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The Home

THE ART OF COOKING.
 The importance of the art of cook-
 ery is very great; indeed from the
 richest to the poorest the selection
 and preparation of food often becomes
 the chief object in life. The rich
 man's table is luxuriously spread; no
 amount of money is spared in pro-
 curing the rarest delicacies of the
 season. Art and Nature alike contri-
 bute to his necessities. The less
 wealthy have, indeed, fewer resources,
 yet these may be greatly increased by
 the knowledge of what may be
 called trifling details and refine-
 ment in the art of cookery, which
 depend much more on the manner
 of doing a thing than on the cost
 attending it. To cook well, there-
 fore, is immensely more important
 to the middle and working classes
 than to the rich, for they who live
 by the "sweat of their brow,"
 whether mentally or physically,
 must have the requisite strength
 to support their labor. Even to
 the poor, whose very life depends up-
 on the produce of the hard earn-
 ed dollar, cookery is of the great-
 est importance. Every wife, moth-
 er or sister should be a good plain
 cook. If she has servants she can
 direct them, and if not, so much
 the more must depend upon her-
 self. To such we venture to give
 a few general hints. An old say-
 ing to be found in one of the ear-
 liest cookery books: "First catch
 your hare, etc.," has more signifi-
 cance than is generally supposed.
 To catch your hare well, you must
 spend your income judiciously.
 This is the chief thing. In our ar-
 tificial state of society, every in-
 come, to keep up appearances, has
 at least half as much more to do
 than it can afford. In the selec-
 tion of provisions, the best is gen-
 erally the cheapest. Half a pound
 of good meat is more nutritious
 than three times the amount of in-
 ferior. As to vegetables, buy them
 fresh. Above all, where an income
 is small and there are many to
 feed, be careful that all the nour-
 ishment is retained in the food
 that is purchased. This is to be
 effected by careful cooking. Clean-
 liness is an imperative condition.
 Let all cooking utensils be clean
 and in order. Uncleanliness pro-
 duces disorder, and disorder con-
 fusion. Time and money are thus
 wasted. Dinner spoiled, and all
 goes wrong. In the cooking of
 meat by any process whatever, re-
 member above all, to cook the juices
 in it, not out of it.

DANGEROUS FOR PLANTS.

Among inexperienced cultivators it is
 not improbable that more plants die
 from the application of raw, strong
 fertilizers than from any other cause
 says a writer. Not long ago a neigh-
 bor of mine received a box of fine rose
 plants, and, as the season was far ad-
 vanced, decided to start them in pots
 on his shaded back porch and after-
 ward turn them from these pots into
 garden beds. The little bushes were
 beginning to grow nicely when I first
 saw them, but their owner feared he
 had not made the soil rich enough. So
 he supplemented its fertility with a
 two-inch layer of fertilizer fresh from
 the cow stalls.
 "The roses did not seem to mind it,"
 he said, "until there came a heavy
 rain. In the next few days nearly
 all of them began to die from the roots
 up." If the fertilizer had been well
 decayed, had been given in smaller
 quantities—a mere sprinkling of it
 over the soil—had been applied two
 weeks later when the roots of the
 roses were well established, the plants
 might have been benefited. Plants that
 grow in spots cannot live through as
 strong dosing as those that grow in
 the garden. Garden plants suffer off-
 enest from raw fertilizers placed be-
 neath them. The novice digs a hole,
 fills it to within a few inches of the
 top with any fertilizer that happens to
 be most convenient and plants thereon
 some unoffending shrub or perennial.
 Usually the "most convenient" fertil-
 izer is something fresh or rank, and
 the first heavy watering, which usual-
 ly follows close upon the planting,
 sends up a hot, biting ammonia steam
 from below that fairly cooks and de-
 stroys the plant roots. Even decayed
 fertilizers so applied should be well
 mixed with the soil.
 Liquid fertilizers given in excess also
 work much harm among plants. It is
 better to make them weak and apply
 them often than to risk scorching the
 plants' roots with too strong a liquid.
 And for greater safety it is an invari-
 able rule among successful gardeners
 to apply liquid fertilizers immedi-
 ately after a good watering with pure
 water.

WOMAN'S SUNDAY.

From Monday morning till Saturday
 midday the majority of husbands tell
 you they are hard at work. They rise
 at 6, 7, or 8, and, having eaten break-
 fast, get to business. At midday
 comes an hour for dinner and rest.
 Then work fills up the time till 5, 6, or
 7. The evening they claim as their
 lawful rest after a hard day's bread-
 winning. When two of these hard-
 worked men meet they almost invari-
 ably, sooner or later, sneer or joke
 about the lazy lives women lead—

HINTS FOR THE FARMER.

