ing Tens in This Country. Tea is easily grown from either seeds or cuttings; and, as the soil and climate of a large portion of the United States are adapted to the cultivation of the plant, and as tea is a favorite beyerage, it may not be amiss to inquire why this country may not raise its own

The seeds of ten are found within a hard capsule, which is divided into from two to five cells, each containing a white seed as large as a pea. Tea is generally cultivated upon sloping ground, having good drainage, and good sandy loam is favorable to the

growth of the shrubs.

In Japan tea is generally sown in November or December, upon prepared beds, covered with soil an neh in depth and carefully protect d from snow and frost. The planting is somet mes deferred until spring; out the growth is not then so rap d. When one year old. the plants are taken from the nurserybeds and placed in rows or circles three or four feet a art, and in their general appearance they resemble goosebery shrubs.

In its native state, the tea plant is twenty or more feet in hight; but in a state of cultivation the plant is about five or six feet. The flowers grow singly, or two or three together, in the axils of the leaves. They are white and fragrant, and much loved by honey bees. The shrubs, in two or three years from planting, bear leaves that may be "cured," and the plants bear from ten to twelve years. Three times in the year are the leaves usually picked—in April, May and July; the last picking. however, making very infer or tea.

The roots of the tea plant need to be

shaded by pine branches or some similar branches, until the leaves of the plant are large and numerous enough to shade their own roots, and no weeds should be allowed to grow in the tea garden. The flowers are smaller than camellia blossoms, and they open early in the spring, while the seeds ripen in the fall of the year. A southern expos ure, upon a hillside, is considered the best position for the plants, and the soil should be well prepared for the plants by deep plowing and harrowing. Green and black teas are prepared from the same kind of leaves, the black color resulting from chemical changes caused by longer exposure to heat and air. Of course green is the natural color of the leaves, although many green teas are doubtless colored to hide the presence of foreign leaves.

Tea pleking requires much patience and carefulness in the work, and it is usually done by women and children. With baskets strapped to one side, the pickers go from bush to bush, plucking only the three or sometimes six first tender leaves of a shoot. Each leaf is picked separately, or rather torn off by the tinger nails, leaving about one-third of each leaf behind to protect the small bud that will, if undisturbed, develop into new shoots. The older and larger leaves are too stiff and brittle to twist into proper shape, and are not fit for

The pickers empty their filled baskets into two larger ones; and, when the lat ter will hold no more, a Chinaman fastens a basket to each end of his bam boo stick and trots off, with the stick on his shoulder, to the house for drying or curing the tea leaves.

Green ten is usually prepared soon after picking. Otherwise the leaves wither, and injure the flavor and green color of the tea The leaves are simply dried in a wieker basket over a slow Black tea requires more time in preparation. The leaves are piled together, and allowed to beat and partially ferment. This sweating process produces a chemical change that gives a different flavor to the tea. The Chinese manipulate the leaves, and have various tedious methods of preparing them. After steaming them, the leaves are spread upon them. After steaming mats to cool; then they are heated over a furnace, being carefully stirred meanwhile by the hands. After kneading and rolling and keeping the leaves in continuous motion for about an hour, they are again placed upon mats. Several times this heating and cooling process is repeated, and each heating causes the leaves to become of a darker color. After grading, the tea is reheated, and when qu te dry the dust is fanned out and the leaves placed upon low tables, that women and children may pick out the uncuried leaves and stems. One person may prepare twenty-five or thirty pounds of tea per day. It takes about eight pounds of green leaves to make one pound of cured tea.

Tea is now made more by machinery than formerly; and much of the culti vation is also done by machinery. But the roasting of tea is simple, and it may be done in an open pan, just as coffee is sometimes roasted. Successful experiments in raising tea have been made in years past in North Carolina, Tennessee, Florida and other States. If agriculturists could be induced to experiment with the tea plant, especially in the warmer portions of the United States, doubtless gratifying results would follow. It will be an important era when half a dozen tea plants are found growing near each farmer's door and the leaves are cured and roasted in the farmer's kitchen. - Cor. N. Y. Independent.

Pickled Grasshoppers.

