

FOR LUNCHEON TABLE

THREE LIGHT DISHES THAT WILL PROVE ACCEPTABLE.

Ingredients for Delectable Recipes Generally on Hand—Mint Meat Loaf a Favorite With Those Who Like the Taste.

Mint Meat Loaf.—Mince together (fine) two pounds cold cooked lamb, two hard-boiled eggs, one pound cold cooked beef tongue, half pound cold boiled ham and a small bunch of parsley and chives. Grate into these one clove of garlic, add one teaspoon onion juice, a good pinch of mace and red pepper, two heaping tablespoons of soft butter, one teaspoon brown sugar, one tablespoon of cider vinegar and half cup of very finely cut mint. Mix all together well with one cup of stock. Put over fire and cook a few minutes, stirring all the time. Pour into square mold and set away to become firm and cold. Slice thin with sharp knife. Garnish with water-cress and pimientos. It can also be sliced and allowed a few hours to harden, then dipped in aspic jelly. This is excellent.

Baked Tomatoes With Mushrooms.—Pour hot water over eight medium-sized tomatoes. Pour this off and cover with cold water, then skins can be removed nicely. Cut fine six green onions, a small piece of garlic and put with three tablespoons of butter in a saucepan over fire. Add to this one heaping tablespoon of flour and stir all together until a nice brown; then add one quart of cold stock slowly, stirring smooth. Add a good shake of tabasco, half teaspoon of paprika, a pinch of sage and salt to taste. Drain a can of mushrooms, cut them in slices and with their liquor add to the sauce. Put tomatoes in earthenware bakeshells, pour sauce over, cover and bake until tomatoes are done. Sprinkle with fine cut parsley after taking from the oven.

Egg Fritters.—Roll until hard four fresh eggs. Take off shells and cut into half-inch slices. Take out yolks, being careful not to break white rings. Beat the yolks to a paste with one tablespoon of butter, one small sour pickle and piece pimiento minced fine. Mix together with one teaspoon of anchovy paste a few drops of tabasco and a small pinch of mustard. Press this back into white rings. Dip each ring into fritter batter and fry brown in hot fat as you would doughnuts. Very nice served with cold meat of any kind for a luncheon.

To Iron Fine Damask Linen.

There is a superstition that fine damask shows up better if ironed without drying, a superstition that deserves to be exploded. Hang your linen very smooth and take it down, folding it as smooth as possible, when it is fairly damp. Let it lie folded and covered thickly an hour or so, then iron dry. This you can do with infinitely less wear to the fabric than if you ironed it sopping wet. As to the saving of muscle no words are needed. If things are allowed to get bone dry, then sprinkled down, they never come quite so smooth as if folded damp. But bone drying in midsummer sun is worth while now and again, in that it sweetens and whitens as no artificial agency possibly can.

Split-Pea Soup.

Pick over one cupful of dried split peas and soak in cold water over night. Drain, add two and one-half quarts of cold water, half an onion and a two-inch cube of fat salt pork. Bring gradually to the boiling point and let simmer three or four hours, until soft; then rub through a sieve. Melt three tablespoonfuls of butter, add two tablespoonfuls of flour and stir until well blended; then pour on gradually two cupfuls of scalded milk. Bring to the boiling point and add pea puree. Season with one and one-half teaspoonfuls of salt and one-eighth teaspoonful of pepper. Serve hot, with croutons. If too thick, dilute with hot milk.

Chocolate Cake.

Cream together two tablespoonfuls butter and one cupful of sugar, then add one egg. Sift together thoroughly one and one-fourth cupfuls of flour, half a teaspoonful of soda and one teaspoonful of cream of tartar. If baking powder is used instead of the soda take one level teaspoonful. Add alternately with a half cupful of milk to the other mixture, adding a half teaspoonful of vanilla and one square melted chocolate just before putting into the pan.

Ironing Sheets a Waste of Effort.

Hang linen table cloths always across the warp—that is, the lengthwise of them. Warp threads are doubly as strong as woof, and thus better able to stand strain. Take down sheets and so on when barely damp, fold them, smooth them upon a clean flat surface, then pile them one on another under moderate weight in an airy place. Don't iron them—it is a waste of effort. Do not iron stockings or underwear, especially woolen underwear.

Rhubarb for Rust.

Stew rhubarb in the usual way, making it thinner, however, than usual and adding no sugar to it. Soak your rusted white clothes in it for three-quarters of an hour, then take out, rinse in cold water and pour boiling water over them, to take out the purple stain of the rhubarb. This will take out rust stains when everything else fails.—McCall's Magazine.

