

Court etiquette in Austria is more stringent than in other European courts. The attendants come in for large perquisites, as comestible articles are never allowed to appear twice on the royal tables. It must be a good thing to be one of these attendants, as to one man falls all the uncorked bottles, to another the wine left in the glasses, and the game, fish, and sweets are equally divided in the same way.

Each morning a market is held in the basement of the palace, where the Viennese come to purchase the remains of the feast and the Lord Chancellor was entitled to the ends of one large candle and forty small ones each day.

He in his turn made capital of this perquisite and undoubtedly his exchequer was greatly increased by it at the end of the year.

MAN-A-LIN

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MAN-A-LIN Is An Excellent Remedy for Constipation.

There are many ailments directly dependent upon constipation, such as biliousness, discolored and pimpled skin, inactive liver, dyspepsia, overworked kidneys and headache.

Remove constipation and all of these ailments disappear.

MAN-A-LIN can be relied upon to produce a gentle action of the bowels, making pills and drastic cathartics entirely unnecessary.

A dose or two of Man-a-lin is advisable in slight febrile attacks, la grippe, colds and influenza.

THE MAN-A-LIN CO.,
COLUMBUS, OHIO, U. S. A.

COLD PLATES AND HOT PLATES.

Many of the Former Still Found, But the Latter, Happily, Spreading.

"We still find," said Mr. Plugginton, "many cold plates. Lots of people seem to regard hot plates as a superfluity, or even as an affectation of style that is not to be encouraged, and so give you cold plates to eat hot food from; thus really spoiling many a good meal.

"I ate dinner yesterday at a place where the food is excellent and admirably cooked, where everything they give you is good and appetizing and ample in supply, but where the joy of the meal was marred by cold plates.

Just why they give you cold plates at this place I don't know, but it is simply the survival of an ancient custom, I guess.

"For hot plates are a modern custom. Formerly people got along very well without them; but it is different now, when it is so easy to provide them. And yet they are by no means, even to-day, everywhere to be found.

"You might eat to-day at the abundant, the well supplied and well-equipped table of a family whose every member was the personification of kindly grace and hospitality, and yet find here your food served to you on cold plates; rugged people, these, by whom, out of some feeling bred in the days when luxuries were less common, hot plates would still be considered as a mark of concession to effeminacy. And by such a reason, indeed, might the cold plates be accounted for in some small hotels, off the beaten track, though in many another hotel their presence is due simply to slackness, indifference or a failure to rise to modern conditions.

"But the hot plate, by no means a sign of degeneracy, but one marking simply and rationally a desire to rise to our privileges, is everywhere spreading; it will some day everywhere prevail, and meanwhile when we eat where it has not yet come let us be grateful then for the food."

THEN IT'S DIFFERENT.

"Life," remarked the man who comments on things, "is just what we make it."

"Which goes to show," replied Senator Badger, "that you never tried to run for office and placed yourself in the hands of your friends."

AMPLE APOLOGY.

A small boy was overheard calling his grandfather an old fool. His mother, after punishing him, sent him in to beg his grandfather's pardon, and heard him say between sobs, "Grandfather, I'm sorry you're such an old fool."

HARD HIT.

"Begorra, an' it's har-rd to collect money these days."

"Is it you bin tryin' to collect some Mr. Murphy?"

"Sorry a penny; but there's plenty tryin' to collect some from me."

With the exception of those that are still-born, kind words never die.