The question of insect eating is assuming importance, judging from the letters daily appearing in your columns, which prove the general interest taken in the matter. I contribute my theme grasshoppers. In New Zealand, during the years 1861-7, I frequently partook of, and often consumed wholly as a piece de resistance, whole dishes of them. Our mode of preparation was simple, and from a "subsistence" point of view very efficacious:

Material-One bushel of grasshoppers; one-half gallon brine (pork pre-

Preliminary-Mix and steep two Preparation-Boll together in a camp

kettle for twenty minutes; rinse in lukewarm water and dish up.

Before eating divest of heads and tails, etc., a la shrimp, and take with regulation biscuit.

Result delicious .- Cor. London Stand- considered to be more wholesome with

SOME THRIFTY PEOPLE.

Millions of Dollars Accumulated-The Career and Business Operations of the

There has always centered about the ect of Harmonists a halo of interest secause of their peculiarities and secluive tendencies. The founder of this rich colony, located at Economy, on the banks of the Beaver River, was George Ray, who was born in Wurtemburg in 1870. Believing he had a divine call ning of this century. It was only in and was charged with a restoration of the Christian religion to its original purity, he organized a colony on the model of the primitive church, with goods and chattels in common. This soon involved him and his followers in trouble with his Government, and compelled him to transplant the community. n 1803, to the United States. They settled first on the Connequenessing Creek, in Butler County, where they founded the village of Harmony and employed themselves in agriculture and manufacture. By industry and thrift they acquired considerable wealth and in 1815 they removed in a body to Indiana, where they purchased and located upon 27,000 acres of land along the banks of the Wabash River. The settlement of New Harmony was even more prosperous than the first had been, but the climate was not satisfactory. and in 1824, after numerous councils, they sold out and moved back to Pennsylvania, this time locating in Beaver County, on the right bank of the Ohio River, where they purchased 3,500 acres of beautiful farming lands and where they soon afterward laid out the town of Economy. Here is where they are located at present, surrounded by peace and plenty.

They are a strange people-do not be lieve in marriage, but all live together as brothers and sisters and practice the strictest morality.

In 1835 the question of marriage was the leading one in the community and about two hundred members withdrew because they favored marriages and established the town of Phillipsburg; but the new colony did not prosper, and after a few years of struggling they sold out and disbanded, dividing the proceeds of their sales equally among all the members.

In the meantime the Harmonists were gradually becoming more and more wealthy, until at present they own jointly and in common lands, stocks, bonds and herds, the value of which is estimated at \$75,000,000. Besides owning all of Economy and a large part Beaver, they own an entire county Dakota, in the valley of the Red River

of the North. Out of their surplus moneys they built and equipped the Pittsburgh & Lake Erie Ra Iroad, running through a rich and fertile country from Pittsburgh to Youngstown, and owned the controlling interest in it until the road was sold to the Vanderbilts. It is said that on this deal alone they made seventyfive per cent. on their investment, as the road turned out to be one of the best paying lines in the country. It is a matter of history that at the time the war broke out, in 1861, they converted all their bonds and available property into money and buried it, using the treasure afterwards in paying for the building of the railroad. The pay ments thus made put in circulation immense amount of silver, many of the

pieces dating back to 1800. Owing to the law prohibiting marriage the sect has gradually diminished until at present it consists of only thirteen men and forty women, all of them well advanced in years. They employ over three hundred servants and farm hands, and these, with their families, make quite a village. Everything is owned in common. The grocer, the baker, the butcher, and the milkman g) the rounds every day and supply the different families with the necessaries and a few of the luxuries of life. N thing can be purchased in the v llage of Economy, and it is probably the only town in the world where a man can not, even if he de-sires, spend money. They are extremely liberal and philanthropic, and are constantly doing acts of benevolence. Their houses, which are all exactly alike, are an equal distance apart and are at uniform distance from the village street. They are painted pure white and have no front doors, claiming that if they had these conveniences the women folks would spend too much time looking at and gossiping with passersby. A good story is related in this connection that the president of the community a score of years ago imagined that there was too much familiarity between the young men and maidens, and so promulgated an order that all females appearing on the streets after dark must carry lanterns, but still the merry-making continued, although no anterns appeared. This caused an investigation, which developed the fact that the worthy old gentleman had neglected to order that the lanterns O. Times-Democrat. should be lighted.

