Fundamental Principles of Health

By ALBERT S. GRAY, M. D.

(Copyright, 1914, by A. S. Gray)

THE PARATHYROID GLAND.

We are compelled to use animals such as the dog, the cat, the monkey and the like for the purpose of securing experimental corroboration of many theories because physiological chemistry experiments along such lines generally necessitate extensive and dangerous surgical procedures. And although an abundance of experimental material is readily obtainable, the demonstrations of theories enormously important to man are necessarily slow, largely because of a widespread prejudice against considering conditions in the lower animals analogous to those found in the human.

Schiff noted fatal results to dogs following removal of the thyroid in 1856 and wrote about it in 1859, but no notice was taken of his work by the surgical profession. Again in 1884, following reports of the removal of human thyroids by Raverdin in 1882 and Kocher in 1883, Schiff wrote showing that after complete extirpation of the thyroid all the animals died in four to twenty-seven days. These experiments were confirmed by various observers, but in many instances the symptoms shown by the animals subsequent to the operation proved to be of most variable character, not only in different species, but also in different individuals of the same species. A few of the animals succumbed in a few days, frequently with the accompaniment of convulsions; others lived for some months or even longer and sank gradually from general lack of nutrition, but occasionally a dog would survive the operation.

In the case of the human being complete removal induced a like variety of symptoms, a state resembling myxedema and cretinism (a condition of deficient development and idiocy), besides anemia, a readiness to fatigue, a sensation of cold and occasionally tetany (convulsions).

The four insignificant pealike parathyroid (near-thyroid) glands tucked away behind the more prominent thyroid gland for a long time escaped the eye of the anatomist, and for a long time after they were discovered they were given no particular consideration. But careful investigation of these baby glands by anatomist, histologist and embryologist proved them to be independent organs structurally and functionally distinct from any other tissues, and of vast importance in the economy.

Experimental investigations demonstrated the parathyroids to be vital organs of remarkable physiological activity in a wide range of animal organisms. It was demonstrated that rabbits deprived of these tiny bodies died in convulsions. Gradually the significance of this observation dawned upon surgeons and physiologists.

When the parathyroids alone are removed the animal dies quickly with acute symptoms, including convulsions; but when the thyroids alone are removed the animal may survive for a long period, but will develop a condition of chronic malnutrition similar to the disease known as myxedema in man.

The experimental evidence in the case of the parathyroids tends to support the view that their function consists of in some way neutralizing toxic substances formed elsewhere in the body; they are poison destroying organs, whose principal function most probably is to neutralize the metabolic poisons particularly detrimental to the nervous system. Therefore, after removal of these glands, death occurs from the accumulation of the so-called metabolic tetany poisons formed in the blood and tissues, attacking the nerves in the absence of the normal parathyroid secretions.

The tetany (convulsion) of pregnancy and lactation, epilepsy, exophthalmic goiter, paralysis agitans (shaking palsy) and other conditions associated with muscular tremor is closely identified with parathyroid insufficiency And so, too, is osteomalacia (morbid softening of bone), decaying teeth and rickets. It is known that lack of lime (calcium) in the organism leads to tetany, hence calcium metabolism is doubtless influenced by the parathyroid glands and the parathyroids in [illegible] course, gravely influenced by [illegible] of calcium. This is a fact of vast importance, as later investigations will prove.

Many observers have reported that injections of parathyroid gland extracts cause the tetany to disappear without, however, protecting the animal from a fatal outcome. But in 1908 Macallum and Voegtlin reported that injection or ingestion of calcium salts completely and instantly checks the symptoms of tetany arising from the removal of the parathyroids and restores the animal to an apparently normal condition. Similar results have been obtained upon human beings suffering from tetany as the result of unintentional removal of the parathyroids.