CRULLER PARTY GREAT FUN

Here is Suggestion for Inexpensive and Most Pleasant Evening's Entertainment.

If you are looking for an easy way to plan an evening of pure fun, then have a cruller party. Word the invitations thus: "Who likes crullers? If you do, then come help make them at the home of —, on the evening of —, and be prepared for the kitchen." This is written on the back of a cruller, made out of water-color paper and tinted brown.

The guests gathered quietly on the porch and when the door was opened, it revealed a group of kitchen maids and chefs, much to the delight of the hostess. The guests were ushered immediately into the kitchen and the fun began with the mixing of ingredients, particular work, and one suggested that he see that every one else did their share, as a large sign hung over the table, "No work, no eat."

When the frying was nearly completed each was given some dough and told to design the most artistic cruller possible and fix it absolutely without help. Such fun as this created, especially to those who knew how, but were not permitted to tell, that a particularly fine design was destined to come out an unsightly mass or a too frail affair would be removed in pieces. A late arrival was handed a plate of fearfully and wonderfully made objects and told to decide which was the best form and general appearance. The hostess had collected a number of suggestive advertisements, such as a flour grill, a dish of crullers, a pall of lard, a cookstove. These were mounted on gray cardboard and passepartouted in plaid, making unique and attractive souvenirs. While the coffee was being made ready those who had chosen dishwashing were kept busy at the table. The dishes were large reproductions of the invitations and the favors were tiny coffee pots such as come in doll sets. As the crullers and coffee were enjoyed each one told a joking story in some way connected with cooking.



Hot milk added to potatoes when mashing them will keep them from being soggy.

A pinch of salt thrown into the coffee pot will improve the flavor of the coffee.

A piece of flannel dampened in camphor will polish mirrors.

Castor oil becomes tasteless if beaten and thoroughly mixed with the white of an egg.

The best floor covering for a children's playroom is cocoanut matting, which can easily be taken up and shaken twice a week.

When a blanket becomes too thin for the bed do not destroy it. It makes a nice silence cloth or pad for the dining-room table.

When packing tie in bottle corks well and put the bottle in the middle of the trunk. If carried solidly in this way they will carry around the world.

After the bread is mixed and molded grease the mixing pan in which it is to stand while rising, and the ease with which it can be taken from the pan when making into loaves will be a pleasant feature of the work. Please don't fail to try this at the next bread mixing.

Helpful Hints.

Cocoanut matting may be cleaned with a large coarse cloth dipped in salt and water and then rubbed dry.

Knives which have been used for onions and smell of them can be cleaned by drawing them through a piece of carrot two or three times.

To remove hot water marks from japanned trays use sweet oil. Rub it in well till all marks disappear, then polish the tray with dry flour and a soft cloth.

When gilt frames or molding of rooms have specks of dirt from flies and other causes upon them they may be cleaned with white of egg applied with a camel's hair brush.

To clean dust stained alabaster ornaments, make a paste of whitening, soap and milk. The paste must be left to dry on and then washed away, the surface being then dried with a cloth and then with a flannel, when the ornaments will be found clean and unharmed.

Russian Vegetable Salad.

Cook some carrots and turnips in boiling salt water, adding a little butter when nearly done. Have one or two beets boiled until tender, then peeled. With a vegetable scoop cut the vegetables into round, olive-shaped and sized balls—about a cupful of each. Have also the same amount of asparagus points and string beans. Cut into small pieces two dozen stoned olives and a tablespoonful each of capers and minced pickle. Add to the vegetables, together with a teaspoonful each of chives, tarragon and chervil. Toss lightly together, heap in a salad bowl and cover with mayonnaise. Garnish with olives, pickles and hard-boiled eggs.

Molasses Cookies.

One cup molasses, one cup sugar, one cup melted shortening, preferably beef dripping or cod fat, one cup sweet milk, one teaspoon ginger, one large teaspoon soda, 2 teaspoons salt, flour to roll.

RESOURCES OF ALASKA



WASHING OUT GOLD IN ALASKA

THE address made by Secretary of the Interior Fisher at Chicago before the American Mining congress has been published in pamphlet form. It is a valuable contribution to current literature, and deals with the Alaskan problems in a candid, careful and statesmanlike manner, and deals with them from the standpoint of one who made a close and prolonged investigation of Alaska during his lengthened visit there.