THE FARMER'S FRIENDS.
 It is the opinion of many farmers
 that birds eat a goodly part of their
 crops. Not so. While a few eat a lit-
 tle fruit and grain, the little loss they
 sustain in that respect is far out-bal-
 anced by the many injurious insects
 and weeds they destroy. Even the much
 despised jay and crow pay dearly for
 their living. It has long been known
 that birds play an important part in
 the agricultural world, but there is a
 tendency to dwell on the harm they
 do and to overlook the good. God in
 his wisdom seemed always to bear in
 mind man's comfort and interest when
 he made the world, and if the latter
 fails to find the good it is only because
 he is blind, for on investigation he
 will find there is a wise purpose in all
 plant, bird and animal life.
 The biology survey of the United
 States department of agriculture has
 for several years been conducting a
 systematic investigation of the foods
 of species which are believed to be of
 economic importance. In investigating
 the food habits of birds, field observa-
 tions will not always give proof of
 what is consumed, for it is not easy
 to determine what birds eat by watch-
 ing them. To be positive on the sub-
 ject a few should be killed and their
 stomach contents examined. This will
 show whether or not the birds are
 guilty.
 If a blackbird is seen in a grain
 field or a woodpecker is noticed in an
 orchard, they are accused at once of
 doing harm, but on investigation it
 is found that they are actually de-
 stroying noxious insects, and what
 harm they do at one season, is always
 more than compensated by the good
 they do at another. Birds usually feed
 upon food the most accessible. For
 example, ground-feeding birds live
 upon insects found among dead leaves
 and grass, the fly-catcher confines him-
 self to an entirely different element,
 while the swift finds his food in the
 upper air.
 The practical value of birds in con-
 trolling insect pests should be more
 generally recognized. A farmer may
 kill all the birds in his corn-field, but
 it would not be an easy matter to de-
 stroy the harmful insects. After thor-
 ough examination it is found that
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 eat spiders, wasps, beetles, grain, ber-
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 erpillars.
 The bird is the farmer's friend. The
 blackbird has been accused of many
 sins, such as robbing the nests of other
 birds; and stealing fruit and grain,
 but these charges are without proof.
 The kingbird is a desirable adjunct
 to a poultry yard. It never hesitates
 to give battle to hawks and crows in
 search of chickens or eggs, and is of
 equal protection to song birds that
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 Farmers are prone to look with sus-
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 The brown thrasher is another bird
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 Everybody is too well acquainted
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 and grasshoppers, and it can readily
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 these birds must have on a field of
 grass in the height of the grasshopper
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 The sparrow must not be passed by
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 species in North America, but the
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 selves to a vegetable diet. They eat
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USES FOR SALT.

Salt puts out fire in the chimney.
 Salt in whitewash makes it stick.
 Salt and soda are excellent for bees
 stings.
 Salt used in sweeping carpets keeps
 out moths.
 Salt thrown on a coal fire which is
 low will revive it.
 Salt and vinegar will remove stains
 from discolored teacups.
 Salt thrown on soot which has fallen
 on the carpet will prevent stain.
 Salt put on ink when freshly spilled
 on a carpet will help in removing the
 spot.
 Salt in the oven under baking tins
 will prevent their scorching on the
 bottom.

WRITES HER COMPLAINTS.

Mrs. Kendal's methods of house-
 keeping are worth hearing. In every
 room of her house hang a pencil and
 slate. Once a day she makes a tour
 of the entire house. Wherever she
 finds anything wrong she writes her
 complaints and orders on the slate as-
 signed to the particular room at fault.

ARE WOMEN'S HANDS BIGGER?

If the testimony of glove dealers can
 be accepted, women's hands are get-
 ting larger year by year, and golf,
 tennis, rowing and driving must be
 held responsible for it.
 Glove dealers say there is a bigger
 call for gloves of a large size than
 formerly, and that they have to get
 rid of their smaller sizes at bargain
 sales. Not only this, but athletics
 have made an inroad on the sale of
 gloves, for the athletic girl nowadays
 eschews them altogether, except in the
 winter, and even in town fashionable
 women are seen going about unglow-
 ed.

THE PRACTICAL VALUE OF BIRDS.

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CHARITABLE MAN, JENKS IS.

