

Senator Cole's Currency Bill.

An unusually important bill, recently introduced into the United States Senate by Cole, of California, will come up for consideration in Congress shortly after the holidays. Briefly stated, the bill proposes to substitute greenbacks for the growing popularity of which we lately made some reference, for national bank notes. It provides that as often as the notes of a national bank to the amount of \$900 shall come to the hands of the Secretary of the Treasury, that official shall, after thirty days notice to the bank, suspend the interest on \$1,000 owned by said bank and deposited with him to secure its circulation. The suspension of interest is to continue until the bank shall redeem its \$1,000 bonds with \$900 currency. If it redeems them with greenbacks, there will be a substitution of greenback for national bank notes to the amount of \$900; while if it redeems them with national bank notes, the Secretary will demand the redemption of them; and thus the process will go on until all the national bank notes shall have been retired, and an equal amount of greenbacks substituted in their place. The Secretary is also authorized as the process goes on, to issue new greenbacks as they may be needed, to take the place of the withdrawn national bank notes. The object of the bill, as will be seen at a glance, is to reduce the two kinds of currency now in use to one, and to make that universal, thereby saving to the people the interest on the four hundred million dollars United States bonds which form the basis of the national bank circulation of \$333,917,470. It is maintained by the advocates of the measure that it will save annually 5 per cent. interest on the bonds held by the national banks, which interest amounts to some twenty millions of dollars, and that it will substitute a non-interest bearing debt of \$333,917,470 in greenbacks for an interest bearing one of the same amount in bonds. The proposition has one manifest advantage which nobody can fail to appreciate. It would give to the Government, that is to say, to the people, all the profits of supplying the national circulation. If the resumption of specie payments is to be indefinitely postponed—and this seems more probable every day—there can be no reasonable question that the substitution of greenbacks for national notes ought to be adopted. In a word, unless it is proposed to restore our currency to a specie basis, there is no good reason why the whole of it, instead of four-sevenths of it, should not be directly supplied by the Government. It is certain, however, that an immediate return to specie is not seriously contemplated in any controlling quarter, and hence Senator Cole's proposition would seem to be the best policy that could be adopted. Four hundred millions of circulating medium issued by the people's treasury would purchase nearly that amount of bonds now drawing interest, so that it would be the substitution of a debt not bearing interest for a debt now bearing interest. In other words, as we have already said, the people and not the national banks would receive all the benefit of the currency which is used by them in the transaction of their business. Surely, this is a consummation devoutly to be wished.—Am. Manufacturer.

Defense of the Service and its Officers.—Letter From Gen. Sherman.

Gen. William T. Sherman, writing in the Army and Navy Journal a communication attacking the character of the officers of the United States Army, has written a long letter in defense of the officers he commands, and of whose character he has the best opportunity of judging. The general alludes to his visit to Europe and critical inspection of the military forces of England, France, Germany, Russia, Austria, and Italy. Comparing the American officers with those of the national armies of Europe, Gen. Sherman affirms that for gentlemanly behavior, honor, sobriety, and discipline, they are fully equal to, and in many cases superior, those in Europe. The list of Captains in the Army Regular embraces veterans in the Mexican and late civil wars, who successfully commanded armies, corps, divisions, and brigades, and whose reports evince a precision of language, clearness of expression, and correctness of the rules of grammar not often found in civil life. Since the war, he dates dates requiring the highest knowledge of the laws of the country and the Constitution have devolved on military officers, and more than one member of the Supreme Court has borne testimony to the capability of the officers and the high honor and integrity which made their conduct conspicuous. At the military posts there are such libraries and schools as the officers and men, with the limited means and pay at their disposal, can afford; and even in the far outpost, miles from the ostentatious track of civilization, will be found soldiers' libraries, creditable not only for their size and preservation, but above all for the sterling character of their contents and the care used in their selection. In this respect, in Europe, war armies are kept in large masses, generally by brigades, never less than a battalion, near cities, the soldiers have all the advantages of public libraries, lectures, and society, and possess greater facilities for the acquirement of education as scholars. Cadets entering in the army from military schools in this country are not perfect soldiers. They learn a hundred things they had learned, and, in order to be perfect, have to learn thousands of things they never knew of. "A little vain of their newly-learned office and their superior knowledge, it soon vanishes, and usually they settle down to their work like well-trained racers. It is an awful mistake if they think their education is complete when they are commissioned. Every minute and hour of the day they are told quite the contrary, and all the schooling in the world would not be more efficacious than what their own eyes and ears teach them on their first reaching their post of duty.