Obviously, then, wherever there is evidence of muscular tremor or twitching, it is reasonable to suspect some disturbance in parathyroid function. This points strongly toward a mineral deficiency, a calcium starvation, and to the fact that there is undoubtedly some close relationship between the widespread use of demineralized foodstuffs and the large number of careworn, irritable and muscle twitching individuals to be observed everywhere about us. The prevention is the use from infancy upward of natural unprocessed food matter.

THE SUPRARENAL GLANDS.

The next time you wake with a start in the middle of the night with your hair standing on end, your skin all gooseflesh, with those peculiar tingling thrills of fear running up and down your spine and all over your body, and you are conscious that your heart is pounding like a steam trip hammer, do not say you are "nervous" and place all the blame on your "nerves." For, as a matter of fact, the condition is quite the reverse and you are suffering from lack of cerebral nerve action, rather than too much. The brain is essentially an inhibitory, a restraining and controlling organ. And exactly in proportion as the brain is developed and intelligently directed and controlled so is fear eliminated and banished. Permitting the brain to run wild and around a circle tends to derange the entire economy, as we shall see. But returning to the fear mentioned above. Possibly some nerve impulse beginning in a subconscious mental or dream action traveled from the brain down the pneumogastric nerve, touched off and started into action the primordial nerve organization; but the actual active manifestations of fear are now known to be due solely to excitation of the sympathetic nervous system. And it is conclusively demonstrated that excitation of the sympathetic nervous system results from a substance manufactured in the medulla, this is to say, in the interior of the adrenal glands. This substance is known as adrenalin.

There are three organs in our bodies which have the epithelial structure of glands, but are without ducts—the suprarenal capsules, the thyroid gland and the pituitary body. It is assumed that these organs obtain from the blood certain substances which undergo alteration in their epithelial cells, the product of such conversions being again returned to the blood.

Since 1891, when Jacobi described nerves branching from the splanchnics (visceral nerves) and Bidl and Dreyer subsequently demonstrated that electric stimulation of the splanchnics below the diaphragm produced in the adrenal blood an increased amount of the substance increasing arterial blood pressure, more and more attention has been given to the investigation of the function of the suprarenals.

It has been demonstrated that there is present in normal blood a substance which is constantly secreted by the adrenal bodies and which has a marked stimulating effect upon the tone of the blood vessels and upon the heart and perhaps upon the skeletal muscles It is assumed that this internal secretion is essential to the full activity of the sympathetic self-governing nervous system, and its failure or diminution will be followed by impairment of the functional activity of the tissues thus enervated This substance, epinephyrin (adrenalin), has been isolated and injected into animals, the cat, for instance, and is found to induce all the principal emotions characteristic of discharges along the sympathetic nerve paths; that is to say, the pupils dilate, the stomach and intestines are inhibited, the heart beats rapidly, the hairs of the back and the tail stand erect—in short, the cat is "frightened," if more than the normal quantity of adrenal is introduced into the blood stream.

The adrenals are also demonstrated to have the power of neutralizing in some way the poisonous products resulting from muscular work. The active substance, adrenalin, extracted from the medullary part of the suprarenal glands has found many uses in the hands of the medical profession. Among these chiefly is its use in checking nosebleed and hemorrhages in minor operations, and in shrinking the tissues of the nose in hay fever. Its action in this latter disease opens the question of a relationship between the ductless gland secretions, hypersensitive nerves and the accepted cause of hay fever—plant pollen in the air.

WOMEN PRIZED AS PROPERTY

Have a Definite Value Among African Natives and Are Treated Accordingly.

Although woman in Africa is regarded as property, she has certain rights which are seldom infringed upon, and of these the most important is her right to marry whom she pleases, or rather to refuse to marry one who does not please her, the Southern Workman says. There are two grim reasons for this. First, women married against their wills have been known to commit suicide. Second, women married against their wills have murdered their unloved husbands, usually strangling them when asleep. And to these reasons may be added the fear of marital unfaithfulness. So, in forcing oneself upon one of these women there is liability to a great loss—the loss of valuable property or of no less highly prized life. The young girls are well cared for, partly that they may be comely and draw many suitors. Every girl will tell you frankly that she wishes to marry and have a good husband and children. Every father is anxious to have his daughters marry well. To secure a wife one must pay a dowry in cattle to the father, or, should the father be dead, to the nearest male relative. If a girl is much sought after her father naturally asks a larger dowry. When a man has paid part of the dowry the father may give consent to a provisional marriage and permit the couple to live together. Should the husband be too slow in paying the remainder of the dowry his wife is taken from him. Trial marriages are common and can be set aside by either party. Their principal objects in marriage are mutual helpfulness and the perpetuation of the race.

