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.

coal or wood; or if one has a modern ound prettily cared. Then we came gas stove, with which the broiling is to a lake of perhaps five hundred One under a sheet of gas, the result acres, in the center of which is a large will be the same.

A steak will not be real juicy unless it be cut thick. An inch is as thin as it should ever be cut. Mutton and lamb reached the foot of the gorge leading to the old city.

Here we found one of the Rajah's chops ought to be an inch, or threequarters of an inch, thek. Veal and one-third of an inch thick.

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, be held ar the coals for the first four 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 meet 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 micton chop an and long tails, ran about theotrees. 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 pick. Veal and pork can not be too court of the old palace, which is ocwell done, yet the cooking must be slow, or the meat will be hardened. Jays at a time.—Chicago Mail 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 at the top of each bottle. This effecthave the butter melt. It ruins the Mily excludes the air, and none can meat, and butter too. Sometimes a little lemon juice or a small quantity of chopped parsley is added with the

In summer, when so many people cook on an oil stove, none of the modes of broiling just described will be available if an oil stove be used. Heat a frying pan to a high temperature, and then sprinkle the bottom with salt. Lay years before Christ. But it was lost. the steak or chop in the pan, and, after It has now been rediscovered, and is cooking until brown on one side, turn coming into general use. 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 Hagison, of Chicago, Has :

On our second day, being provided with a permit from his Highness, we This is, however, a much neglect or visited "Amber," the old city, now abused branch of cooking. The house- deserted. It lies in a rocky gorge, on keeper who can prepare a dessert as a narrow valley. The mountains skillfully as a professional cook, and around are crowded by forts and caswhom cake is perfect, frequently will thes as dizzy and picturesque as any place on the table a "roast" that is on the Rhine. Lofty walls climb the water-soaked and grease-soaked, its spurs of the mountains and the old flavor spoiled, and its digestibility remotely removed. The meat bill is the high hill overlooking a beautiful little most expensive item in the family lake of clear water, on the shores of account-book, and yet no food that is which were several crocodile baskbrought into the house is so often ing in the hot sun. Our road lay completely spoiled an wasted. For broiling, there must be a bed of ials of the past dead. Little domes clear coals—those of hard coal. Oar-supported by the most dell ate pillars and fin Oold palace, its lower arches Many persons object to seasoning now in the water and its balconies and meat before it is cooked. Try the foldomes reflected in the placid sheet, lowing rules and you will be satisfied This water dark and unhealthy, covthat the seasoning is added ered with all sorts of wild fowl and properly it makes a great improve- filled with crocodiles. We counted twenty odd of them. Beyond the we

Here we found one of the Rajah's huge elephants, of which he has 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 Before any of these meats are cooked 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 wich made Johnne turning constantly. The broiler should | think feelingly of the swell of the Pacific, our mastodon trud od slowly up. minutes, that the surface of the meat | 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 ried up a very steep road into the casionally used by the Rajah for a few

> -trape juice is now pressed into bottles, and then olive oil is poured in work down into the wine to ferment it. At the same time any air that was in the juice finds its weey 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 of keeping unfermented wine was practiced by the Egyptians many

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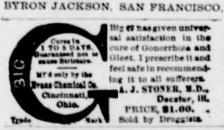
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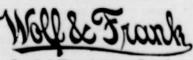
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There are two usual ways of doing what Na-rre sometimes does incompletely, namely, to clieve the bowels. One is to swallow a drastic relieve the bowels. One is to swallow a drastic purgative which evacuates profusely, abruptly and with pain, the other is to take Hostetter's stomach Bitters, the effect of which is not violent, but sufficiently thorough, and which has not gripe the intestines. If the first is selected, the person employing it not not expect permanent benefit, and he cannot hope to escape the debilitatives reaction which leaves the organs as bad or worse off than before. If, on the other hand, he resorts to the Bitters, he can rely upon the restoration of a regular habit of body, consequent upon a renewal of a healthfully axing the bowels, the Bitters arouses a dormant liver, imparts a beneficial impetus to dormant liver, imparts a beneficial impetus
the action of the kidney- and counteracts the
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gout, and malaria in all its forms.

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MAY TO BELL.

Dear Bell: I'll write you a short letter
To say I'm wonderfully 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,
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But now life seems a different thing;
I feel as glad as land on wing!
I say, and fear no contradiction,
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Is grand! Why, I'd have died without it!
Ma thinks there's no mistake althit it,
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Just come and see! Yours ever, May

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after using Ely's Cream Balm two months to find the right nostril which was closed for M years, is open and free as the other. I feel very thankful,-R. H. Cressengham, 2

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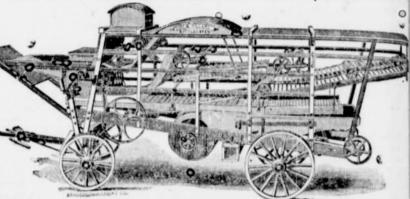
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your grain is going to waste.

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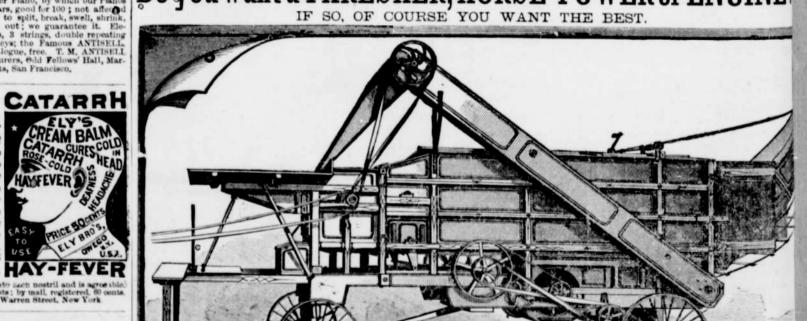
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