Directions for the proper Cooking of Meat.

The following appears in the Journal of Chemistry: Cookery, in all its branches, is both a science and an art; a Frenchman would perhaps rank it among the fine arts. There can be no doubt that much valuable nutriment is wasted, owing to the imperfect and irrational methods of preparing it, which prevail in most households. In fact, the processes to which food is subjected are often precisely such as a chemist might adopt if his object were to get rid of its really valuable constituents, and retain only what is worthless for purposes of nutrition; or such as some malicious demon might devise in order to tantalize his victims with the empty semblance of nourishment, while he was destroying them by slow starvation. Vegetables, for example, suffer less in this respect than animal, and we therefore restrict our attention in the present familiar essay to some suggestions with regard to the cooking of meats. The most economical way of using meat is to cook it in hot water, and serve it in its own gravy. If it is boiled for preparing soup, the water should not be too quickly raised to the boiling point, since this tends to coagulate the albuminous portions and prevent the juices from reaching the water. The meat should be chopped or cut as fine as possible, and steeped for some time in cold water, which should then be gradually heated to a temperature not exceeding 120° Fahrenheit, or 60° below its boiling point. At the last moment, the soup may be allowed to reach the boiling point. The bones should be crushed or broken up into small pieces, and boiled, or rather simmered, for eight or ten hours, in order thoroughly to extract their nutritive matter. Soup contains the greater part of the saline matter, with the creatine, creatinine, and kindred compounds, some of the albumen and fat, and an amount of gelatine that depends upon the duration of the boiling process. Cold water extracts from one sixth to one fourth of the weight of the solid constituents of the meat; and this water extract contains the gelatine, creatine, creatinine, and kindred ingredients. After long continued boiling meat becomes a hard mass, composed of tough, muscular fibres, the arterial tissues connecting them, and parts of the nerves and blood vessels. This is difficult to masticate, more difficult to digest, and so devoid of flavor that it is impossible to tell from what animal it came. As Liebig remarks, even a well-rejected piece of meat, if well cooked, is the best. The made from mutton is less digestible, and is seldom free from fat. The remarkable restorative properties of soup are due to the presence of a large quantity of highly nutritious principles. Very strong beef tea may almost be classed with such stimulants as brandy and tea. Creatine, creatinine, and other similar substances in meat, bear a close resemblance to the saline of tea and coffee, and the theobromine of cocoa. If we wish to cook meat in such a way as to preserve the maximum of nutriment in the most digestible form, we should place it in large pieces in boiling water, and keep it there for five minutes. The high temperature coagulates the albumen at the surface of the meat, stops up its pores, and thus prevents the juices from escaping. After the boiling of five minutes, add cold water to reduce the heat to about 100° Fahrenheit, and keep it at that temperature until the meat is sufficiently cooked. It will then be found to be tender, juicy, savory and nutritious. Salted meat, intended to be eaten cold, should be allowed to cool in the water in which it has been boiled. In roasting meat, as in boiling it, the first object should be to coagulate the albumen at the surface, in order to prevent the escape of the juices. The meat should be at first placed close to the fire, kept there for ten or fifteen minutes, and then withdrawn to a greater distance from the heat. It cooked in the oven of a stove or a range, the oven should be very hot when the meat is first put into it, kept at the same heat for a short time, then cooled down partially by opening the door, checking the fire, and the roasting should then be allowed to go on very slowly, so that the inner parts may be thoroughly done. The loss of weight (mostly water and fat) is nearly one-third more in roasting than in boiling. Roast meat has the richer flavor, because certain aromatic principles are developed by this mode of cooking. The occasional dredging of flour over the surface of the meat helps to stop up the pores and check the escape of the fat. Roast meat is not so well suited for invalids and dyspeptics as boiled meat, since it is apt to contain acrid substances formed out of the highly heated fat. Boiling is a species of roasting, but it ordinarily produces a somewhat more digestible food for the dyspeptic. Frying is the worst possible mode of cooking meat, especially for persons whose digestive powers are generally weak. It is almost invariably develops a very acrid substance known as acrolein, and sundry fatty acids that are nearly as unwholesome. Stews and hashes are often very savory, but seldom agree with weak stomachs. They are far better when made from fresh meat than from that which has been already cooked. The repeated cooking of any kind of food detracts materially from the nutritive quality. As someone has said, "it is better to roast one good cold beef and mutton in our stomachs than to fry ten frying pans or stewing pots." Salted meat is less nutritious than fresh, because much of its saline matter is dissolved out by the brine. It is well known that acrid is often produced by the continued use of salt meats without fresh vegetables. Some have asserted that meat may become poisonous by being cured; it brine that has been used again and again; but however that may be, the flavor of most kept in old brine can hardly be as good as if the liquid was fresh made.