As stated, there are now only thirteen men and forty women left of the once large colony, and they being old it is likely that the law against celibacy will cause the extermination of the colony in a few years more. According to their laws, as long as three of them hold together the property is to remain intact, but when one of the final trio dies the other two lose all right to the property and must leave. As there are no heirs, the \$75,000,000 which they possess in real and personal property will come into the possession of the State of Penn- in all the papers as soon as I return. sylvania, and will form a handsome legacy .- Cor. Chicago Herald.

-Agricultural Item. A few days ago Gilhooly was talking with four or five lawyers, when, during the conversation, he remarked that lawyers did more to cultivate the soil than any other class. "How is that?" asked one of the frigerator car. lawyers, somewhat mystified. "All I know is, that an Austin lawyer made my father fork over 320 acres of land in mineral spring, do you." mighty short order. My father was holding it under a torged title. bet he forked over that land. If he and then.' hadn't forked it over, he would have been in the penitentiary right now."-Texas Siftings.

-In Mexico they eat salt with the'r oranges, both because they prefer the latter so seasoned and because they are

INDIAN WIDOWS.

A Remarkable Social Advance in Hindestan.

English papers, which come to us with several columns of extracts from the Indian press, tell of a very remarkable social advance effected under English rule in Hindostan. This is especially noticeable in regard to the condition of woman in India to-day, compared to her situation at the beginwas abolished by the Government; and up to that time, as Max Muller observes, women were burned wholesale, even in the immediate neighborhood of Cal-During 1823, in the Bengal Presidency alone, 575 widows were burned; in the very limits of the Calcutta Court of Circuit 310 were burned. Numbers of these were beautiful young girls under twenty; and yet the first fort to secure the abolition of the hideous custom was made, not by a European but an enl ghtened Hindoo, Rammohun Roy. He held, with good reason, that the practice of suttee was not ordained by the great teachers of Hindoo relig on, and not justified by the ancient San er t texts. In the controversy which he provoked he invariably came out conqueror; but controversy alone will not suffice to exterminate a national curse or to uproot an ancient superstition. Therefore it was that he established, about 1818, the "Society of Believers in the Supreme," or Brahma-Somaj. Immediately the orthodox Brahminical party founded an opposition society, called the "Society of the Law," or Dharma Somaj, and this society at once petitioned the English Government against the abolition of

One would have thought that such a question could not have been long discussed in vain before enlightened English rulers-that the cause of humanity would only have had to plead once in order to triumph. Put such was not the case. Governments act upon policy: and the abolition of suttee involved some social problems of the gravest character. It was only in 1831, when Rammohun Roy himself went to London, that the Government finally rejected the prayers of the orthodox party and decided to abolish the abominable and monstrous custom of burn-

ing women alive. The new decree did not, however, do so much for women in India as had been expected. While the practice of widow-burning was indeed put an end to the unfortunate young woman who lost her husband was not protected against the cruelties of prejudice and superstition. Her very existence was considered an indecent fact; she was universally treated with contempt, deprived of whatever property she possessed, condemned to perform menial labor and often driven to commit suicide. Gradually this state of affairs ameliorated; but the idea of a widow remarrying was still considered shocking in the extreme. The next reform to be attempted was to make a second marriage popular, and a new society was founded for that purpose, which has already accomplished much good. It publishes a period cal devoted to its object, and the paper, entitled the Social Reformer, is full of matrimonial Social Reformer, is full of matrimonial ing a house that will fit everybody-advertisements of a very sincere and why, there's the bigget bonanza

A widow of Bengali, Brahmin as months in fer marriage. Her father wishes to give her in marriage to a Bengali firahmin of high clan.

THE GUARDIANS OF A KHATRI CASTE I lad of Kapur clan, aged II, who is the scion of highly respected family, and is receiving education in English and Persian, are willing to encourage the system of widow marriage by marrying him with a widow of the same caste.