A Warning.

"What are you cutting out of the paper?"

"An item about a California man securing a divorce because his wife went through his pockets."

"What are you going to do with it?"

"Put it in my pocket."—Everybody's Magazine.

Laura Jean Libbey's Talks on Heart Topics

[Copyright, 1914, by the McClure Newspaper Syndicate]

ARE OUR DREAMS EVER REALIZED?

Known mischiefs have their cure,
But doubts have none,
And better is despair than fruitless hope
Mix'd with a killing fear.

When a girl is sweet sixteen or thereabouts she draws her first mental picture of the Prince Charming who is destined to woo and win her. He is seldom, if ever, much beyond her age. There never yet was a maid whose tender day dreams clustered about a man of middle age.

Her hero is lithe and handsome; a youth given to sentimentality and writing love notes to her. She is wont to believe every word he utters. She would as soon believe that the stars could fall from the skies as that they could change toward each other. The same ideals hold fast to a girl's heart at twenty. Her first beau sets the standard by which she unconsciously, perhaps, judges all others who evince an interest in her.

Another five years drift so swiftly by that a girl is scarcely conscious of the flight of time. Her eyes still look through the rosy glasses of that twentieth year. Youth and its pleasures seem dearer than ever to her. Very young men still appeal to her. Her heart has not gotten beyond the early girlhood stage. To say that she has a woman's hopes, thoughts and ambition at this stage cannot be said to be true in a majority of cases.

At eight and twenty she begins to realize that men in their middle twenties are too young for her. She thinks the man in his early thirties too old to be congenial. She has formed her ideal in early youth. It does not occur to her to remodel it to the requirement of the years. She has seen in her day dreams a handsome young man and is forever furtively watching for the coming of the hero, the one in real life who corresponds with the mind picture.

It is safe to say that she seldom, if ever, realizes her hopes. At five and thirty she folds away her romantic dream pictures and looks about her, seeing the world of men as they really are. It would take a long stretch of imagination for such a girl to idealize a man fat, comfortable and forty into being an ideal hero. He does not talk sentiment with the fervor of youth. His habits are set. His opinions are deeply rooted. Such matches are not always love matches. The man chooses her because she is more likely to make a good, sensible wife than any other he knows of. She accepts him to rout at once and forever the fear that she will be an old maid if none other chance presents itself.

No woman is ever justified in marrying for such a cause. The oldest and wisest sages tell us that woman is sure to meet her ideal if she waits long enough. Some are destined to wed early in life, some late. But love, and love alone, should be the only reason for marrying. Then her dreams would be realized. Two congenial hearts will become one. Happiness is only possible where one feels that she cannot live without the other. To wed a man who is not her ideal means a lifetime of unhappiness.

A DIFFERENT WORLD WITHOUT HER.

We starve each other for love's caress.
We take, but we do not give.
It seems so easy some soul to bless,
But we dole the love grudgingly, less and less,
Till 'tis bitter and hard to live.

If life's song could go on uninterrupted to the finish, there would be no hushed music on the lips, no unsatisfied longing to the heart. One never knows how dear is the companionship of a loved one until the cord which binds one heart to the other is suddenly snapped asunder.

There are those who can move on in the same beaten path of life, doing their best to live and in a measure forget. There are some griefs which take such hold on the heart and inflict such deep wounds that it seems they will not heal. Suns rise and creep to the noon, slowly deepening at length into the gloom of the night. The daily routine of life goes on as of yore. But without her it isn't the same old world. Old friends are kind, but they are only friends who come and go according as their interests draw them hither and thither. There is no closeness of tie. They could not be depended upon to come at his call, at a crucial moment, for love of him.