Really?
 Yes. A poor fellow stopped us on
 the street to-day and asked us to help
 him get the price of a meal. I gave
 him a dime?
 Jenks did better?
 He gave him a toothpick.

HELPING HIM.

Charitable man, Jenks is.
 Really?
 Yes. A poor fellow stopped us on
 the street to-day and asked us to help
 him get the price of a meal. I gave
 him a dime?
 Jenks did better?
 He gave him a toothpick.

PARTED FOREVER.

All's o'er between us; he's no loss;
 His image ne'er my mind shall cross;
 But—there he comes again; oh, my!
 I wonder will he smile or sigh.

WHERE IGNORANCE IS BLISS.

Whose new silk umbrella is this
 you've brought home?
 I don't know.
 Don't know?
 No; and what's more, I don't want
 to know.

HINTS FOR THE FARMER.

GIVE PLENTY OF ROOM.
 If fowls are too closely confined they
 will be constantly striving to get at
 liberty. If they can fly they will get
 over the highest fences, and in every
 way they show us—more than do or-
 dinary animals of any sort—how well
 they love the range of field and pas-
 ture. They should, therefore, be given
 all the space that can be allowed them,
 and if this cannot be furnished at all,
 then how much more important it is
 that one does not keep too many fowls
 confined within the limits of the fowl-
 house exclusively. However well the
 poultryman may feed and tend them,
 when thus restricted, if there be an
 excess of numbers crowded together,
 the hens will cease to lay, both cocks
 and pullets will get ill, they will lose
 their flesh become miserable in a short
 time, and in no instance can they be
 made to give good returns when thus
 managed as to their quarters. If there
 is but a small house, and no runs out-
 side, pen up a few adult birds in one
 flock so as to give as much room as
 possible.

PARTS OF TREE BEARINGS.

There are many apple trees that bear,
 from one third to one-half a crop ev-
 ery year, the portions being barren al-
 ternately, so that the tree is never
 entirely barren. This is apt to be the
 case where different varieties are
 grafted on the same tree and espe-
 cially if the grafting is done in al-
 ternate years. In other cases cold
 storms in the early life of the tree
 destroyed the fruit at blossoming time
 on the exposed side of the tree, and
 as in the years that a full crop is
 produced on the limbs in bearing
 there is little chance for fruit buds to
 be formed on those parts of the tree
 and the habit of bearing alternate
 years formed by accident becomes fully
 established.

POINTED PARAGRAPHS.

Dumb waiters carry everything but
 gossip.
 Black eyes are beautiful only when
 given by nature.
 A quiet woman usually speaks in a
 commanding tone of voice.
 Some people believe what they
 hear and doubt what they see.
 The individual who repeats a slander
 stamps it with his approval.
 It is sometimes easier to borrow
 money than it is to pay it back.
 Making other folks miserable is the
 one enjoyment of the chronic dyspep-
 tic.
 It is useless to try to get a small
 boy to work while a brass band is
 passing.
 When one girl accuses another of
 thinking herself smart it's a sura
 sign she is angry.

CORSETS LOSING FAVOR.

It has been whispered that many of
 the graceful, lithe figures of society
 owe their beauty and suppleness to the
 abandonment of corsets. Whether
 this be true or not, it is a fact that
 some one is wearing the dainty little
 satin girdles and very low cut bone-
 less bodices which one sees displayed in
 the corset shops. The latest cut of
 gown makes this possible. Those who
 wear princess gowns, however, while
 they are said to forego corsets, wear
 instead a boned bodice which fits the
 figure and even draws it in snugly
 from neck to hip, almost. This is not
 a departure of hygiene, although
 doubtless the women who wear these
 boned abominations think they are
 making a great concession when they
 give up the heavy stays.

THE SEA OF LIFE.

Streaks of white o'er a ground of blue,
 Sparkling waves of a green-gold hue,
 And shadows drifting dreamily.
 Glimp of light on the sea-bird's wing,
 The kiss of the sun on everything,
 And breezes stirring sleepily.
 Flashes of sail on the sea's far brim,
 Dashes of foam on the sky's blue rim,
 And lines of smoke blown lazily.
 Quiver of lids over tired eyes,
 The melting together of seas and skies,
 Hush! and dreams of eternity.
 MISS E. B. BLACK.
 Detroit, Mich.

AERIAL STEAMER.