REQUIRED, A MATCH FOR A BENGALI widow of a Valdya caste, ared 14, who had been married at her lith, and lost her husband at her lith. She is of wheat complexion, of good features, and can read and write Bengali tolerably well, knows the alphabet of English, and is very intelligent; can knit comforters attacking comforters, stockings, etc. pretty well, and is very willing to work. The candidate must be a member of the Vaidya caste, and of respectable family. He must be well educated and of good moral character.

PEGUIRED, AN EDICATED WIDOW, IS to 15 years of age. She should be of good shape, feature, complexion, temper and health, and not suffering from any hereditary disease, daughter of a well-to-do gentleman, and of respectable caste—for an enlightened young Bengal Zimindar disableors of respectable caste and family, accomplished, well-built, and free from every present and idiopathic malady. He is prepared to meet agreeable demands, and in order to encourage wildow marriages amongst the mobies and gentries he is desirous of presenting the bride at the wedding with jewels worth 10,000 rupees.

In England or America, this sort of

In England or America this sort of advertising is generally deemed either farcical or worse; but in India it is not so; and accomplishes much good for the cause of reform .- Calcutta Cor. N.

A Good Idea.

A Griswold Street lawyer lately posted on his door a notice reading as follows:

"Yes, I'm going away this summer." "O, for about two weeks."

"Yes, I shall take along my fishing-

"Well, I've caught 'em that weighed twenty pounds." "Yes, I feel that the trip will do me

good." "I shall publish any gain in weight "O, of course. I never go off on these trips without taking at least

"No, my wife isn't going." "I generally bait with minnows, but have used flies and bugs. "No; I never try to sell 'em to the

twenty sure mosquito remedies along.

hotel. I always send 'em home in a re-"Of course. Don't think I'd go to a

summer resort which doesn't boast of a "Well, mostly pickerel and bass, You though I don't object to a whale now

> "For further particulars see small bills, or call on me as soon as I return."-Detroit Free Press.

> -Sitting Bull has sent the Pope a present-a magnificent buffalo robe covered with paintings, one of the scenes represented being the fight with

OPIUM IN CHINA.

A Great Crime farried on With the Consent of An Ins/neere Government Oplum is like stavery, or like feudal-

tem-it has grown upon China by the influences of outside nations. The Chinese complain a great deal about the policy of Great Britain in forcing opium upon the country; but then, when we consider the fact that China herself, under the policy of some of the Viceroys has been growing op um in the hope of driving out the Ind an crop, it really was not a matter of discussion, because you were compelled to see that they lacked candor and were disingenuous in the ropposition to the op um tradic. I presume that the op um trade will ead in this way, that China will grow her own op um and pro ably extingu sh the In-The Chinese op um is not dian trade. is good as the Indian op um, but in talking to the olic als about the oplum quest on, and in remonstrating with then upon their encouraging growth in their province and saying that this course on the air rt led to a d strust of their cando: a aski g foregn governments to prevent the their response Was: we must take opium, let us raise it." would say to them that I thought, considering the co di ions of the Chin se population, the want of food and the nece-sity, as you'm ght say, of cultivating every foot of ground, that it might be better to give the acres where they grew the poppy to wheat, or millet, or torn, or some other food, and that the gi ing up of so much terr tory to poppy led to the occa- onal famines. But they had the theory that by growing the poppy themselves they could prevent the importation of the Ind an crop. Li always said that if they had control of the opium trade they would stop it by an edict rom the throne, but I question that very much. Op um. like any other vice, will take a generation or two to eradicate. It has gone too far now to be held in check by any legislative or restri tive measure. The suppression of o, ium in China would, I think, mean revolution, and the Government is not prepared to meet that contingency. At the same time it is a great curse and a great crime. - John Russell Young, in N. Y. Hera'd.

BUILDING HOUSES.

Humorist's Adve- to a Young Man Who Desire to By an Architect.