The man who has loved and lost does his best to hide from the world the blight that has fallen over him. He forces the tone of his voice to drop the note of sadness and his lips even to smile. But his heart feels the world's coldness. From his home sunshine has fled. His eyes see what no one else beholds—a shadow on his hearth.

Where should such a man look for solace? The babies on the block seem to draw him by a sympathetic chord. They learn to watch for the kindly gentleman who always has a smile and a gentle word for them. They stop their play to run a little way with him as he clasps them by the hand. He is glad to see them so joyous. Their friendship is always sincere. When one little toddler lisps, "You don't live in our house, but I love you," he realizes that the dear old world is as full of the golden promise of love as ever; that it's only his poor heart that is weak and weary with its doubting.

Brave is he who can realize that he cannot change the great eternal plan to give love to some, take love from others. If the heart's door is shut firmly against brooding memories they cannot enter and lodge there. The world does not change. It's the people in it. Children romp through childhood's golden hours, grow to lovely girlhood and young manhood, meet, love, and wed, and walk sunny paths awhile, then suddenly one loses the other. Life, loving and loss are repeated. The world goes on. It is cloudy today, but on the morrow the sun breaks forth again. Having once loved makes the heart tenderer toward others; nature's more charitable No grief is so deep but that the great magician Time may not heal it. No matter how dark the night, hope will rise with the rosy morn, gilding the path which leads to the future. "'Tis better to have loved and lost than never to have loved at all."

IF YOU HAVEN'T A SWEETHEART.

Love is just a morning-glory, doomed at noon to die;
Love is only half a story, told in passing by;
Love is gold so delicate the faintest flame would melt it;
Love is nothing, but God help the man who's never known or felt it.

If you haven't a sweetheart, try to review the situation, and see if it is not your own fault. Lovely woman is to be wooed, and therefore to be won. But they have no patience with laggards in the love game. A man must show an interest in women if he expects them to be interested in him in return. Because one of the fair sex is shy and seemingly cold, he shouldn't be faint-hearted and in despair lest his suit might be unsuccessful.

There's no woman who detests a man because he loves her if he's comely in her sight. Even the plainest of men, plain to actual homeliness, have been known to aspire to the hand of the loveliest women and have led off the prize which handsomer men have failed to secure.

Abraham Lincoln had a notable love affair of this kind. The girl whose hand he sought in marriage was a famous belle and beauty; one of the most witty and fascinating young women of her day. The honest young lawyer, after several unsuccessful attempts on his part to declare himself, wrote her a love letter which was so convincing that it took the citadel of her heart by storm. He wrote in his quaint way: "In laying bare my heart thoughts for you to read, I may incur your displeasure. But I shall never despair. While you are single, I shall be. I will never lose the hope of winning you."

This was a postscript, written on a separate piece of paper, which the young lady did not find for many a day. History has it that they had had a slight quarrel, and were wellnigh parted. Those words straight from an honest heart so impressed his lady love that she straightway recalled him. We see, from the diffident Lincoln, that no man is too bashful to make an attempt to gain a sweetheart when he sees a girl he really cares for. If he is too bashful to ask permission to call upon her, a note will probably pave the way.

Many a man hangs back, doubtful as to whether he has found the right girl. That is the one matter in life where the man must be careful in his selection and choose for himself. As Davy Crockett says: "Be sure you're right, then go ahead." Don't wait until you have piled up riches; if you do, some other man will beat you in love's race. When the heart is yet young, a man should take unto himself a wife."

Don't wait until you are so old that a woman would consider you a burden instead of a prize. Without a sweetheart the single man is never quite satisfied with himself. To love and be loved by a good, true woman should be every man's hope.

Homemade Silver Polish.

