REAL THING IN BLIZZARDS.

Beeription by a Montana San Who Was Arquainted with the Genulne Article.

"I've been stewing in your semi-Stropical climate all winter," said the man from the wool-growing west to the dyed-in-the-wool New Yorker, "and every now and then, when the thermometer drops a little below freezing point I hear strange talk about blizzards.

"It's a nice-sounding name, I admit, and it looks well in the newspaper headlines. But, bless your benighted mouls, you're just as likely to have a Kansas twister on Fifth avenue or a Bouth sea simoon off the Battery, as a blizzard in Manhattan.

"I'll admit you had a good imitation of it a good many years ago in the storm that cost Senator Conkling his life, and once again about three years back. The New Yorker who's mever been much farther west than the Harlem river might be excused For calling those two little blows 'blizmards.' We've a big country out there, mand, of course, a busy man in New York will naturally get the Yellowmtone park tangled up with the Yosemite, as an evening newspaper here did some time ago, and we don't mind your dramatic critics referring to Mismouri as the occident. Yes, that has been done, too.

"What is a real blizzard like? My dear sir, to talk is not my trade. I mever went in real heavily for words, and maybe you'd better put a stamp on your inquiry and send it to the paper published by the great plebeian in Mebraska. He knows all about frosts and such things, and likely as not he could spare you two or three columns telling you what a blizzard is like.

"A blizzard, did you say? Why, the very word sends cold chills creeping up my spine. Why, the last time I was in a blizzard in Montana, I was in the act of drinking. I was just lifting the glass of milk to my lips-what's that? I say I was just lifting the glass of .milk to my lips when the air grew suddenly dark and the thermometer fell 60 degrees quicker'n I could count'em. I never did drink that milk.

"No, of course, it wasn't too dark to drink it. That's foolish. Any child sean feel his way to his mouth with a drink-at least, any western child can. But the milk just naturally froze hard on top and the wind-I'd forgotten the wind. Well maybe it's enough to say it was the wind that blew the snow about and made it so dark. Now, in the Dakotas there isn't much snow, because the wind doesn't give it a chance to light.

"But it's got to light somewhere, hasn't it? So when the snow that's really comin' to Montana gets a chance to settle down, it starts in again and snows in great chunks, till the Dakota product is all piled up. But that's nothing. A chinook wind comes along and in 20 minutes the ground is ready for apring plowin'."

"Well," said the New Yorker, admairingly, according to the New York mail and Express; "I'll try to be careful and never exaggerate any more. It's a bad habit. I remember that some time ago an adventurous New Yorker penetrated beyond the Bronx, even to the wilds of the northwest, and when his friends asked him for a descripstion of the scenery, he said, 'found every hill a mountain peak, every frog pond a lake, every dry run a river, evvery irrigating ditch a canyon and every man a liar. So I suppose you're right. How do you find the frappe? We can't freeze it any harder in New

MORD FOR THE OLD MAID.

York, you know."

She is Frequently the Sweetest and Most Self-Forgetful of Her Sex.

A toast is offered to the spinster! We meet a great many pleasant people in this world, but nowhere do we find a more satisfactory person than that elderly unmarried woman generally and somewhat disrespectfully known as the "old maid," and supposed to be afflicted with "nerves" and a cantantarous disposition. As a matter of fact she is frequently the sweetest, most self-forgetful of her sex. She usualy walks, with tact and a loving heart, in other women's paths, lives in other women's homes and rejoices in other women's joys, making them her own. The children adore her, for she becomes to them a sort of fairy godmother, one who possesses all the tenderness of a mother without the extremes of ma-ਿਲਾਤਿ ਨੂੰ **tern**al discipline, says Harper's Weekly. She loves to give children a "good . "time," and does it with extraordinary success. In household details, what soully a treasure! How many dinners we owe their success to her, who reaps mo glory except the glory of doing! And in the ultimate trials of life, what a prop and a solace she becomes! But it is to the young boylovers of the family that she exhib-Its the finest flower of her capacity for friendship. What a gift of understanding she seems to have! There is no difficulty she cannot dis-56 BP impate, no fear she cannot lessen, no tender little half-scared hope that ment ahe does not encourage to bloom for the other woman. It is always for esomebody else that she is working, and perhaps it is this which gives to ther eyes the look that even the worst among us unconsciously associates with all that is best and fairest in dife. Let them make fun of her if they will, but could we do without her?