So you are going to be an architect, my son? Well, that is a good-what do you arehiteets call it, pro ession? Whatever you call it, it is a good calling. Now, I'll tell you what I would do if I were an architect. I would learn to build a house. You pay close attent on to that department of architecture, my son, learn to p an a house and it will put money in your purse. "But all architects plan houses; that is what they do? Oh, no, my son; oh, no. men have been plan ing and building houses ever since the eviction at Eden. and they haven't succeeded in making a model yet. All the architectural genies in the world hasn't succeeded in designing a hous that is perfectly satstactory to anybody, and as to builddecorous description. We cite some Ophir County waiting for the man who can give us that house. Now, the tailor has atta ned a perfection in his art to which the architect is a stranger. He has designed suits that are models for all civilized men. When Mr. Vander-A BENGALI LADY, OF BRAHMIN CASTE, but wants a d ess su t his tailor makes was II him one just like the one he made for plears or age and who possesses a fair com-plexion and long, beautiful hair, and whose moral character is most unexceptionable, is prepared to marry a gentleman of her own caste according to orthodox rites.

Infin one just like the one he made for the head waiter. And when the head waiter wants a dress suit the tailor g ves h m one like unto that which Mr. vanderb it owes for. The Prince Albert which you wear, my son, is like unto the one which the Prince wears. The tailor has made a coat which fits us all, and we want the architect to make us an easy, comfortable, respectable loosing house. If it takes nine tailors to make a man, where are the architects? If you are going to be an architect, my boy, remember what I tell you: Learn to build a house .--Burdette, in Brooklyn Eagle.

Avoiding Dead Furrows.

How to avoid the nuisance of "dead forrows" is a problem with all farmers who have regard for the appearance of their fields and is especially to be desired where irrigation is practiced, or where a field is to be sown in alfalfa or other crop to be mown. and it is desired to secure absolute uniformity in the surface of the ground. When a field is plowed in lands, turning the furrows outward, the result will be a dead furrow in the center. and one from each corner running diagonally to the main one. In this way, too, it will be found that the team will do all the turning on plowed ground, and so large a patch in every land will be trodden down and left in almost as bad a condition as if it had never been plowed. If a field be plowed in small lands, the result is a series of alternate dead furrows and ridges, extremely unsightly, as well as difficult for the operation of the mower and hay-rake, not to mention he almost utter impossibility of properly irrigating such a field if desired, as the major part of the water applied will of course settle in the hollows of the dead furrows and leave the ridges untouched. In order to plow a field without making a dead furrow, then, commence at the midele and turn all the furrows inward. If a right-hand plow is used. the team will do all their turning on unplowed land, and thus avoid trampling upon and packing the loose soil. After the field has been plowed the slight ridge formed by the first two furrows thrown against each other furrow, and when properly harrowed the field will be found as level as a floor, and superior in every way to Francisco Chronicle.

-An eccentric Frenchman at Newport, R. I., recently startled the residents of that place by hanging a mirror on the outside of his house at right angles to a chamber window, which enabled the inmates to see all that was PONDOLAND.

Description of a District Lying Due South

Pondoland is a fertile district northeast of the Transkei, and lying due south of Natal. It is now under the protectorate of Cape Colony. The reasons for this new protectorate are obvious. In the first place, by establishing it, we have completed the half circle of British colony which now extends in unbroken succession between Cape Town and Natal, thus making us virtual protectors of the whole seaboard and ports between those two points. In the second place, we have kept out other nations-the Germans and the Dutch, for instance-who have for some time cast a longing eye upon the fertile plains of Pondoland.

The present Chief Paramount-that is the style and title of the King of the Pondos-is Umquikela, a small but well-made man of about fifty years-of age. He looks somewhat older, but this is probably on account of the shocks that he period cally gives to his constitution by drinking to excess. This monarch has lately issued a proclamation, which came into force in October of last year, by which he has decreed that all transport between the port of St. John's River and the interior should pay a prohib tory tax of £50 a wagon. This was doubtless in retaliation for the previous annexation of the port of St. John's River, in 1883, contrary to Umquikela's wishes, and in defiance of a treaty made in 1844 with his predecessor, Fakar. The effect of this proclamation has been to stop the importation of goods at St. John's River settlement, which extends for about twenty miles on the northeast bank of St. John's River. The Pondos are a rich nation so far as cattle is concerned, and their country allows them to grow meales and corn and tobacco in profusion without much trouble and labor. Pondoland is very mountainous, and at the same time extremely well watered. The sea shore is covered with brush and forest. The principal trade of the country enters Pondoland across the River Umtumvuna from Natal, or y way of Umtata from King William's Town through Tembuland, which lies immed ately southeast. The exports of Pondoland are principally hides, horn and cattle. The traders of the country have been h therto outlaws and other adventurous persons who have chosen to reside beyond British jurisdiction. In many cases they have exercised a wise