Secretary Fisher also availed himself of the data furnished by Alfred H. Brooks, geologist in charge of the United States geological survey, who for fourteen years has been studying Alaskan conditions on the ground. Before examining the Bering river field Secretary Fisher was preceded there by Dr. J. A. Holmes, director of the bureau of mines; by L. T. Wolfe, an engineer of large experience in coal mining and railway construction; by F. W. C. Whyte, who for years has managed the coal mining and railway construction department of the Anaconda Copper Mining company; by T. H. O'Brien, who has conducted the coal operations of the Copper Queen; by George Watkins Evans, a coal mining engineer of experience in the northwest states, and by Sumner S. Smith, who is a mining engineer and inspector of mines for Alaska.

Secretary Fisher, in his speech, said: "At the very outset I wish to express the high opinion I have formed at the remarkably large and fine body of people who have become permanent residents of Alaska. . . . There is a substantial percentage of vigorous, law-abiding, law-respecting men and women of the highest type of American citizenship. The total population is about 65,000 persons. They are entitled to a territorial government."

Wonderful Scenic Beauty.

Secretary Fisher further says: "I found Alaska a country of wonderful scenic beauty, which in itself will in future years be one of its greatest financial assets. From all the information I could gather I believe it to be a country of great mineral and agricultural possibilities; indeed, I should go further and say a country of great mineral and agricultural possibilities, needing development, ready for development, and inviting development, but held back chiefly by inadequate transportation facilities and inadequate laws."

Secretary Fisher further says: "What Alaska needs more than all else is a trunk-line railroad from the ocean to the great interior valleys of the Yukon and the Panama opening up the country so that its future development may really be possible."

"The vast interior valleys are covered with luxuriant grasses and can be made to raise cattle and sheep, and even grain, if proper seed and proper methods are experimentally developed by scientific agriculture. But agricultural development cannot go forward where the local markets were small."

Secretary Fisher finds the coal deposits of Alaska to consist of the anthracite and high-grade bituminous coal, which is found so far only in the Bering river and Matanuska fields. No anthracite coal has as yet been found anywhere else on the Pacific coast, and but little high-grade bituminous coal, or high-grade coking coal. Except for coking coal, anthracite coal and high-grade bituminous coal Alaska cannot command the fuel market. There are great quantities of lignite and low-grade bituminous coal throughout the Pacific northwest and British Columbia. Much of the bituminous coal mined on Puget sound is of fair quality and fit for steaming purposes, and when the freight and handling charges on Alaskan coal are taken into consideration it is clear that the low grade coal will not be used on ocean steamers except those plying to Alaskan ports.

"For steaming purposes and for heating purposes in manufacturing establishments, California fuel oil is supplanting coal in many fields. It possesses advantages in economy and convenience of handling, and coal of any kind cannot compete with it. But oil cannot be used for smelting ores, or for making steel, and for these purposes Alaska coking coal will hold the market."

Trunk Line Favored.

"When the anthracite coal fields of Alaska are opened, and railroads constructed, so that anthracite coal can

be landed at Los Angeles or San Francisco for \$5 or \$6 per ton, it will drive all other coal from the market for domestic use. One ton of anthracite coal contains as much heating force as two tons of bituminous coal. In the New England and Middle states no other than anthracite coal is used for domestic purposes, and none other would be used here if it were available at reasonable prices."

Secretary Fisher favors the construction by the government of one main trunk line of railroad from tide water to the Yukon, 500 miles. The railroads now in operation in Alaska consist of the Copper River and Northwestern road, which leads from Cordova on Prince William Sound, 200 miles up the Copper River to the Bonanza copper field, the Alaska Northern railroad, which started from Seward on Bering Strait for the Matanuska coal fields and the Yukon, but stopped discouraged seventy-one miles north of Seward, and the pioneer Alaskan road, the White Pass and Yukon narrow gauge, which is mostly in British territory.

"All railroad construction was stopped when Alaskan coal lands were withdrawn from entry. The director of the Alaska Northern offer to sell or practically to give their road to the government if it will assume the outstanding bonds amounting to \$4,600,000."

"It is generally and erroneously considered that Alaska is uninhabitable on account of the cold. Southern Alaska and its cities, Juneau, Sitka and Wrangell, are in the same latitude with the north of Ireland and England, and the south of Scotland. The thriving city of Cordova is on the same latitude as Norway, Sweden, Petersburg, and the winter range of the thermometer is higher than in Washington, D. C."

Secretary Fisher favors a system of leasing the coal lands of Alaska or the Canada-Yukon territory system on an annual rental of \$1 per acre for twenty-one years, 5 cents per ton royalty on the coal extracted and not more than 2,500 acres to be leased to one applicant. The Cordova Chamber of Commerce, which at the time of Secretary Fisher's visit, disapproved of a leasing system for Alaska coal lands, has since reconsidered its action. It expresses its confidence in Secretary Fisher and avows its approval of any policy that will secure prompt action in some direction that will promote development.