To Clean Ingrain Carpet.

toring yes. The ox-gall in the proportion of one pint to a pailful of water. Scrub the riearpet thoroughly with an ordinary scrubbing brush and the ox-gall water, wipe with a course cloth, rinse and wipe until the moisture is absorbed .-Housekeeper.

OIL-WELLS AND EARTHQUAKES

It is Suggested That Seismatic Disturbances May Be Caused by Letting Out Gas.

One of the most disastrous earthquakes of recent times is that reported from Russian Transcaucasia. The town of Shamaka has been practically destroyed, only a dozen houses being left standing, while a population of 25,000 has been rendered homeless. The number of fatalities is as yet unknown. Perhaps it never will be correctly determined, for the fissured earth swallowed up some of the victims, and others are buried in ruins where they never may be disturbed. Over 300 bodies had been recovered at the latest accounts,

states the San Francisco Chronicle.

To the student of seismic phenom-

ena the interesting and suggestive feature in the Shamaka earthquake is that it has occurred in the neighborhood of the Baku oil district-the most productive field in the world, not excepting that of Beaumont, in Texas. It is, furthermore, a section of the world which has hitherto been exempt from these phenomena. The scientific inquirer will naturally search for a cause, for cause and effect go together in the scientific analysis of all phenomena, in the great natural oil reservoir tapped by the oil wells of Baku, on the shores of the Caspian sea, located under the site of Shamaka, and has the tremendous drain of mineral oil from the same caused a void and a subsequent shrinkage in the earth's crust in that neighborhood? The inquiry is not far fetched. It is usually assumed that water takes the place of the oil withdrawn from the measures, filling the vacuum created by the latter's withdrawal; but if the water, being more tenuous, should find an independent vent elsewhere, the vacuum created by the draining of the mineral oil would remain, and a shrinkage of the unsupported crust of the earth would naturally follow sooner or later.

It has been suggested that the tapping of the oil measures in the southern part of this state has relieved the mineral oil-bearing formations from the pressure of the gas created in them, and the possible subterranean gas explosions produced by excessive pressure, and thus removed one of the supposed causes of earthquakes in that section. There may be nothing in the theory, but it has been observed that the Los Angeles district has been notably exempt from seismic disturbances since the oil measures were tapped and vent given to the gases generated in them. Likewise, the theory that the Shamaka earthquake was due to the drain on the petroleum reservoirs in the Caucasus by the Baku wells may be entirely at fault. But the two phenomens seem to invite the attention of the scientists, and open a new field for the study of seismic disturbances.

SHE WAS WELL VACCINATED.

The Palaful Experience of a Nev York Woman Who Was Nervous About Smallpox.

The physicians are saying this year not only that it is necessary for persons who have been vaccinated for a long time to submit to the preventive measure, but also that even those who were vaccinated a year ago and had the pleasure of having it take should again undergo the operation if they would be altogether on the safe side. The danger of smallpox is so great that no precaution against it should be omitted, says the New York Sun.

It was a sense of this danger that led a young New York matron to be vaccinated, and, like other New York matrons, she selected her leg as the best place for the operation. The doctor did his duty and the patient waited for several days.

As there were no signs of the virus taking, the young matron grew nervous as she heard the stories of the prevalence of the disease. So she decided that rather than run the risk of the vaccination not succeeding, she would once more be vaccinated and again on the leg, but on the other leg.

The physician protested, but the patient insisted and she felt a sense of relief after the virus had been applied for the second time. "At all events." she thought, "I will be able to know whether or not I ought to have been vaccinated: For if one application does not take, the other probably will, and thus I will escape the danger of

the disease." It was on the day after the second attempt that it became unmistakably evident to the patient that she had not stood in need of the second vaccination. The first one took with a vengeance and just as the blistering was at its height the second vaccination on the other legalso began to give evidence of a disposition to take just as thoroughly.

It followed up that indication and took with unusual energy. As a result, this young matron was in bed for a few days, not able to walk for several days, but was relieved as to the danger of smallpox.

A Question of Climate, An old colored preacher was telling his congregation that after death they would probably go to the moon. After meeting one of the best informed of the brethren said to him:

"Br'er Jinkins, don't you know dat de moon is col' ez ice, en ain't got no fire tail in it?" "Br'er Thomas," replied the parson,

"ef hit's fire you a-wantin', des keep on in de way yoo gwine en you can't miss it."-Atlanta Constitution. His Concelt.

Estelle -- He says he believes in the

equality of the sexes. Alice -Well, he won't be spenneited after he gets married. -Brooklyn Life.

SEES FENCING BOUT.

