

IN WHICH STORY DO WE LIVE?

A brilliant lecturer in San Francisco was once reported as saying that we are constitutionally four stories high. He enumerated these stories as the animal, the emotional, the intellectual, and the spiritual. This account of the human constitution may not be very exact philosophically, but it is certainly very suggestive practically. In which story do we live? Some seem to prefer the basement down below the animal nature—the place where the whisky saloon finds its natural home, and every form of debauchery and low self-indulgence burrows and sins. They live, not to feed, but to pamper the appetites. Others are three-meal-a-day people, with a few confections thrown in between, and a good "night-cap" as they take to the pillow. They may be temperate, but such a life is not very high up. Others find the world a bore if it does not furnish them a new sensation every day. They live in the ferment of the emotional nature. Their reading is the hot-seasoned novel; their recreation the theater, or race-track, or walking match; their home—a place to sleep in. Not bad people, but rather hard to preach to. Others, again, dry down all the juices of human interest into hard thought—the extract of intellect. These are the book-worms and scientific theorists of the world—weighed by over-study, oftentimes in the heart as well as the features. Their type is the botanical enthusiast, who goes into ecstasies over the analysis of a flower, and gets more excited over the discovery and classification of a new species of plant in Central Africa than over the Ute massacre, or the Berlin congress deciding the fate of empires. He does not like to be disturbed with so much noise. He wishes these children would keep still and let him go on with his studies. Not a useless style of humanity, by any means, but sometimes a little nervous and uncomfortable at the dinner-table, especially where there are children. Their hearts need limbering up a little.

Then there are some who find their best life in kindly service to their fellow men, that they may be raised to a higher moral and spiritual condition. These fourth story dwellers are not always understood by those below. It is rather a marvel what they can find to delight them so much away up in the air, though it be so clear and pure. The majority prefer to keep near the earth. Yet if the worth of life is to be measured by the peace one gives and enjoys, these high dwellers have made no mistake in their choice. It is to be hoped that more will join them, and make their home in the fourth story of their being.

There is no easy elevator by which one may be lifted passively into its sunny altitude. The climb, by which alone it can be reached, may not seem attractive at first, but the "good way" once heartily chosen, always grows pleasant. We need the whole house—kitchen and dining-room as well as outlook toward the sky—but it is best not to tarry longer than needful in the lower rooms. —*Work and Play.*

At a funeral service in Slawton last week, the minister, in his remarks, was dwelling upon the loss to the husband of the deceased, when that worthy spoke up: "Never mind me. Just throw your left on the corpse."

A LADY stepped into a store in this place yesterday, and asked the clerk if he had any "rock candy." "No, madam," he replied. "I haven't any rock candy, but here's a brick your welcome to, if it will answer your purpose."

"I NEVER turn out for second-rate," said a bully, meeting a Quaker, and stepping up square before him to inaugurate a quarrel. "I do," said the Quaker, and placidly took the other side of the way.

DOMESTIC RECIPES.

COOKIES.—Two cups sugar; one of butter; four eggs, leaving out one yolk. Beat butter and part of sugar together; beat rest with the eggs. Then mix all and add flour to make a stiff dough. Roll thin; wet the top with white of eggs; sprinkle with cinnamon and sugar. Bake quickly.

WHITE MOUNTAIN CAKE.—A pound each of flour and sugar; one-half pound butter; teaspoonful sweet milk; six eggs beaten separately; teaspoonful soda, two of cream tartar; rind and juice of a lemon. Bake in jelly cake pans. Dredge lightly with flour before putting on the following icing: Boil together until quite thick three cups of sugar and one-half cup of water. Pour it on to the well-beaten whites of three eggs. Beat until cool; then spread.

SCALLOPED TURKEY.—Pick the meat from the bones of a cold turkey and chop it fine. Butter a dish; put in a layer of bread crumbs and moisten them with a little milk. Then a layer of turkey with some of the stuffing; put on bits of butter and a little salt and pepper; then crumbs, and so on alternately. Add a little hot water to the gravy left from the turkey and pour over it. Then take an egg, one tablespoonful of milk, one of melted butter, and a little salt, cracker crumbs enough to make it thick. Spread over the top, cover, and bake three-quarters of an hour. Remove the cover, let brown, and serve hot.

MUTTON SOUP.—Take a shoulder of good, heavy mutton, weighing about four pounds; remove the skin and fat, then put it in about four quarts of cold water, and let it simmer for two hours; boil one yellow turnip, one medium-sized carrot, four potatoes, two bulbs of soup celery; the turnip and carrot will require one hour to cook, the potatoes and celery half an hour; when cooked, put them in cold water and peel and chop fine; remove the meat; then add the vegetables and one cup of boiled rice or barley; then let the soup simmer 10 minutes more; then add one tablespoonful of chopped onion and one of parsley; then let it cook 10 minutes more, as cooking onion or parsley too much takes from it the desired flavor; cooking the vegetables separately will add much to the flavor of the soup.