To make the best silver polisher and cleaner known, take a bottle of ammonia as sold in most grocery stores, and to this add two ounces of whiting and just a few drops of oxalic acid. In this way you will procure for the expenditure of fifteen cents as much of the best silver polish as can be purchased for a dollar in most of the prominent drug stores. This same polish is so cheap when homemade that the housewife will not find it too expensive to use it in polishing all of the cutlery and also the brass doorknobs or any other bright metal fixtures about the house.—"The Home Department," National Magazine.

Canada's Capital.

The old seat of government in French Canada was the city of Quebec. Under British rule the capital was Montreal, but as a result of a riot in 1849 the government was removed and alternated between Toronto and Quebec until 1858, in which year Queen Victoria selected Ottawa as the capital of Canada. Ottawa was founded under the name of Bytown in 1829 and was incorporated in 1854 when the name was changed.

Diseases That Ravage Armies.

Modern science has done much to banish disease amongst soldiers, and the scourges of smallpox, malaria and cholera, which in former campaigns have killed more men than bullets, have lost much of their menace for fighting men. There still remain, however, diseases such as dysentery, pneumonia, and enteric, which are likely to break out amongst bodies of troops unless careful precautions are taken by the men themselves.

Revengeful Pigeon.

A pigeon flew into an optometrist's shop in New Bedford through an open transom and tried to make a meal of some expensive lenses in the show window. Finding this impossible, the pigeon revengefully scraped together a pile of lenses and magnifying glasses and then kicked them about, repeating this exercise several times until the proprietor interfered.

His References.

Motorist—"Have you driven for good people?" Chauffeur—"Gee! You should have seen the obituaries of some of 'em."—Puck.

ADD TO WINTER MENU

APPETIZING PREPARATIONS FOR THE COLD DAYS.

All Are Recipes of Recognized Worth and Are Sure to Be Appreciated by the Family or the Household Guests.

Celery Fritters.—Beat one egg until very light; add one-half cupful of sweet milk, two teaspoonfuls of butter, one saltspoonful of salt and enough flour to make almost a drop batter. Beat it thoroughly and let it stand an hour or more to swell the flour. Beat again before using. Cut the celery into inch pieces and cook in boiling water (salted) until tender. Drain and stir it into a fritter batter. Drop by spoonfuls into deep fat.

Honey Gingerbread.—Four cupfuls of flour, two heaping teaspoonfuls of baking powder, two heaping teaspoonfuls of powdered ginger, half a cupful of Sultana raisins, half a cupful of preserved cherries, a quarter of a cupful of chopped citron peel, half a cupful of butter, three-quarters of a cupful of honey, two eggs, a quarter of a teaspoonful of salt and a quarter of a cupful of milk. Sift the flour, salt, baking powder and ginger into a basin, add the raisins, the peel and cherries cut in halves. Melt the butter, honey and milk together in a saucepan, then cool and add to the flour with the eggs well beaten. Mix, turn into a buttered and floured cake tin and bake.

Chicken Pot Pie.—Cut and joint a large chicken, cover with water and let it boil gently until tender; season with salt and pepper and thicken the gravy with two tablespoonfuls of flour mixed smooth in a piece of butter the size of an egg. Have ready nice light bread dough, cut with a biscuit cutter an inch thick; drop this into the boiling gravy, having previously removed the chicken to a hot platter; cover and let them boil for half to three-quarters of an hour. Ascertain they are done, lay them on platter with the chicken, pour over the gravy and serve.

Clams on Toast.—Chop a dozen clams and boil them five minutes in their liquor; drain and add to them two tablespoonfuls of fine crumbs, a tablespoonful of butter, salt and pepper to taste and a gill of milk in which one-half tablespoonful of cornstarch has been dissolved. Stir constantly over the fire until the mixture boils, then add a gill of cream; stir for a moment longer and pour upon the toast.