COUNTRY OF VAST WEALTH

Enormous Resources of Mexico Only Await Development, Says an Observer.

Gustav Langenberg, the well-known German portrait painter, arrived in New York a few days ago, in the course of a trip around the world. He spent several months in India and about a year in Mexico.

"I truly think," said Herr Langenberg, to a reporter, "that Mexico is 'das Land der Zukunft.' No one who has not been through it has any idea about the enormous natural resources of that country. Intending to pay only a flying visit, I remained almost a year."

"All that Mexico needs—and she needs it badly—is an efficient railway system and about twenty times the mileage it has now. If all those rich deposits of gold, copper, silver, etc., can be brought within reach of a railroad Mexico will be one of the wealthiest countries in the world."

"A great mistake they made, though is that they let President Diaz go. The Madero family are merely political clans, working for their own interest. I would like to see the United States take possession of Mexico."

Herr Langenberg has been all through Africa and is one of the first artists who painted the natives from life. An interesting work of his is "A Kaffir School." His greatest trouble there was to preserve his colors, for the natives were wont to steal the paint to decorate their faces. One day, shortly after his arrival, several boys had been standing around his easel watching him with great interest. Suddenly one of them asked him whether he would like to shoot a lion. Herr Langenberg was enthusiastic at the prospect. He left his picture, the easel and his paint-box. He did not find the lion, but when he returned his paintbox was empty.

CARE OF THE VEGETABLES

Special Precautions Needed in Handling the Canned Product—Olive Oil Always of Great Value.

Canned vegetables should be opened an hour before using and contents dumped into another vessel. String beans, pimientos, okra, asparagus and several other vegetables are better off for being rinsed in fresh cold water before the cooking. When used for salads the things can be eaten without further cooking, but they must be washed off, drained very dry and thoroughly chilled before using.

New cabbage, cauliflower and Brussels sprouts are among the most nourishing and appetizing vegetables, and if a bit of charcoal is put in the water the strong odor with the cooking will be much modified. The woman who wants to be pretty should care for carrots, spinach, lettuce and celery. Carrots contain iron, spinach acts on the liver and celery and lettuce are among the nerve foods. All fresh vegetables should be cooked au naturel, that is, in plain boiling water, and seasoned afterward. A can of good olive oil is a mine of wealth to the cook who loves the taste of it. Oil is cheaper than butter and it stays fresh longer and can be used for every vegetable hot or cold.

WHEN WASHING FLANNELS

For Proper Cleanliness, and to Prevent Shrinkage, This Method is Recommended.

To wash flannel garments, prepare a good lather of soap in hot water; when just nicely warm, plunge in your flannels and work the garments up and down, backward and forward with the hands, paying special attention to any soiled edges or other places. Scrubbing must be avoided, and no soap must actually be rubbed on, as this will induce shrinkage. Soap lather will cleanse without this. Rinse in two warm waters softened with a little ammonia. Never wash or rinse in really hot or really cold water, as they both cause the flannel to shrink suddenly. Water of the same mild temperature should be used throughout. For the same reason flannels should not be hung outside to freeze during frosty weather, as this will tend to ruin them. Hang on a clothes-rack in a warm room, if possible, but do not place near great heat.

To Remove Iron Marks From Linen.

To remove iron rust from your fine linen without causing any injury to the fabric, moisten the spots with a little hot water, then stretch the linen over a hot plate and apply salt and lemon juice rather thickly, rubbing it into the fabric with the warm bowl of a bone saucer or a white metal spoon. The treatment may have to be repeated, but with a little patience it will effectually remove all traces of the disfiguring yellow marks and cause not the slightest injury to the linen. Salts of lemon as put up and sold by the druggist will produce the same results, but as the strength of the acid salts is sometimes considerable it must be very carefully applied or it may weaken the fabric.

To Launder Linen Collars.

The following method will make collars look as well and wear as well as if done by a steam laundry. Add one-fourth of a teaspoonful of borax to two tablespoonfuls of cold water and stir into a scant quart of warm water. Dip the collars in this mixture, saturating thoroughly, then wring dry and roll them in a clean white cloth for ten minutes. Stretch them on the ironing board, rub them very hard with a clean, damp cloth, so that no starch can adhere to them and iron them with fairly hot irons. If you want to polish them dampen the right side with a clean, white cloth and warm water and iron over it with the blunt end of the polishing iron.

Coffee for Caramel Frosting.