The Pondo men lead very lazy lives, They scarcely ever do any work. They leave to the women the cultivation of the mealie gardens and the hewing of wood and drawing of water. To the boys they leave the herding of the cattle. It is difficult to say what they do but lie, and thieve, and cheat, and in sufficiently formidable numbers (rendering resistance impossible) attack a store, carry off the goods of the unhappy storekeeper, and murder him if he protests too vehemently at the loss of his blankets and rum. They are an amiable race altogether. Pondoland contains plants of valuable medcinal properities, and the number of poisons in the country is very large. The Pondo does not scruple to make use of the latter whenever occasion requires an objectionable person to be quietly "removed." grass, or veidt, of the country is, as a rule, too reh for sheep, but is adm ra-bly suited to cattle and horses, which are very numerous. There are very few Boers, if any, in the country, most of the traders being British or Griqua half-castes, Umquikela, who is half his time fuddled with druk, bas lost his in fluence with the rest of the chiefs in the country. Tribal wars are frequent, and the power of the Paramount Chief is but very partially recognized, even in h's own neighborhood. Justice is consequently perfectly out of the question, there being no one to administer it, and no one to execute it .- Lor. London Globe.

Skulls of Criminals. The Anthropological Congress at Rome will have a curious feature in a collection of 700 skulls of criminals, numbered and classified. To these will be added the photographs of 3,000, and the brains of more than 150 conviets, thousands of autographs, poems, sketches, and special instruments, the work of criminals, an album containing a record of 700 observations, physical and moral, on 500 criminals and on 300 ordinary men. There will also be graphic maps of crime in Europe with reference to meteorology, food, institutions, suicide, etc.; table of the stature of criminals in relation to the length of the arms, and of crime in towns compared to that in the country. M. Bertillon will exhibit the graphic curves of 23,000 recidivistes examined in twelve parts of the body and the practical results obtained. Photographs of Russian political and other criminals, especially of those from Moseow, and wax masks of a large number of celebrated criminals, will also be exhibited. All the nobilities in the science of criminal anthropology will take part in the Congress .-N. Y. Post.

Population of the Hawaiian Islands.

The population of the Sandwich Islands in 1884 was 80,578. The last census was taken in December, 1878, when the population was 57,985. The increase in the six years has been 22,593, or nearly thirty-nine per cent. As the decrease in the native population was 4.074, the increase noted is due in a great measure to immigration, principally of Chinese and Portuguese laborers, who now aggregate nearly may be removed by a couple of back 21,000 on the islands. In 1878 the strictly native population was 44,088, and in 1884, 40,014, showing, as above stated, a decrease in six years of 4.074. those plowed in other styles .- San The half-castes number 4,218; Chinese, 17.937: Portuguese, 9,377; Americans, 2,066; British. 1,282; Germans, 1,600. and other foreigners, 2,042. There are also 2,040 Hawaiians born of foreign parents. Of the entire population, 51,539 are males and only 29,039 females, this disparity being largely due to the fact that of the 17,937 Chinese in passing in the street without being seen the islands only 871 are females. Chicago Herald.

SANITARY COOKING.