HOW COOKING AFFECTS POTATOES.—The nutritive value of potatoes is not materially affected by the different ways of cooking them unless they are wasted in peeling. When potatoes are peeled before cooking, unless they are large and very thinly pared, the waste is about one-fourth, and as most of the mineral elements lie next the skin they are generally cut away with it. The analysis of potatoes boiled in their jackets shows that they contain double the quantity of the salts of potash which remains in those that have been peeled; besides this important fact, potatoes boiled in their jackets do not waste more than one ounce in a pound. The waste in baked potatoes, if peeled, is about one-fourth, if they are eaten in their skins there is but little waste. Baked potatoes should be served the moment they are soft; after that the steam which escapes in the bursting of the starch cells begins to condense, and is absorbed by the mealy substance of the vegetable until it becomes sodden and heavy; if baked potatoes are served at the right point of cooking they are perfectly digestible and wholesome; they should never be placed in a covered dish, nor allowed to stand an instant after they are done. It is a very easy matter to have mealy boiled potatoes. Let them be well washed with a brush and cold water, a ring pared off all around them, and then plunge them in well-salted boiling water; boil them steadily until they are quite tender, then drain off the water, cover them with a clean towel folded several times, and set them a little off the fire for five minutes. This will make them mealy; and by putting them where they will keep hot they will not grow watery if they stand for hours. —*Julia Corson, in Christian Union.*

DETESTABLE FRAUDS.

Verily there is no end to the frauds which are continually being perpetrated upon the unsuspecting public. They constantly loom up and present themselves in as varied disguises as are ever seen at masquerade balls, and are equally varied in character.

The class which we now have to deal with, is the advertising class, who use the newspapers to obtain money by promises of returning from 10 to 50 times the amount sent, in articles of various kinds. We have before us as we write, several samples of these advertisements which have been sent us for insertion in our papers, and to receive in payment for such insertion, in one case a Bible, and in another a revolver. We are not in want of either Bibles or revolvers, and as we know the whole thing to be a fraud we decline to insert the advertisement, preferring to use our columns only for legitimate purposes.

The Bible man in his advertisement describes a "Royal quarto Bible," containing:

The Old and New Testaments, Apocrypha, Concordance and Psalms, nearly 2,000 illustrations, 30 full-page engravings, and 115 additional features, the most important of which are a Bible dictionary, history of the books of the Bible, history of religious denominations, history of the nations, cities, rivers, lakes, birds, beasts, reptiles, insects, trees, fruits and flowers of the Bible, 100,000 marginal references, marriage certificate, family record and a photograph album. Printed with clear, large type, on paper of first-class quality. The work is superbly bound in morocco, massive raised panel, gilt edges and back, and was sold two years ago at \$15 per copy.

And he further says that for \$1 he will send, postage paid, a copy of the Holy Bible, but he does not say that he will send a copy of the above described \$15 Bible, not he. He may possibly send a Bible, but it will probably be such a one as can be bought at any bookstore for about 75 cents or \$1. It is extremely doubtful, however, if the sender ever hears from his dollar again.

The revolver man, who by the way is evidently the same person though a different name is given, offers a six-shot revolver free to any one who will send 75 cents for a six months' subscription to an unknown paper. He says:

The famous American Model, six-shot bull-dog revolver is made of select metal and neatly finished. The cylinder revolves when the hammer is raised. Can be loaded in an instant. Just the thing for tramps and burglars.

We do not exactly understand this. Is it possible that he is desirous of obtaining the patronage of tramps and burglars? I would seem so from his advertisement.

It may be that knowing that his revolvers are worthless, he thinks that he will be conferring a favor on the public by supplying tramps and burglars with them.

Several months since a friend of ours received a printed postal card from the East, offering to send a genuine Swiss magnetic time-keeper, warranted to keep perfect time, for the small sum of 60 cents. This was his chance to get a watch he said, and he forwarded the amount to the sender of the card. For about three weeks visions of fine time-keepers haunted his waking and sleeping hours. They haunt him no more. He never more heard of his 60 cents or the watch he was to get. —*Cor. Pacific Rural Press.*

HOW TO OBTAIN SLEEP.—The following is recommended as a cure for sleeplessness: "Wet half a towel, apply it to the back of the neck, pressing it upward to the base of the brain, and fasten the dry half of the towel over so as to prevent the rapid exhalation. The effect is prompt and charming, cooling the brain and inducing calmer, sweeter sleep than any narcotic. Warm water may be used, though most persons prefer cold. To those suffering from over-excitement of the brain, whether the result of brain-work or pressing anxiety, this simple remedy is an especial boon."