President Witnesses Sharp Contest Between Crack Swordsmen.

Three Members of the Fencers' Club of Washington and Three Swordsmen from Naval Academy Entertain Select Audlence.

President Roosevelt witzessed two rounds of the fencing contest between three members of the Fencers' club of Washington and three crack swordsmen from the Naval academy at Annapolis at the headquarters of the club. Mrs. Roosevelt was to have accompanied the president, and two handsomely upholstered seats were in waiting for them, but Mrs. Roosevelt instead took a drive with her invalid son. Theodore.

The president was met at the door of the clubhouse by Mr. Henry May, the vice president, and was at once shown to his seat in the improvised gallery. Count Cassini, the Russian ambassador, president of the club, and Herr von Holleben, the German ambassador, occupied the seats either side of the president.

The first two rounds were exciting In the extreme, though a tie in each case, and the president was quite enthusiastic, being himself a fine swordsman. Though but few of the fair onlookers were able to understand the scores posted they were just as excited, and thought it all in favor of Mr. Crackanthorpe, of the British embassy, who is really a professional in fencing, and a favorite in Washington society.

In the brilliant audience which witnessed the contest were the French. Russian and German ambassadors and their attaches, the Belgian minister and Baroness Moncheur, the Haytian minister, Mr. Leger, who is one of the most expert swordsmen of the club; Secretary Root, Secretary Long and Gen. Miles, who, with Mrs. Miles, sat just back of the president; Gen. and Mrs. Corbin, Senator and Mrs. Depew, Commander and Mrs. Cowles with their guests, Mr. and Mrs. Cutting, of New York; Mr. and Mrs. Pierre Lorillard, of New York: the Misses Leiter, the Misses Warder, the Misses Patten, Miss Paulding, and a large number of diplomats besides those mentioned.

Mrs. Henry May, wife of the vice president of the club, received the guests, and later served tea for them in one of the drawing-rooms of the club.

NOT TO BE CALLED STUDENTS.

Those Who Pursue Studies in Carnegie Institute to Be Designated as Workers,

Dr. Daniel C. Gilman, former president of Johns Hopkins university and the present head of the new Carnegie institution, says of the new institu-

"We are very busy now with plans for the work ahead of us. We have received hundreds of letters, some of them trivial but some of them worth of the most serious consideration. Then, too, we are writing a great many letters ourselves to different leaders in their branches of science or education, asking for advice and suggestions. Thus the whole affair is at present in a somewhat embryonic state. It is being shaped, and at the present moment there is nothing definite to be announced, not even any further appointments. You see, the funds are not available until August, and work will not begin until November at the earliest. We still have to keep straightening out people's ideas of the scope and plan Mr. Carnegie had in mind. He did not found a college; there are to be no 'students.' He planned to encourage higher research everywhere, and those who will engage in this work of research will not be called students, but probably workers."

BALK AT LOW-NECK DRESSES.

The Daughters of the Dutch Premier Refuse to Follow the Court Etiquette,

Court etiquette and religious seruples have had an amusing tussle at The Hague. The trouble arose when the daughters of Dr. Kuyper, the premier, were invited to the first court ball of the season. Low-necked dresses were commanded, but the Misses Kuyper considered that decollete dresses were inconsistent with their religious principles. They applied for a dispensation, but received a curt reply from the mistress of the ceremonies, who declared that time-honored custom of the Intch court must be adhered to. Dr. Kuyper made direct representations on the subject to Queen Wilhelmina, with the result that a compromise was arranged. The Misses Kuyper will stay away from the ball, but will take tea with their sovereign in high-necked dresses the same afternoon.

A Peripatetic Christmas Gift.

A merchant in Belfast, Me., received a Christmas present that has a history. He has been in business about 25 years, and one of his first orders included a dozen lemons, one of which proved to be green and consequently dried up very quickly. The next Christmas he received from his customer a very large popeorn ball with the lemon inside. He saved the fruit very carefully and several years later put in the middle of a barrel of flour which he sold to the same customer. Last year on Christmas day the lemon was returned to him in the guise of a present, packed in a fancy box.

New Zealand, By the New Zealand census of 1901, Auckland has a population of 67,226; Christ Church, 57,041; Dunedin, 52,390, and Wellington, 49,344. The whole pop-

wistion of the islands, including Maoris, was 815,820.

Edition bebdomadaire \$3.00.

MOTHERING SUNDAY.

Beautiful and Ancient Custom Attacked to the Fourth Sunday in Lent.

The fourth Sunday in Lent is celebrated in many parts of England and Scotland with a custom that has given to it the name of "Mothering Sunday," a name and custom that appear to have existed far back in the very early history of Britain. The custom that has thus imparted this curious but yet appropriate name to the day is one of the prettiest survivals of medieval manners, and is followed over a greater part of England and Scotland than any of the quaint customs of other days, says the St. Louis Globe-Democrat. It is the one day in the year when the mother looks forward to formal viaits made especially to her by the children who have left the parental homestead, and thus has the day received its name-from the custom of absent sons and daughters to "go amothering" this fourth Sunday in Lent. And these children do not come to their mother empty handed on this happy day; ah, no; they bring with them, each one, a gaudy cake known as the simnel, and the day is given over to merrymaking and rejoicing, though not with the simuel cake on the table to serve as a part of the feast. This cake is for the mother exclusively, and none may touch it save her. Nor may she eat of it on the day the visits occur. It is supposed to be kent and portions of it eaten only at wide intervals in remembrance of the children absent from home.

The center dish of the feast always served on mothering Sunday is known as frumenty and is made in the parental home. This consists of wheat grains boiled in milk, and is highly sugared and spiced. It is seldom found on the farmer's table, save on that day, when it formed the principal part of the feast. In the north of England and many parts of Scotland this dish is made of steeped peas fried in butter and is known here as "carling." It is not served like the frumenty, very much the same as mush and milk, but is fried in the form of pancakes and eaten with pep-

per and salt. How old this custom of "going amothering" is it is hard to even conjecture. It is quite evident that it existed during medieval days, and may have had its origin in the mists of time centuries before that. Reference is made to it in the works of many writers, and from some it appears that the custom of never visiting the mother empty handed was so strong many sold their coats from their backs or the shoes on their feet in order to obtain money enough with which to purchase a simnel cake or similar present. There are many cases of youths who stole in order to get the simnel cake, and Herrick thus strikes a bargain in one of his poems:

"I'll to thee a simnel bring,

'Gainst thou go a-mothering; So that, when she blesses thee. Half that blessing thou'lt give me."

This simnel cake has the same ingredients as a fruit cake, and will, therefore, retain its freshness for a long period of time. It is first boiled likea plum pudding for several hours, and is then baked in a very hot oven, so that an exceedingly tough crust is formed. Over this is spread a layer of icing with a raised portion extending around the outer edge and indented like the teeth of a saw. In the center of the iced top is drawn some religious symbol, usually & plain cross, though in early days it was not infrequently of very elaborate design, often a portrait of the Virgin Mary. Tradition asserts that the cake received its name from the two persons who are supposed to have been its originators—a Shropshire couple, who rejoiced in the nemes of Simon and Nelly. They made two delicious cakes to present their respective mothers, and the recipe, as it passed from hand to hand in the county, became known as Simon and Nelly's, which required only a comparatively short lapse of time for the contraction to "simnel."

Sun and Skin.

A physician has been investigating some of the effects of direct sunlight on the skin. Painting a band on his arm with India ink, he exposed the member to a scorching sun. The usual painful effects followed, except beneath the band, where the skin remained white and unaffected. He suggests that the tan which continued exposure produces upon the skin is a protective effect. If further experiments establish this interference, a further hypothesis will be rendered probable, namely, that the power acquired by the human skin in the tropics of secreting a pigment is really protective of its lower and functionally active layers. Offhand one would be apt to conclude that a black skin ought to increase the heat effects of the solar radiance. We are required now to learn whether the harm is really done by the heat rays, for conceivably it may be due to any other of the diverse sorts of vibration of which that radiance is now known to be a highly complex phenomenon.-Buenos Ayres Herald.

What Mud Has Done for Us. Mud, that at first glance seems so unsightly, is in truth the annual blessing of the lowlands to which it is being borne. We sometimes feel impatient at the way in which sediment closes the mouths of our rivers and impedes navigation. If we could see a map of our country, with a red line surrounding all the portions that hav heen built out of this silt, I think it would startle most of us to recognize how much of our best land is the gift of these muddy streams. -Prof. S. C. Schmucker, in Ladies' Home Journal.

FAMOUS TAVERN TO GO.

Simpson's Place Among the Buildings to Be Demolished for Strand Improvements in London.

Poor old Simpson's! Who doesn't know that famous old tavern and eating house in the Strand, London, which has flourished since 1828, and has been the favorite eating place of many of London's best known worthies in the literary and musical worlds during all those years? It is one of the famous institutions where the stranger wants to go to eat an old English dinner in the old English style.

Now it is going to disappear. It has. been handed over to the Worcester Building company in connection with the Strand improvements. Shortly the housebreaker will make himself

known there. Mrs. d'Oyly Carte, writing in behalf of the Worcester company, says it is not intended that Simpson's restaurant shall be done away with altogether, but that it will be rebuilt and improved. But people in Fleet street and the Strand shake their heads. Simpson's, with old round table and its comfortable, roomy, old-fashioned chairs, has become an institution. A handsomer building, grander interior and newer furniture will destroy the effect. Nothing will be able to replace the coriners of the present interior. It may be called Simpson's still, but the old Simpson's will be no more, though they do preserve the custom of sending round a wogan with saddles of mutton and the prime roast beef of old England, from which slices of juicy meat are cut to suit the tastes of the customers.

As a place of good fellowship, as the best eating house of Victorian days and as a landmark in the social history of the metropolis, Simpson's won't pass away without the sincere regret of thousands.

LEPROSY IN SOUTH AFRICA. London Specialist Who Has Studied the Disease Attributes It to Badly Cured Salt Fish,

Dr. Jonathan Hutchinson, formerly president of the Royal College of Surgeons of London, who recently returned to England after studying the causes of leprosy in South Africa, has arrived at the conclusion that the primary cause of the disease is the use, as food, of badly cured salt fish, which is sent inland from Cape Town and elsewhere on the west and south coasts and is largely consumed by the farmers and in the industrial centers. While giving this as the chief cause of the diffusion of leprosy, Dr. Hutchinson obtained conclusive evidence that leprosy, in very exceptional circumstances, may be communicated from person to person. He does not believe that it is either infectious or contagious, in the proper sense of these words, but may be communicated by eating food contaminated by lepers' hands. Dr. Hutchinson suggests as preventive measures legislative control of the fish-curing establishments, the diffusion of information in regard to the danger of communication and the establishment of isolation homes for lepers during the stage of the disease involving risk of contracting it.

HYPMENATE THEIR NAME.

Children of Marion Crawford, the Novelist, Obtain Right to Use Their Father's Full Name,

The four children of the novelist, F. Marion Crawford, obtained orders from Justice Greenbaum, of the supreme court, the other day permitting them to place the name of Marion after their Christian names, hyphenated with their surnames. They will now be known as Eleanor Louise Elizabeth Marion-Crawford, Harold Francis Marion-Crawford, Bertram Berden Marion-Crawford, and Claire Marion-Crawford. They are residing at Sorrento, Italy. The petitioners say they desire to perpetuate the name Marion-Crawford, by which their father is known to literature. They aver that they have a feeling of pride in such literary reputation, and desire the right to continue the use of the name of their father as he is known by the public at large, and "that the interest of your petitioners will be substantially promoted by the change prayed

Designs for Grant Memorial, There will be no lack of models from which to choose a statue or memorial to Gen.! Grant, to be erected in New York city, 37 American artists having entered the contest. All of them will submit models for the proposed statue or memorial, which will be erected in the grounds south of the executive mansion, and which will cost \$250,000. The models will be examined by the memorial commission, consisting of Secretary Root, Senator Wetmore and Gen. Dodge, of the Society of the Army of the Potomac. Six designs will be selected by the commission, and from this number will be chosen the design for the statue. Each of the six artists whose designs are chosen will be paid

Keep Out Proposed Hotel, Plans for a large hotel at Fifth avenue and Fifty-second street, New York city, which have caused much annovance among the multimillionaires of that district, have been checked. The movement for the erection of the hostelry was ended by the purchase of the site, 100x125 feet, by William K. Vanderbilt and William D. Sloane. It is said \$1,000,000 was paid. They will hold the land for a buyer who will sign an ironclad agreement to erect thereon nothing but a high-grade residence.

What Awaits Santos-Dumont. M. Santos-Dumont, says the Chicago Record-Herald, evidently thinks the Missouri river will be nice soft mud to fall in.

UP AGAINST INDIAN GAMBLES

He Was a Good One, But When Got Through He Was Pretty Thoroughly Trimmed.

"There may be citizens in Deadwood who remember Buck Joseph," said th man with the taper fingers as he pe mitted a smile to lurk for a momen around the corners of his mouth, re lates the Detroit Free Press. "Bu-was a full-blooded Sioux Indian, bu he had learned a thing or two in h time. One of 'em was how to pla poker, and another was how to hol the best hand. He was early on th ground at Deadwood, and he was winner from the start. There wer some pretty slick gamblers hangin out there in the old days. They be lieved a good deal in luck, but a grea deal more in fingering the cards Nor of them had Buck Joseph's sleight-o hand, however. They tried him on tim and again, and they worked all the art known to the profession, but he wa still ahead of the game. As a last re nort they sent over to Abilene, Kan for me. I'm not going to say what was doing over there, but the boy who knew me best were ready to be two to one that I downed Buck at h own game.

"When I reached Deadwood," con tinued the narrator, "I had \$800 cash with me. Old Lo came up smi ing with an equal amount, and we so down for an all-day tea party. I star ed out as square as a dot, dependin on luck alone, and I had lost \$500 b fore I made a change. Then I wer in for nothing less than flushes, an inside of an hour I got my money back Buck knew I was beating him at h own game, and he laid for me. O one of his deals he got four aces, an I knew it. I got king, queen and jac of diamonds, and it was \$20 to come !

"I drew a long breath and chippe and drew two cards to his one. M heart thumped as I found a ten an nine of diamonds in my hand -straight flush. Of course, Buck kne there was only one hand higher tha his, and he came for me with bets of \$50. He had friends to borrow from and so had I, and when he finall called me we had \$4,000 in cash on th table, and he had three ponies, tw squaws and five papooses up agains my watch and pin. He was gettin ready to yell when I showed my han-His yell died away, and he sat ther like a stone man for five long min utes. Then he slowly rose up, gatl ered his blanket around him, and are walked out of the place he said:

"Humph! Heap smart white manheap ass Injun!"

WHEN GREENS ARE IN SEASO Various Kinds, Their Beneficia Qualities and How to Prepare Them for the Table,

From time immemorial "greens" all sorts have been held in high estee for purging the blood of humors el gendered by the winter's diet of fatt foods, buckwheat cakes and the lik The list of edible greens is much mor varied than is usually supposed. Be sides the more commonly ach, Brussels sprouts, kale. lettuce dandelion and water cress, there are mustard greens, sorrel, elfeory, "dor cette," or corn salad, escarole, narroy dock, cowslip, horseradish and mill

weed, says the Washington Star. The healthfulness of greens is due: the water and alkaline salts which the contain, making them veritable med icine chests. According to analysis watercress alone contains ic dine, irophosphate and a sulpho-nitrogenou essential oil. More than this, it stim ulates and sharpens the mental facul ties. "Eat cress and learn wit," sai the Greeks. While Pliny asserts tha cress-water vinegar restores sanity.

While the rather robust appetite pos fers beet greens, mustard, dandelion cowslip and sorrel boiled with a good piece of fat pork, for seasoning, the are more delicate and wholesome cooked in boiling salted water and seasoned with butter. Spinach should be cooked in its own juices.

Watercress to be perfect should be freshly gathered, well rinsed in cold water, shaken thoroughly dry, real soned with salt and eaten with this slices of white bread and butter. Some prefer a dash of lemon juice with cree: and a tablespoonful of olive oil, but the epicure takes his with salt alone.

In cooking the wholesome rhuharl do not peel. The skin is gelatinous It melts and imparts a rich red colo: and the best flavor of any part of the stalk. Bake in the oven or stew or the back of the stove, using little or no water. If the sugar is added after the rhubarb is cooked it will not require as much to sweeten.

Peppers are a wholesome summer vegetable and go well with beefsteak roast beef or chicken.

Potato Omelet,

A potato omelet is a rather new com bination of those two stand-bys of a housekeeper, eggs and potatoes. A cooking-school receipt require that the potatoes should be baked for this ome let, but a housekeeper who has experi mented says that it is quite as wel to hoil the potatoes to the mealy stage and press through a sieve while hot Mix two potatoes thus prepared with the beaten volks of five eggs; seasor with salt and pepper and a few drops of lemon juice. Fold in the beater whites of the eggs and make the ome let in the usual way, adding a little chopped parsley just before the omelet is folded over .-- N. Y. Post.

Lobster Sandwiches. Pound two tablespoonfuls of lobster

meat fine; add one tablespoonful of the coral, dried and mashed smooth one-fourth of a teaspoonful of paprika a teaspoonful of lemon juice, a dash of nutmeg and two tablespoonfuls of soft butter. Mix all to a paste and spread between thin slices of brend and but, ter. Cut in small, dainty shapes .-Ladies' World, New York. *

L'ABEILLE DE LA NOUVELLE-ORLÉANS

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