When making a caramel frosting coffee is sometimes used instead of water. It imparts a unique flavor. Brown two tablespoonfuls of granulated sugar, and when a reddish brown, but not burned, add three tablespoonfuls of boiling hot coffee. The coffee should be very hot, or the caramel will turn to candy. Never pour any cold or lukewarm liquid over browning sugar in a pan. When the boiling hot coffee has dissolved the caramel, pour the mixture into powdered sugar and stir it constantly to a smooth paste such as would be easily spread over a cake without "running."

Curried Eggs.

Fry two sliced onions in butter to a golden brown, add one pint of good stock and one tablespoonful of curry powder and stew the onions tender. Then add one cupful of cream, thicken with arrowroot or rice flour and let simmer a few minutes. Cut eight or ten hot, hard-boiled eggs in halves, arrange in a deep dish and pour the sauce over them. A plain salad of head lettuce or shredded lettuce with slices of stuffed olives adds to the dish.

Hot Water Gingerbread.

One cup molasses, 2 tablespoonfuls lard and butter melted, one-half cup boiling water. In sifter put one and one-half cups flour, one teaspoon soda, scant teaspoon ginger, one-half teaspoon of cinnamon, one-half teaspoon salt. Add to liquid mixture, stir and beat until smooth and bake in large thin sheet in moderate oven.

PUSSY PLUMPKIN.



Little Pussy Plumpkin, Sitting in the sun; Little Pussy Plumpkin's Too tired to frisk and run.

Pussy's had her dinner—An AWFUL lot for her! And so she sits a-sunning—Don't you hear her gently purr?

BUTTERFLY IS TRANSPARENT

Prof. Beebe Describes Insect Through Whose Outstretched Wings Objects Are Clearly Seen.

In "Our Search for a Wilderness," William Beebe of the New York Zoological park, describes his first sight of the transparent butterfly—*Hoera ptera* of British Guiana, an insect through whose outstretched wings any substance on which it rests can be clearly seen.

"As we crossed a swirling creek on the trunk of a mighty fallen tree, something fluttered ahead," he writes. "We could not see what it was. Closer we came, and still the object remained indistinct; we seemed to see a butterfly, and yet that appeared impossible. At last we marked it down on a fern frond, and crept up until our eyes were within two feet of it. Nothing was visible but the graceful lace-work of the frond, until a slanting beam of sunlight struck it, and there, close before us, was a butterfly that spread fully three inches, but was wholly transparent, save for three tiny spots of azure near the margin of each hind wing."

"As we looked, it drifted to a double-headed flower of scarlet, and when it alighted, the scarlet of the flower and the green of the leaf were as distinct as if seen through thin mica, and the faint gray haze of the insect's wings was marked only by the indistinct venation."

AMUSING FOUR-HANDED GAME

Can Be Played With Partners or All Can Play Alone—Board Contains 100 Squares.

To make possible a four-handed game of checkers, two playing partners, or all playing their own game,



Four-Handed Checkerboard.

The board shown in the illustration has been constructed in France. The game is played with either 20, 36, 55 or 80 men, and the squares are in four different colors which divide the board diagonally into four triangles. It is well to note that the ordinary French checkerboard contains one hundred squares instead of the 64 of the American board.

YOUNG BEAVER'S DAY'S WORK

Industrious Little Animal in Regent's Park Gardens, London, Fells Tree Two Feet Thick.

A young beaver in Regent's Park Gardens, London, was once placed at work upon a tree twelve feet long and two feet six inches thick, just as the town clock sounded the hour of noon. The beaver began by barking the tree a foot above the ground.

That done he attacked the wood. He worked hard, alternating his labor with dips in his bathing pond. He bathed and labored alternately until four o'clock in the afternoon, when he ate his supper of bread and carrots and paddled about in his pond until 5:30 o'clock.

Ten minutes later, when only one inch of the tree's diameter remained intact, he bore upon his work and the tree fell. Before it fell the beaver ran as men run when they have fired a blast. Then as the tree lay on the ground, he portioned it out mentally, and again began to gnaw.

He worked at intervals all night, cut the log into three parts, rolled two of the portions into the water and reserved the other third for his permanent shelter.

How She Caught It.

A little four-year-old went to Sunday school for the first time and heard the children singing: "Once I was blind but now I can see." That afternoon her sister heard her sing: "One side was blind, but now it can see."

Patient Fishermen.

"What, giving up already, my boy?" said a gentleman to a youthful angler. "You must bring a little more patience with you another time." "I brought enough patience with me, mister, but I didn't bring enough worms."