The Notritive Value of Foods as Affect, by Cookery. Next in importance to pure air is go

food. This really includes good water

since the watery constituents of foo

constitute a great part of them, a

since water itself, as taken in addit on

is a kind of conveyancer and distribut

of the needed supplies throughout the

entire system. Chemistry and exper-

ence have now made us pretty well as

quainted with the various constituents

which go to make up the human body, and their various modes of introdus on, appropriation and settlement. also enables us to know in what forms and quantities of food these are to be found, or when not found how they are manufactured there. from in the human system. Albumen, for instance, as found in an egg, may almost be said to be so identical with that found in the human body that it is the business of the digest as and circulating apparatus to distribute and place it, rather than to transform it. On the other hand, starch, which torms so large and valuable a constituent in foods, is not found in the human body. Yet the process by which, in the system, and in the process of digestion, it is changed to der, trine, sugar, and animal heat, and a made vital, is well understood. Greg care has been exercised in the minm study of foods, in order to determina what is actually in them, so as to know how, and how far, they can be appro-priated in the system. The two great divisions into flesh or fiber-forming and heat-broducing food is still practicable, although the dividing line is not now so broad as in the chemistry of Liebig. It is to be remembered, however, that a bare chemical analysis may greatly mislead us as to the value of any given food. One has remarked that man is not so distinctly a carniverous or herbivorous, as he is a cooking, animal, Facility of assimilation has much to do with the value of any food-containing article. Changes may thus be made which may double the nutritive value without affect ng more than a small percentage of alteration in its chemical composition as revealed by laboratory analysis." Common boiling is a good illustration of this. There are some foods made less nutritions by boiling; others made more so; while many others are greatly affected by the manner of cooking. The var ous modes of cooking an egg is a simple illustration of this. If an egg is cooked in water which is raised and kept at a temperature of about 160° its al-bumen, which is also the chief constituent of the yelk, comes to be a tender, flaky substance, which is very easily digested. If, instead of this, the egg in plunged in water already at the boiling point, and kept there for four minutes or more, it becomes tough and hard. Even if kept in but three minutes, so as to be soft, the albumen is in a different condition of toughness from that of the first egg. So hard and tough is this albumen, when prepared by heating it a little over 212 degrees, that a valuable cement for china is made by smearing the edges of a broken piece with the glairy albumen and then plunging the t ed article into boiling water. An egg kapt in water at from 160 degrees to 470 degrees for ten minutes will still be a soft-boiled egg, but is more easily digestible than an egg of apparently the same softness, which has been kept in boiling water for three and a half minutes. In this latter cooking, in order to cook the elk at all, the white must be subjected to too high a temperature. This may make no difference to some stomachs, and yet, through all the years of threescore and ten, does make a difference to very many. The point would be of less importance were it not that this very albumen is found as a juice in all our meats, and in a varied form, in many vegetables. and forms a very valuable part of their food values. In meat it is everywhere, among the fibers of the muscles, and in the blood contained in the meat. Now if you put a piece of meat into cool water, or that only slightly warm, the albumen, together with other flavoring constituents of much nutritive value, come to be diffused through the water. If the design is to make soup, we thus extract from the meat some of its most valuable nutrition. But if the meat is being boiled for use, unless at the start it is immersed into water above one hundred and sixty degrees, so as to immediately coagulate the albumen on the surface and hold in the inner juices, the meat will lose greatly, both in value and in flavor. In order to make a quick sealing of the pores by making a firmly coagulated coating, the temperature into which the joint is plunged should be nearly or quite at the boiling point (212 degrees.) and be kept so for five minutes, but after that should not be higher than 180 degrees. This cooking will take about half as long again as cooking at boiling point, but furnish you a boiled meat of very different value and digestib lity. The effect of adding salt, five or ten minutes after the joint has been put in, is that it helps to coagulate the outer albumen, that it slightly raises the boiling point of water, and that, by increasing the density of the water, it makes the oozing out of the juices less active. These rules apply to all preparations of meat by boiling where no soup is to be made, and, in a modified degree, to roast and fried or grilled meats. - N. Y. Independent. Steering Clear of Sin.

Milkman-Johnny, did you put water in the milk this morning?

New Assistant-Yes, sir. "Don't you know that is wicked,

Johnny?" "But you told me to mix water with

the milk. "Yes, but I told you to put the water in first and pour the milk into it. Then, you see, we can tell people we

never put water in our milk .- Chicago

-During the sessions of the Chartauqua Assembly nearly 90,000 people visited the grounds. The gate receipts were \$30,000, and the receipts from all other sources \$60,000. The totals are larger than any of the preceding assemblies. Twelve thousand dollars was expended for the programme this year.

-Buffalo Express.