

pork, the following substitute is recommended: Buy a shank of beef and boil slowly until very tender. Chop fine and season as for sausage, allowing to every pound of chopped meat one even tablespoonful salt, a scant half-teaspoonful pepper and a teaspoonful sifted sage or summer savory, as preferred. Mix thoroughly and crowd into cotton bags, previously wrung out of salt and water and dried. The five or ten cent salt sacks are about the right size, and may be utilized in this way. Tie the bags tightly and keep in a cool place. When needed turn the end of the bag back and slice and cook in spider until brown.

The latest popular accompaniments to the cracker and cheese course are old-fashioned preserves—clitron, ginger, peach or orange.

Although Americans as a rule have shown themselves indifferent to the claims to the humble carrot—claims long recognized and appreciated by German and French housewives, the published results of recent experiments conducted by experts connected with the United States department of agriculture may induce the progressive housewife to give carrot a fair trial. "Although," declares the report, "carrots contain less nitrogen than potatoes, they are found to contain relatively more albuminoid nitrogen, and therefore to furnish more matter available for building muscular tissue." In regard to best method of cooking, the following conclusions were deduced from actual experiment. First, that in order to retain the greatest amount of nutrients in the cooking of carrots the pieces should be large rather than small. Second, that the boiling should be rapid, in order to give less time for the solvent action of the water to act upon the food ingredients, and third, that as little water as possible should be used; and if the matter extracted be used as food along with the carrots instead of being thrown away, the loss of twenty to thirty per cent or even more of the total value may be prevented. In this connection the German method of cooking carrots is to be recommended. Cover with boiling water, add one teaspoonful of sugar, but no salt. Boil until tender, then season.

A good suggestion for kitchen aprons is that they be made with a ruffle on the bottom. This standing out fuller than the dress skirt serves to catch whatever of soil might spill or drop, otherwise injuring the dress. If to this be added a good holder, fastened to the belt with a long enough cord to enable one to reach the back of the oven readily, and a pair of half sleeves, extending nearly to the elbow, and held in place with an elastic, the wearer may count herself armed capable for work, even with a dainty afternoon gown on.

A recent traveler in Japan says that the Japanese frequently use other decoctions which pass under the general name of tea. One is made by pouring hot water on orange peel and the seeds of the xanthoxylum; another is an infusion of salted cherry blossoms, parched barley or roasted beans. They prepare also what they call "luck tea," which is partaken of in every Japanese household on the last day of their year. This is made from salted plums, seaweed and the seeds of the xanthoxylum.

A sensible and pregnant suggestion that mothers will do well to take to heart was that made by Mrs. Westover-Alden, of the New York Tribune, during the recent W. C. T. U. convention at Toronto. Speaking of the forces to be employed in the further-

ance of this great work, Mrs. Alden gave expression to her idea that good humor was one of the greatest work.

This is a point not often dwelt upon; but every mother knows that there is no more potent factor in keeping children in love with home, and in love with whatsoever "is pure and of good report" than a resident and radiant atmosphere of cheerfulness and good humor. "A laugh is worth a hundred groans in any market," and the sour-faced mother, teacher or would-be reformer will never gain an enthusiastic following, be they or their teachings ever so worthy.

Among the season's novelties in table service are plates of fine china, decorated in the center with portraits of celebrities in place of the older historical or mythological figures. These plates come in sets, comprising groups of poets, presidents, novelists, or composers. Vases for table decoration are made much higher to accommodate the growing fancy for long-stemmed flowers.

In the carpet stores, the newest heavy ingrain are patterned both as to design and color after Oriental rugs; while the Wilton velvets and body brussels have blossomed out in trailing vines and nosegays of rosebuds, pink and white, on effective backgrounds of castor brown, deep green and old rose.

"In regard to convalescents," says the broad-shouldered family physician, "amuse the patient a good deal, but do not give him too much of even a good thing. Be careful about visitors, limit their stay, even the pastor's; and lay the responsibility on the doctor."