THE ORLEANS FAMILY.—We see that the French Assembly has finally voted the restoration of the Orleans family, or rather of the portion of them which has not been alienated.

The Orleans family, or rather of the portion of them which has not been alienated. This portion is worth \$7,500,000, divisible among no less than eight families, descended from the Orleans. The doublet, the splendor of the Orleans, was not remarkable, except as bringing out the fact upon which Napoleon deemed it his duty to order the confinement. It is a fundamental law of the French Monarchy, reserved by the Constituent Assembly of 1790, that the laudatory property of any Prince who succeeds to the Throne shall be perpetually and irrevocably incorporated with the Crown. Louis Philippe created this law by handing over the vast domains of his house to his children before he accepted the Crown, an act declared by Berryer to be legal, but certainly somewhat mean. Napoleon, on his accession, treated it as a colorable evasion of the law, and reannexed the property to the Crown, from which it is once more separated. These facts seem to be admitted by the friends of the family, who, however, point out that these laws contemplated the King renouncing the Crown, and that Louis Philippe never was King in the old legitimate sense. The millions that have been thus restored to the Orleans family will be divided into eight portions: 1st, to the Count de Paris and to the Duke de Chartres, in right of primogeniture; 2d, to the Duke de Nemours; 3d, to the Prince de Joinville; 4th, to the Duke de Montpensier; 5th, to the Duke of Anjou; 6th, to the King of the Belgians, the whole of which was inherited by the Princess Carlotta, Empress of Mexico, in right of her mother, Princess Louise d'Orleans; 7th, to Prince Philippe of Wurttemberg, in right of his mother, Princess Marie d'Orleans; 8th, to the Princess of Saxe-Coburg, nee Princess Clementine d'Orleans. The descendants of Louis Philippe are now fifty-two in number.

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WHAT IT IS TO BE A WIDOW.

WHAT IT IS TO BE A WIDOW.—It must be a joy to be a young widow! I heard this remark the other day, in a group of laughing girls. I think I remember saying such a thing myself in my girlish days. Do you know, girls, what it is to be a widow? It is to be ten times more open to comment and criticism than any demoiseille could possibly be. It is to have men gaze at you pass, first at your black dress and then at your widow's cap, until your sensitive nerves quiver under the infliction. It is to have one ill-natured person say, "I wonder how long she will wait before she marries again?" and another, "Until she gets a good chance. I suppose." It is now and then to meet the glance of real sympathy, generally from the poorest and humblest woman you meet, and feel your eyes fill at the look, so rare that it is, alas, unlooked for. It is to have your dear fashionable friends console you after the following fashion: "Oh, well! it is a dreadful loss. We know you'd feel it, dear." And in the next breath, "You will be sure to marry again, and your widow's cap is very

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