Candied Potato.—Peel and slice thin two or three medium sized potatoes or one large one. Put in a stewpan with enough water to cover. Cook until potatoes can be pierced with a straw, then pour in one cupful of sugar and cook until a thick sirup is formed and the potatoes have a clear look. Do not stir while cooking.

Tongue Fingers.—Fine to use up cold tongue after it has been served hot braised for dinner and then cold sliced, etc: Grate nearly a cupful (over a half) of the remains of a cold tongue very fine and mix it with the yolk of an egg, a large spoonful of cream and finely chopped parsley, dash of salt and pepper. Heat thoroughly and pour on some prepared narrow strips of buttered toast. Then sprinkle thickly with fine bread crumbs stirred in a little melted butter, with a shake of paprika, and brown quickly in a hot oven.

Apple Grunt.

This is an old Dutch recipe: Six good-sized apples peeled and sliced, one cupful of molasses, one cupful of sugar, a little salt and cinnamon. Make a dough of one scant pint of flour, one teaspoonful of soda, one teaspoonful cream tartar, one-half teaspoonful salt. Rub one-half teaspoonful of shortening into flour and mix with buttermilk or sour milk to make it right to roll. Put one-half of the apples in a deep agate pan or kettle, season with one-half cupful molasses, one-half cupful sugar, salt and cinnamon. Divide the dough into two parts and roll one-half to size to cover apples. Put in another layer of apples with remainder of molasses, sugar, salt and cinnamon. Cover with other half of dough, with slits cut in top. Put in one cupful of hot water, cover closely and cook on top of stove from thirty to forty-five minutes, taking care not to scorch.

Mocha Gems.

Cream two teaspoonfuls of butter and one of sugar, add one egg well beaten. Mix one cupful of coffee and one-half cupful of milk, add it alternately with one and one-half cupfuls of flour mixed and sifted with one and one-half teaspoonfuls of baking powder and one-half teaspoonful of salt. Then beat in one cupful of rolled oats. Pour into hot-buttered gem pans and bake 20 minutes in a hot oven.

Egg Savories.

Pass the yolks of three or four hard boiled eggs through a sieve and pound them with an ounce of butter and tablespoonful of grated cheese. Season with celery, salt, pepper and a little cayenne. Add a teaspoonful of warm butter. When it is hot, spread it on some triangular-shaped pieces of toasted bread. Heat carefully in the oven and serve sprinkled with chopped parsley.

Worth Knowing.

If a joint of meat should be too underdone to eat and several slices have been carved out it can be cooked again and served as a fresh joint if the hole is filled up with mashed potatoes and it is cooked in a brisk oven for an hour. The browned potatoes will be much appreciated and the fact that it is the second time of sending it to table will not be noticed.

Fish Chops.

One can salmon, one-quarter cupful fine bread crubs, one-half teaspoonful salt, one cupful thick white sauce, one egg well beaten. Pick the fish with a silver fork and mix with sauce and salt. Beat well and form into chops. Dip into egg, then into crumbs and fry.

The KITCHEN CABINET

Know that no space of regret can make amends for one life's opportunities misused.

True love believes everything, and bears everything, and trusts everything.

SWEET POTATOES AS SOUTHERNERS LIKE THEM.

The southern yam is on the table in the South from October until late spring and is considered by many people to be the staff of life and they know how to cook it to perfection.

Baked Sweet Potatoes. — Steam in the skins or cook in boiling water until half done. Peel and slice a half-inch thick. Lay in the bottom of a baking dish and sprinkle with sugar and bits of butter. Then put in another layer and repeat until all are used. Cover with sprinkled sugar and bits of butter, pour in a half cupful of water and vinegar and bake uncovered for a half hour. Then uncover to brown.

Potato Pudding.—Steam and mash a quart of sweet potatoes, add a half cupful of butter and half a cupful of sugar, spices to taste and a cupful of boiling water and the juice of a lemon. Bake in a well-buttered baking dish until brown on top.

