EIGHT ON $10 A WEEK.

Feeding a Family at a Cost of 10 Cents a Day For Each Person.

In The Ladies' Home Journal Mrs. F. T. Rorer tells how a family of eight persons can be fed—and well fed—at the aggregate cost of $10 a week. She presents a bill of fare for each meal, with suggestions for changing and varying them, and details how to prepare the materials she prescribes for use in the economical plan of supplying the family table. "To carry out the scheme," she says, "articles must be purchased economically and no waste permitted. A table which is supplied for a family of eight for $10 a week must of necessity be plain, but it may at the same time be full of variety or wholesomeness. Sweetmeats and rich desserts must be counted only as occasional luxuries, and 'company' dishes must be omitted altogether. Meat must be carefully fed them, may be purchased in a much larger quantity than is needed for a single meal and utilized. Fresh fashion. The poor and middle classes of this country need to know more about the food value of the ingredients, more about the proper proportion of food, and last but not least, more about the proper combinations of food. Among the buying of steaks, roasts and chops each week. It is an expensive household indeed which has no regular supply of cheaper meat. A beef's heart or a braised calf's liver makes an excellent and economical change. Broiled sheep's kidneys, with a little bacon, give a good breakfast at a cost of 10 cents. Smothered beef, which may be made from the tough end of the rump steak, is appetizing, and only costs half the price of an equal food value of tenderloin steak.

"The housekeeper should go to market early and buy only the best meats offered. They keep longer and go further than the inferior ones. Perishable food should be bought in small quantities two or three times a week. Groceries enough to last a month should be laid in. Canned goods and conserved sweets should be bought sparingly. Meat is always a most expensive article, and not a particle of it should be allowed to go to waste."

THE KAFFIR OFF DUTY.

South African Mine Laborers Lead a Monotonous Life.

The report of a traveler fresh from the Cape gives a curious insight into one phase of labor on the Rand. It used to be the custom of the Kaffir, on receiving his salary—usually $5 per week—to sally forth and invest all its earnings in a bottle of brandy. He would then return to his hut, squat down and drink it like beer until he succumbed. This went on regularly among the mining staffs of all the large companies until, in order to prevent a weekly cessation of labor, the companies adopted the method of lodging all their native employees inside a compound and shutting them in like prisoners until their time of service had elapsed.

Visitors to the compounds often take in a pound or so of the native coarse tobacco, for a handful of which the Kaffirs, under stress of their deprivation of tobacco as well as liquor, will often gladly exchange fine old native bracelets and knobkerries. The native method of smoking is peculiar. After the pipe is filled several long puffs are taken and the smoke swallowed. The bowl is then taken off, the stem is inserted in a bowl of water and the water is sucked through it and swallowed also. This comes the tug of war. The man who can hold out longest without coughing is considered a hero. After a short time the smoker will convulsively cough for 15 or 20 minutes and one can quite understand why the Kaffir is not allowed out to lap tobacco. In the case of the traveler he gives these details the mine manager asked him to cease hurtering the vile stuff for native trinkets; otherwise the whole relay would be unfit to go down when its time came.

The Kaffir usually returns home after six months or a year at the mines and is considered a rich man. He buys two or more wives and takes his one while they do all the work.—Pittsburg Dispatch.

Fruits Canned at Home.

It is said the American stomach has universally suffered from the use of canned goods. This, of course, applies only to bought goods which contain some chemical to preserve them. Peas, beans and tomatoes are treated to preserve their color, and with the exception of tomatoes all vegetables, it is said, contain something to prevent fermentation. Fruits, being without starch, keep more easily than vegetables, but many are variously treated to insure their fair appearance as commercial articles. Nearly all fruits and some vegetables are easily canned for winter use, and if a housekeeper once supplies her own storeroom bought goods will never after have an attraction for her.

It is a mystery why we are bought canned tomatoes when we are often warned against their injurious effects and when home canned ones are so much better, altogether wholesome, and so easily prepared and kept so well. Perhaps it is because an impression that the bought ones are 2 or 10 cents a can are cheaper. This is not the case. The first cost of quart jars at retail is 10 cents a dozen. Tomatoes at the height of their season can be bought, ready to peel, at 25 or even 20 cents a bushel. So, even the first season a quart jar would not cost 10 cents, and after that the cost of the jars can be subtracted, making the cost of the canned vegetable nominal.—Ella Morris Kneubhmar in Woman's Home Companion.

Heavy Death Rate in Cities.