The savory scallop is again in market, though epicures declare that it is not at its best until January and February. At that time the portion called the tongue is full and of bright orange color. The scallop industry in the United States is not a very old one, as until about a quarter of a century ago its value as a food product was scarcely recognized here. Five years ago the United States government awakened to the economic and commercial value, and set about collecting statistics of receipts at the various markets. The scallop is a short-lived mollusk arriving at maturity and dissolution in two years, in its natural element, but dying in two days when removed. The scallop seldom arrives at its natural state in the New York market, as the dredgers have the pernicious habit of soaking them, with the idea of making them plumper and whiter. This is the explanation of why they are so difficult to fry, for as soon as heated they flood the pan with water, chilling the fat in which they are to be cooked.

They may be fried with thin cut slices or bacon or in butter, but in either case must be drained for an hour or two in a colander after washing, then dried as thoroughly as possible in a cloth before attempting to cook them. Dust with flour and pepper, but do not add the salt until they are cooked, as that tends to extract the juice. Have the frying medium—bacon fat or butter—very hot, and serve on a very hot platter with very hot plates, and eat at once, accompanying them, if possible, with baked potatoes and watercress. They may also be cooked with anchovy paste, lemon juice or parsley, adding the paste and lemon juice after the scallops have browned. Cook a little longer, add minced parsley, give that a few moments, and serve. This method is a popular one with devotees of the chafing dish.

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## DOMESTIC SCIENCE.

A very unusual subject of analysis—a lady's silk dress—is reported by an English chemist, Dr. T. L. Phipson, as having been brought recently to his laboratory. In the course of his work it developed that much of the material was not silk at all, and that much of the foreign substance was oxide of tin, making the fabric richer than much poor tin ore from Cornwall, and demonstrating the fact that the silk dresses seen daily on London's fashionable thoroughfares represent, taken together, a Cornish mine of very fair quality. It proved, moreover, that the material, instead of lasting a lifetime, as pure silk was once supposed to do, would not continue presentable three months if worn every day. These are the figures of the analysis: Water, 11.43; ash (mostly tin oxide and silica), 14.30; real silk, 28.14; organic matters, etc., not silk, 46.13. A serious assertion, it is added, is that the "weighted" silks of France, Germany and Switzerland, which grow shabby in a few weeks, are even preferred by the public, as fashions change so rapidly that better material is useless!

The diffusion of alcoholic ferments by insects—especially by flies—has been a subject of experiment by Dr. Amedeo Berlese, and Italian biologist. It is found not only that yeasts—varying according to their source—are conveyed by these insects, but that they live and multiply in the interior of flies, and are doubtless largely preserved during the cold season in the bodies of the insects. The part played by living organisms in disseminating the yeasts to which the fermentation of fruits, etc., is due must be very much greater than that by air.

A powder of resorein, sulphate of quinine and sugar, blown into the throat, is regarded by Dr. Leauriaux, of Brussels, as an absolute specific for whooping cough. Its action has been observed in more than 200 cases, of which twenty-six have been detailed to the Paris Academy of Medicine.

The Royal Gardens at Kew, though established as a national institution in 1840, had no official record of work done until 1887. A review of the first decade of the Kew Bulletin shows great progress as a direct or indirect result of Kew's influence. Botanic stations, dealing with new economic plants in the colonies, belong almost entirely to this period, the first having been established at Grenada and Barbadoes in 1886, while there are now nine in the West Indies, with five on the west coast of Africa, and one in Fiji. An important colonial development has been the increasing trade in fruit. This began with the shipment of oranges and bananas from Jamaica to the United States, and within the ten years has been followed by a considerable importation of fresh fruit into England from Cape Colony and Australia. Kew has aided in the introduction of several fruits of the West Indies into the East Indies, and of new bananas and mangoes into the former. The floras of many regions have been investigated. The world has been ransacked for new orchids, whose culture is so important in England, and not less than 766 species and varieties flowered at Kew in 1890. Recent attention has been given to the tropical and sub-tropical plants of the Riviera, and the trees and shrubs of the United States. Many plant diseases have been specially investigated. A study has been made of fiber plants, of which about 70 are now known, many of the fibers having been traced to their source, and other valuable information secured. Important new sources of rubber—including the remarkable one of Lagos—have been pointed out and developed. Information has been collected regarding vari-