Sweet Potatoes and Baked Chicken.—Steam the potatoes and mash with butter and salt. Fill the chicken with the mashed potato, just as you would any stuffing. Fill it to overflow, and baste well while roasting. Let the fowl brown well. The potato is seasoned with the chicken and makes a favorite every-day dish.

A sweet potato pie is made as one does pumpkin or squash pie and is very good when one has neither of the other vegetables to use.

Potato Pone.—Grate raw potato enough to measure a quart. Pour over it three quarts of sweet milk to keep them from darkening. Beat two eggs, add two cupfuls of sugar, a cupful of butter and a little grated nutmeg. Grease and flour a pudding mold and bake in a slow oven for an hour. This is served often as a vegetable, or may be served with sweet cream as a dessert. This is an old favorite plantation dish.

Yams With Roast Beef.—Lay the peeled potatoes around the roast and baste them when the roast is basted. Bake until the yams are well browned. Cooked with pork they are also good.

WHAT TO EAT.

When ideas seem to be scarce as to food combinations and one does not know what to serve, try some of these homely dishes.

Ham and Bean Casserole.—Cover a two-pound slice of ham with milk and let stand for several hours. Put the ham in a casserole and cover with a can of kidney beans which have been well seasoned with mustard, sugar, salt and a bit of onion. Cover with the milk and bake until the beans and ham are tender—about three-quarters of an hour.

Shepherd's Pie.—To two cupfuls of meat add the following sauce: Four tablespoonfuls of browned flour, one cupful of meat broth or water, three teaspoonfuls of vinegar, a teaspoonful of sugar, one bayleaf, one clove, five pepper corns and a teaspoonful of salt. Turn into a baking dish and cover with mashed potato; sprinkle with buttered crumbs and brown in the oven.

Corn, California Style.—Mix a can of corn with a chopped green pepper and a half cupful of thick white sauce, well seasoned with salt. Turn into a buttered casserole and cover with strips of bacon. Bake in the oven until the bacon is cooked.

Mexican Rice.—Put a half cupful of rice into a hot frying pan with a tablespoonful of olive oil. Roast until the rice is brown and add four or five chopped or canned tomatoes, with two teaspoonfuls of chili pepper pulp. Pour in a cupful of water and simmer until the rice is soft.

Oysters in Peppers.—Cut the top from as many peppers as there are guests to serve. Remove the white membrane and fill each pepper with six fine oysters; cover with sauce made of one tablespoonful of tomato catsup, one teaspoon each of horseradish and made mustard, six drops of Worcestershire sauce, one drop of tabasco sauce and a dash of paprika. Set each pepper in a wreath of shredded cabbage, well chilled and marinated with French dressing.

New Industrial Disease.

A curious industrial disease has been reported by Dr. F. Koelsch as arising in certain electro-chemical factories form inhaling the dust of calcium cyanamid. The train of symptoms develops on taking a very small amount of alcohol, and even a sip of beer may be followed by congestion of the upper part of the body, inflamed eyes, rapid pulse and breathing, lowered blood pressure, and a sense of oppression in the chest. The attack, which is without fever, usually passes in an hour or two.—Exchange.

Russian Priests Must Marry.

While the Catholic priest must be a celibate, the Russian must be married when he gets a position. As soon as he loses his wife he has to give up his position or go into a monastery. There is celibacy in the Russian church, but this exists only in the monasteries. A monk can never be a parish priest.

Debt That Hurts.

To the generous mind the heaviest debt is that of gratitude, when 'tis not in our power to repay it.—Franklin.

HELPFUL HINTS AND TASTY DISHES.

When putting a roast into the oven, add a small amount of vinegar and use it in basting the meat. It will not only keep the meat from burning, it will soften the fiber and make it more tender, and improve the flavor as well. A tablespoonful of vinegar to a five-pound roast will be sufficient.

Creamed Eggs.—Cook six eggs until hard. Make a pint of white sauce, using four tablespoonfuls of flour and the same of butter; a half teaspoonful of salt and a pint of rich milk. Put six slices of toast on a hot dish; put a layer of sauce over each after spreading them with butter, then cut the egg whites in strips and add a layer of them. Rub a part of the yolks through a sieve for a garnish; place in the oven for a few minutes and then serve hot.