The city having the greatest death rate in the world is Hosmi, Germany, the proportion being 28.62 per 1,000 in each year. Lisbon follows with 27.95 and New York with 25.47.

Thin Children

ONE SATISFACTION is gained by the lucky Druggist who dispenses Scott's Emulsion to delicate children. It is the one preparation of cod liver oil which they can take and assimilate. Doctors prescribe it, druggists sell more than other kinds, and all mothers know it is the best. Scott's Emulsion is sold by druggists everywhere. We have a book telling you about the cod liver oil and its uses, which we will send you if you mention this paper. Address Scott & Bowne, New York.

SUMMONS.

In the District Court of the Third Judicial District of the State of Utah, County of Salt Lake.

Mary Meikle, Plaintiff, vs. Henry A. Waring, Defendant.

The State of Utah sends greeting to Henry A. Waring (Defendant):

YOU ARE HEREBY REQUIRED TO APpear in an action brought against you by the above named plaintiff in the District Court of the Third Judicial District of the Territory of Utah, and to answer the complaint filed in said office within thirty days exclusive of the day of service of this summons, if served upon you in this county, and within forty days if served upon you out of this county, and in this district, and within six months if served upon you out of this district and in the United States, otherwise you will be notified that unless you appear and answer the complaint herein within the time aforesaid, or if you fail to do so, judgment will be taken against you by default for the relief demanded in the complaint, which is briefly stated as follows:

This action is brought to have judgment against defendant for the sum of $1,000 principal and interest, between Jan. 1st, 1897, at 12 per cent per annum until paid, both dates inclusive, and $100 as an attorney's fee, and for cost of suit. Judgment is sought upon a certain promissory note executed by said defendant to plaintiff at Salt Lake City, Utah, November 4 [illegible], in said sum of $1,000 payable one year after date, with interest thereon at the rate of 12 per cent per annum payable annually, same being secured by a mortgage of even date executed by said defendant to plaintiff, conveying certain real estate therein described, subject to said defendant to plaintiff on real estate therein described, subject to said defendant's interest in said mortgage, and for a decree of foreclosure of said mortgage and sale of said premises, applying the proceeds of said sale to the payment of said sum, or so much thereof as may be necessary, and for a decree of said defendant and all persons claiming or claiming to have any interest in said premises subsequent to the commencement of this action, with the mortgagee, and for a decree that said defendant pay any deficiency that may remain after said sale, and for costs of suit, and for such other and further relief as may be deemed just and equitable in the premises.

Witness the Honorable Judge and the seal of the District Court of the Third Judicial District, in and for the County of Salt Lake, this 3rd day of November, in the year of our Lord one thousand eight hundred and ninety-seven.

(SEAL.) DAVID O. DUNBAR, Clerk.
By M. M. LINDSAY, Deputy Clerk.

A RESOLUTION.

Declaring a Resolution passed by the City Council of Salt Lake City, September 29th, 1897, which provides for the Opening of Pioneer Square in the City, and Fixing Damages for such Opening and Appropriation of Property for such purpose.

Be it resolved, on September 29th, 1896, the Council passed a resolution which was approved by the Mayor on the 2nd of October, 1896, declaring the opening and establishing of Block "A," Salt Lake City survey, known as "Pioneer Square," in Salt Lake City, and the Deseret Land and Livestock Company, a corporation, on condition that it would open said square, agreed to accept a standard gauge railway from and in either of the following ways, viz:

1st. From Milford, Utah, on a west westerly direction towards Los Angeles, Cal.

2nd. From Salina, Utah, on the Deep Creek, Utah; or

3rd. From Eureka, Utah, into the Deep Creek Mining region.

And that fifty miles of said road be completed and in operation for such purpose on or before the expiration of three years from the date of said resolution, and that said road should be completed and in operation for such purpose by the first day of January, 1899, and

Whereas, more than one year has elapsed since the said resolution was passed, and said road has been neglected or completed, contrary to said Utah and Los Angeles Land Company has made default in the necessary details for said street.

Therefore, be it resolved,

1st. That the said resolution fixing and granting said Pioneer Square to the Utah and Pacific Improvement Company, be and the Council rescinds, and the same is hereby revoked, and the said Pioneer Square, as provided in the said resolution, be and the same is hereby revoked.

2nd. That Hon. E. N. Smith can have the deed of said Pioneer Square in escrow, to and held in the Council, and be delivered to the said Utah and Pacific Improvement Company, in case the said Utah and Pacific Improvement