The airship of Count Zeppelin, a
 Lieutenant General in the German
 army, now on trial beside the Bodensee
 in Wurtemberg, is a veritable aeri-
 al steamer. It consists of a lattice
 framework of aluminium 420 feet long,
 and divided into partitions, each hold-
 ing a gas bag. The whole is covered
 with waterproof silk, and makes a
 cylinder 37 feet in diameter, with ogi-
 val ends like a conical bullet. A gal-
 lery and two cars of aluminium be-
 neath add stiffness to the machine. It
 is housed in a floating shed on the
 Bodensee.

OUR LANGUAGE.

Tommy—Pop, a playwright is a man
 who writes plays, isn't he?
 Tommy's father—Yes, my son.
 Tommy—Then is a wheelwright a man
 who writes bicycle news?

AN ELIXIR OF LIFE FOUND.

PROF. METCHNIKOFF'S DISCOVERY AT THE PASTEUR INSTITUTE.

Has a Series of Lymphs Which, If It Be Heved, Check the Decay of Tissues in the Human Body.

The Paris correspondent of the Lon-
 don Morning Post describes one of
 the greatest discoveries of modern
 science, which has just been made at
 the Pasteur Institute. He says that
 Prof. Metchnikoff is engaged in seek-
 ing accurate doses of a series of
 lymphs, each of which will rejuvenate
 a particular organ of the human body.
 The professor objects to premature
 publicity and insisted that the cor-
 respondent only say that he had hop-
 ed but the explanation of the discovery
 may be taken to show that the main
 problem has been solved. The corres-
 pondent says—

"Prof. Metchnikoff's experiments
 show that the explanation of senile
 atrophy has hitherto been erroneous.
 The theory was that certain blood cells
 devoured others and the vital functions
 began to weaken. The organic poisons
 thrown off energetically in youth were
 believed to remain in the system in
 old age, or at least to be less energet-
 ically ejected. These poisoned the fine
 cells, while without action on those of
 the conjunctive tissues.

THE NOBLE CELLS DIED.

became the prey of the other or ple-
 beian cells, this bringing atrophy to
 the organ where the metamorphosis
 occurred. Prof. Metchnikoff has proved
 conclusively that the noble cells are
 not dead in the organs atrophied by
 senility.

"Moreover, they may be multiplied.
 If assisted in their struggle with the
 plebeian cells, they continue to live
 actively, as in youth, and, theoretic-
 ally, the organism will cease to grow
 old and life will be prolonged. Prof.
 Metchnikoff has found means of af-
 fording this resistance, and the re-
 sults already obtained are extraordi-
 nary.

"The discovery was made in the
 following manner. M. Bordet, one of
 the professor's pupils in 1898, pub-
 lished the results of a curious experiment,
 which consisted of injecting the blood
 of a rabbit into a guinea pig. Later
 he injected the blood of this guinea
 pig into a rabbit and the latter died.
 Prof. Metchnikoff sought the causes of
 the phenomenon and was soon con-
 vinced that the blood of the guinea pig,
 injected into a rabbit or other verte-
 brate animal, elaborates the poison
 that weakens the red globules of the
 blood and makes them the prey of the
 phagocytes.

"Starting from the fact that the
 poison elaborated in the guinea pig is
 fatal in large doses, Prof. Metchni-
 koff argued that the action in small
 doses must be stimulating. On this is
 based the action of all medicines, such
 as

STRYCHNINE AND ARSENIC.

He therefore began to inject into
 rabbits feeble solutions of previously
 injected guinea-pig's blood. A cubic
 millimetre of the blood of the rabbit
 thus treated contained before the in-
 jections 13,000,000 red globules. In three
 or four days the number increased to
 2,000,000.

"A sovereign remedy against anæmia
 has been discovered and the theo-
 ry concerning the red globules has
 been confirmed. An entire section of
 the Pasteur Institute is now working
 to find the specific serums for each
 particular organ. If the blood serum
 acts on the red globules of the liver
 the serum must have a similar effect
 on the cells of the brain and so on. The
 experiments have demonstrated this.
 "A specific kidney serum was found
 some days ago. The professor is now
 determining the exact dose for medi-
 cal purposes. The discovery has now
 passed the period of mere laboratory
 experiments. The celebrated Dr. Vidal
 is now at work on human serums."
 The correspondent draws attention
 to the obvious result, the great pro-
 longation of human life, if everything
 is successful.

IN AFTER YEARS.

Why, what's the matter, Nellie? ask-
 ed her maiden aunt.
 Oh, auntie, replied the bride of a