

AT THE FIRST MEAL

PROPER DISHES FOR A SUBSTANTIAL BREAKFAST.

Leftovers of Meat Can Be Served in Appetizing Fashion—Recipe for the Making of Popovers or "Tortois."

A substantial breakfast should consist of one fundamental dish, fruit in season, one or more dishes of a lighter description for those whose appetites require an extra relish, according to Elizabeth Pyewell. Patatoes are the best to add, as there are many ways of cooking them.

Leftover of meat should always be kept for the next day's breakfast and be served hot.

Popovers, or "tortois," as they are called abroad, are excellent. They should be hollow in the inside and brought to table the instant they leave the oven, else the crust is apt to be tough.

Friday is the best day to select for fish as it comes in greater quantity and the risk of buying those kept over is less.

A good sized rock fish may be boiled for Friday's dinner. What is left will serve as the basis of a dish for breakfast on the following day.

To one pound of cold boiled fish allow a half pint of white sauce, three cold white potatoes, three hard boiled eggs sliced, a spoonful or two of rich milk or cream and milk mixed half and half and chopped parsley. This can be prepared over night and set aside in a cool place. A few minutes will be sufficient to simmer the fish.

Take the remains of the fish free from skin and bones, break this into flakes. Put the white sauce into a saucepan with the flaked fish, three cold potatoes sliced and three hard boiled eggs also sliced. If too thick add a little hot milk. Simmer for about five minutes; place on a hot dish, and sprinkle chopped parsley on the surface.

For popovers or tortois have half a cupful of flour, two scant cupfuls of sweet milk, yolks of two eggs and whites of three.

Beat the whites of the eggs; when light add these to the yolks and beat together.

Add three-quarters of a teaspoonful of salt, next the milk, after this one and a half cupfuls of flour (sifted). Stir quickly until free from lumps. Heat the cups in the oven, grease well, pour in the mixture and bake in a quick oven.

No breakfast is complete without a cereal; those which require cooking are considered the most wholesome. Fruit in season should be eaten first followed by a cereal.

Cleaning Portieres.

The dusty portieres you wish to clean should be thoroughly shaken and placed in a washing machine in the yard and covered, not just dampened, entirely with gasoline. Throw something over the machine to keep in the fumes and leave for at least half an hour. Do not attempt to rub or squeeze out the dirt, but gently lift out the curtains, place evenly on the line and allow to drip and dry. When dry beat lightly with a rattan carpet beater. The gasoline loosens dust and dirt and the gentle beating throws it off the same as dust. You will find they are perfectly clean. Leave as long as possible in the hot sun, since heat kills the disagreeable odor.

What They Will Make.

Left-over cold meat—Salads and scallops.

Cold fish or fowl—Salads.

Stale bread—Bread crumbs for filling.

Cheese—Rarebits, crackers, macaroni.

Gravies, bones, etc.—A stock pot for soups.

Stewed tomatoes—Scallops and soup flavorings.

Mashed potatoes—Breakfast balls, luncheon pots or souffles, purees, crust for meat pie.

Beets or onions—Salad.

Vegetables—Soup.

Sour milk—Gingerbread, biscuits, cheese.

Morning Glories.

Morning glories can be raised in the house during the winter. Planted in pots they will bloom in about seven weeks. Put three or four seeds in each pot and place near a window, and put tumbler over them until they begin to sprout. Let them run on a basket or piece of featherbone, and when it is nearly covered bend it over and stick the other end in the pot and there will be a circle of blossoms. Nasturtiums may be grown in the same way.

Cheesecloth a Friend.

Every housekeeper knows the value of cheesecloth as a duster, but perhaps not its invaluable use in everything in the household menage where a cloth is necessary. There is nothing like it for a floor rag, it washes and dries the floors and woodwork readily and wrings out easily. As a dish cloth it is par excellence, as stains and grease do not stay in it. It cleans the windows easily and is splendid for polishing mirrors. It can be bought for five to eight cents a yard.

Pineapple and Peach Cocktail.

This is a sweet course for the beginning of a dinner. The fruit is cut into small pieces, marrows are added, and sherry or lemon juice poured over. Add a little powdered sugar, mix, make very cold and serve in cocktail glasses.

LIONESS A FRENCHMAN'S PET.

Big Cat That Attracts Notice in French East Africa.

Paris.—This is a picture of a Frenchman and a lioness he has domesticated so that she trots along at his heels wherever he goes. She was afraid of the camera, and as she declined to face it, her master put her leading string around her neck, kept her from looking around and the photographer caught her unaware.

She is less than two years old and is said to be as docile as a kitten, but her master is too wise to trust her fully. If they are likely to meet anything that might unduly excite the animal she is led instead of being permitted to follow without any means of restraint. She is always in confinement when he is not with her, but a great deal of the time she is simply



M. Carrette and His Pet Lioness.

following him or playing about him as he goes through the country on his round of duty.

The photograph from which this picture was made was taken by Mr. Rosen, who was a member of the German mission that a while ago carried many very fine presents to Emperor Menelik of Abyssinia. A few days after the party landed on the African coast they were astonished to see this lioness tagging along after the white man. Her unusual story and her photograph are among the interesting things found in the volume that Mr. Rosen has written about the adventures of the German embassy to the court of Menelik.

The tamer of this lioness has a place of no small importance in French East Africa. He has a large part in the management of the railroad that extends from the French port of Jibuti to the old town of Harar, which not very long ago could be visited by white men only in disguise. His name is Carrette.

It was Carrette who had to solve the problem of the Issa natives. At one time during the construction of the railroad very few of the workmen who went or were sent a few miles away from the line ever returned. No hostile natives were seen, but nothing was found of the lost men excepting their mutilated bodies. This murderous work was done by the Issa natives with their lances.

At last they came out into the open and killed 30 men who were at work on the roadbed. Consternation reigned and all work on the railroad ceased till Carrette supplied complete protection and finally put an end to the hostility of the Issa by winning the confidence of their chiefs.

One day this baby lioness was brought to him. Her eyes had scarcely opened, and from her babyhood on she has been the special care of the white man.

She does not know the tricks that are taught to many show animals, but after all her education has probably been more thorough than that of almost any other trained lion that ever lived, for she has been practically turned into a domestic animal. She comes and goes like a dog, obedient to her master's will, and seems to have a genuine affection for him.

Work, