MEATS IN SUMMER.

Maria Parloa Tells How They Should be

Cooked and Seasoned. Meats are much more digestible when broiled or roasted than when cooked in almost any other manner. This is, however, a much neglected or abused branch of cooking. The housekeeper who can prepare a dessert as skillfully as a professional cook, and whose cake is perfect, frequently will place on the table a "roast" that is water-soaked and grease-soaked, its flavor spoiled, and its digestibility remotely removed. The meat bill is the most expensive item in the family account-book, and yet no food that is brought into the house is so often completely spoiled and wasted.

For broiling, there must be a bed of clear coals-those of hard coal, charcoal or wood; or if one has a modern gas stove, with which the broiling is done under a sheet of gas, the result acres, in the center of which is a large will be the same.

Many persons object to seasoning meat before it is cooked. Try the following rules and you will be satisfied that when the seasoning is added properly it makes a great improve-

it be cut thick. An inch is as thin as it to the old city. should ever be cut. Mutton and lamb chops ought to be an inch, or threeone-third of an inch thick.

Before any of these meats are cooked they should be seasoned generously with salt and pepper. They also should be dredged lightly with flour. Place in a broiler and cook over hot coals. minutes, that the surface of the meat slow, or the meat will be hardened. Jays at a time. - Chicago Mail All broiled meats should be seasoned on the dish with salt, pepper and butter, and be served at once. Never put the dish into the oven or over hot water to have the butter melt. It ruins the meat, and butter too. Sometimes a little lemon juice or a small quantity

butter In summer, when so many people cook on an oil stove, none of the modes of broiling just described will be availfrying pan to a high temperature, and practiced by the Egyptians many cooking until brown on one side, turn it, and brown the other side. Nothing but the salt should be put in the pan with the meat. It will take about three minutes longer to cook the meat in this way than over clear coals.

When roasting meats, be careful to wipe the meat clean and to dredge it with salt and flour. Place the meat on a rack that will raise it about an inch from the bottom of the pan. Sprinkle the bottom of the pan with salt and flour. Place in a hot oven, and when the flour becomes browned, which will be in about five minutes, pour in hot water enough to cover the bottom of the pan. Close the door, and in a quarter of an hour open it and baste the meat by dipping up the gravy in the pan and pouring it over the meat, following this operation by dredging lightly with salt, pepper, and flour. Now put more water in the pan. Return the meat to the oven, and in fifteen minutes repeat the basting. Indeed, the basting should be repeated every quarter of an hour until the meat is done. Red meats should be cooked rare, white meats well done,

If this mode of roasting be followed faithfully, the meat will be found juicy, well flavored, and digestible. A meatrack can be bought for a small sum at any kitchen-furnishing store. Every kitchen should be supplied with one .-Maria Parloa, in Christian Union.

-A number of experiments made at the Missouri Agricultural College farm showed that on a moist dirt road it required a force equal to 487 pounds to move a load of 2,665 pounds, or 57 per cent. more than was needed to move the same load over a gravel road having a grade of one foot in twenty-eight; and that on a level gravel or macadamized road the force needed was only one-fourth as much as that needed on the dirt road. On a plank floor the force needed was but one-seventh as much as that required on the dirt road. This made no allowance for the energy wasted by the horse in pulling its feet from the mud or lifting them over the little elevations which are always to be found in muddy roads.

-Ham and Macaroni.-A very savory dish for country suppers is made of boiled macaroni, the long sticks being broken in equal lengths, and carefully but thoroughly well boiled; pour the water off and place them on a dish, taking care not to break the sticks in too small pieces. Then take some cold slices of ham, mince them fine and pour over the macaroni, and to top off, use parsley finely chopped, or bread crumbs fried brown in butter,

-Surgeon (to patient, who has been playing Missouri poker)—"I can find only one ear, sir." Patient—"Yaas, the other one wasn't worth savin'. Don't sew it on the wrong side, Doc." -Texas Siftings.

### AN ELEPHANT RIDE.

Ex-Mayor Barrison, of Chicago, Has a Delightful Experience.

On our second day, being provided with a permit from his Highness, we ing in the hot sun. Our road lay through a wilderness of klosk memorials of the past dead. Little domes supported by the most delicate pillars and prettily carved. Then we came to a lake of perhaps five hundred and fine old palace, its lower arches now in the water and its lalconies and domes reflected in the placid sheet, This water is dark and unhealthy, covered with all sorts of wild fowl and filled with crocodiles. We counted twenty odd of them. Beyond this we A steak will not be real juicy unless reached the foot of the gorge leading

Here we found one of the Rajah's huge elephants, of which he has quarters of an inch, thick. Veal and eighty, which was to carry us over the pork chops are better thin-say about steep pass. His face was painted in Oriental characters. We made our obeisance. He soon came down on his haunches, shot his legs straight out behind, and on a short step-ladder we mounted the mass of meat. Then, with a motion which made Johnny turning constantly. The broiler should | think feelingly of the swell of the Pabe held near the coals for the first four cific, our mastodon trudged slowly up. When he reached a particularly steep may be seared and the juices impris- place he groaned and grunted and oned. Now lift the broiler a little finally gave a whistle, which told me higher, that the meat may not cook too that he thought a Chicago two hun rapidly. The time of cooking depends | dred-and-odd-pounder was more than upon the thickness of the meat and the law allowed. Along our up-hill whether the meat be desired rare or road gray monkeys, with black faces well done. A steak or mutton chop an and long tails, ran about the trees. inch thick will be cooked rare in ten Some of them with their old-folk faces minutes, medium well done in twelve made me feel like saying: "Be goodand well done in fifteen. But a quar- natured, old fellow; I confess to our ter of an hour's cooking would spoil kinship." After passing the little the dish for most people. Lamb should lake I before mentioned we were carbe well done, with hardly a tinge of ried up a very steep road into the pink. Veal and pork can not be too court of the old palace, which is ocwell done, yet the cooking must be casionally used by the Rajah for a few

-trape juice is now pressed into bottles, and then olive oil is poured in at the top of each bottle. This effectually excludes the air, and none can work down into the wine to ferment it. At the same time any air that was in of chopped parsley is added with the the juice finds its way up through the oil. The oil is sopped up with cotton when the bottle is uncorked. The cotton absorbs 't little by little. All that is needed is a little patience. This art able if an oil stove be used. Heat a of keeping unfermented wine was then sprinkle the bottom with salt. Lay years before Carist. But it was lost. the steak or chop in the pan, and, after It has now been rediscovered, and is ginto general use



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pimples to scrofula.

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232 Kearny St., near Bush.

Of all thieves fools are the worst; they rob you of time and patience.

TWO WAYS. CHOOSE WHICH! There are two usual ways of doing what Na-ture sometimes does incompletely, namely, to relieve the bowels. One is to swallow a drastic with a permit from his Highness, we visited "Amber," the old city, now deserted. It lies in a rocky gorge, on a narrow valley. The mountains around are crowded by forts and castles as dizzy and picturesque as any on the Rhine. Lefty walls climb the spurs of the mountains and the old castle sits superbly on the crest of a high hill overlooking a beautiful little lake of clear water, on the shores of which were several crocodiles basking in the hot sun. Our road lay

There is not a moment without some duty.

MAY TO BELL. MAY TO BELL.

Dear Bell: I'll write you a short letter
To say I'm wenderfully better:
How much that means you ought to know,
Who saw me just one month ago—
Thin, nervous, fretful, white as chalk,
Almost too weak to breathe or talk;
Head throbbing, as if fit for breaking,
A weary, ever-present aching.
But now life seems a different thing;
I feel as glad as bird on wing!
I say, and fear no contradiction. I say, and fear no contradiction.
That Pierce's Favorite Prescription
Is grand! Why, I'd have died without it!
Ma thinks there's no mistake about it.
It's driven all my ills away;
Just come and see! Yours ever, May

Wit is folly, unless a wise man has the keep

Consumption, Wasting Diseases, Consumption, Wasting Diseases,
And General Debility. Dectors disagree as to
the relative value of Cod Liver Oil and Hypophosphites, the one supplying strength and
flesh, the other giving nerve power, and actieg
as a tonic to the digestive and entire system.
But in Scott's Emulsion of Cod Liver Oil
with Hypophosphites the two are combined,
and the effect is wonderful. Thousands who
have derived no permanent benefit from other
preparations have been cured by this. Scott's
Emulsion is perfectly palatable and easily digested by those who cannot tolerate plain Cod
Liver Oil.

The heart has reasons that reason does not

FROM THE DISTRICT ATTORNEY OF WESCHESTER CO. NEW YORK. WHITE PLAINS, N. Y. April 10, 1886. I have received many letters in reference to my testimonial, lately published, com-

mending Allcock's Porous Plasters. I cannot spare the time to answer them in writing, therefore would again say, through the press, that I have found ALL COCK'S POROUS PLASTERS invaluable as chest protectors and shields against cooghs and colds. Furthermore, I have found Allcock's Plasters unequaled for pains in side, back and chest.

Nelson H. Baker.

The reward of one duty is the power to fulfil

WHAT A DUNCE!

I suffered with fever, hot head and foul breath. With stomach di ordered—was sick unto death. I bore it a week—surely I was a dunce—Then I took a few "Pedets"—they cured me at

What a dunce, indeed, to neglect such a remedy and suffer a week, when quick relief could have been found in Dr. Pierce's Pleasant Purgative Pellets.

If you have catarrh, use the surest remedy-Money cannot make brains, but brains can

Sudden Changes of the Weather often cause Pulmonary, Bronchial, and Asthmatic troubles, "Brown's Bronchial Troches" will allay irritation which induces coughing.

giving immediate relief. Sold only in boxes Beauty without grace is a hook without bait.

J. H. FISH, Assayer and Analytical Chemist, Laboratory, 106 First st., Pertland. Or. Analyses made of all substances. Rates for assaying gold and silver ores \$1.50. Paca-ages sent by mail or express promptly attended to, and returns made.

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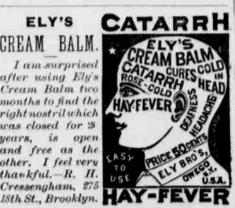
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BECAUSE your blood is filled with Poison, which must be Completely Eradicated before you can regain health. You must go to the root of the matter. Put the Kidneys the great and only blood purifying organs-in complete order, which is complete health, and with

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WHY not to-day resort to that medicine which has veritably Cured Millions, and which will cure you if you will give it a chance ?

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It cures RHEUMATISM, NEURALGIA, Boils, Pimples, Scrofula, Gout, Catarri, Tumors, Sait Rheum, and Mercurial pains. It Purifies the Blood, Restores the Liver at d Kidneys to healthy action, and makes the Complexion Bright and Clear.

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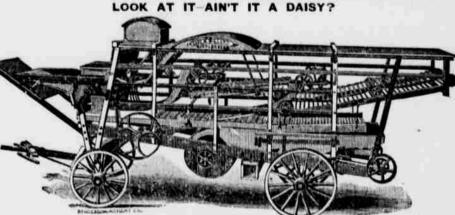
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perimented with all the time, and at your expense. Do not fool with them any longer, while your grain is going to waste.

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I hereby challenge any old fogy agent to name ANY case where the ADVANCE machine has failed to do as represented since its introduction on this Coast. Show up or shut up.

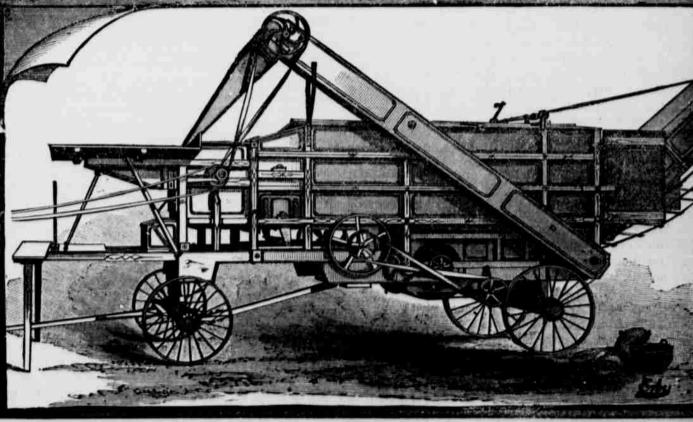
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Remember that old fogy agents saying the contrary does not make it so. It will pay you to investigate. I can prove all I say.

I also sell the well kno n DINGEE WOODBURY POWER. A number of manufacturers make them on a royalty but I do not know of any imitations, but am always inclined to look out for those that talk of imitations. I also deal in Laundry and Marine Machinery. Farm. Church and School Bells. General Machinery. Switt Oilers, Orme Safety Valves, Miller Pumps, Hancock Inspirators, Park & Kennedy Injectors. Acme and Alligator Wrenebes, Blacksmith Drills. Self-Heating Bath Tubs, the Westinghouse Engines. See the prices: 10-horse on wheels, \$900; Traction, \$1075; 15 horse Traction, \$100. Special discount for cash. General Agent for Colourn's Bynamos and Lamps for Electric Lighting—5 to 200 lights.

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FANGLED.

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