Nut Cutlets.—Have ready a half cupful of chopped nuts, using Brazil, walnuts and almonds; add to them a cupful of bread crumbs and a cupful of mashed potatoes, with a little chopped parsley and onion; beat two eggs; mix with other ingredients; add salt and pepper and form into balls or cakes, dip in beaten egg and crumbs and fry a golden brown.

Beet and Celery Salad.—Mix equal quantities of chopped boiled beets and crisp celery; moisten with boiled dressing and serve on lettuce leaves.

Deviled Oysters.—Drain and cut oysters in two; into a saucepan put four tablespoonfuls of vinegar, half a teaspoonful of made mustard, a dash of cayenne, a pinch of sugar and salt, with two tablespoonfuls of butter; simmer together; add about a pint of oysters and cook until well curled. Place on a hot dish and garnish with pieces of lemon.

Grape Mousse.—Add to a quart of grape juice a half teaspoonful of clove extract, the juice of a lemon and freeze it as for ice; then stir in two stiffly beaten whites, pack in a mold and let stand in ice and salt for two or more hours. Serve with small cakes.

SEASONABLE DISHES.

Cut the center from a firm cabbage and boil the shell until tender, mince the part taken from the center and boil that with the shell, season with salt and pepper, one minced onion and half as much veal as cabbage, one cupful of cooked rice and a half cupful of butter; mixed well and form into balls the size of a walnut, dip in beaten egg and crumbs and fry in deep fat. Season the cabbage shell with butter, salt and vinegar, and pepper. Serve the balls in the cabbage, both steaming hot.

Apple and Grapefruit Salad. — Divide the grapefruit into halves and take out the pulp, crushing it as little as possible. Remove all the connecting fiber and add to the fruit half its bulk in apple, cut in dice. Mix with French dressing, pile high in the shells of grapefruit set in stemmed glasses. Garnish with skinned seeded grapes and serve in the dishes surrounded with cracked ice.

Frozen Fruit Cup.—A rosy ice with the meat course is a great favorite with many. Put a spoonful of raspberry, lemon or orange ice in a sherbet glass and pour over it ginger sirup with chopped ginger on the lemon or a tablespoonful of maraschino cherries over raspberry. Garnish with very thin slices of banana and grapes skinned, seeded and cut in halves.

Jellied Apples.—Pare and core large firm apples, fill the centers with red currant jelly, sprinkle with sugar and lemon juice. Put a little water in the pan around the apples and let them bake in the oven until candied but not broken. Preserved ginger may be used in place of jelly if so desired.

Tomato Jelly.—Cook together twenty minutes a two-pound can of tomatoes, six cloves, eight pepper corns, one blade of mace, one bay leaf, one onion and eight sprigs of parsley, a half cupful of chopped celery, strain and add one-half package of gelatin, softened in a little cold water, season with salt and a dash of red pepper. Set in ice water to cool, pour into a mold and set on ice until firm. Garnish, with roses of mayonnaise and olives.

Nellie Maxwell.

To Protect Shoes.

Patent leather shoes are very hard to keep in cold weather, but if a few precautions are taken the shoes will survive all the cold without a crack. Every time they are worn they should be rubbed for five minutes. When they are first warmed through by the heat of the foot rub them with the palm of the hand until the moisture of the skin lubricates the leather. Once a week put three or four drops of neatsfoot oil in your palm until warm and then rub it thoroughly into the leather. This treatment will prevent cracking.

Use for Old Newspapers.

Old newspapers form the basis of most of the boxes in which goods are kept in the furnishings stores. When ground into pulp and treated with certain chemicals they form ideal material for the pasteboard used in the cheapest as well as the more expensive grades of boxes.

Others Censored.

A newspaper classifies the various kinds of people, but the world only recognizes two—the rich and the poor.—Nashville Banner.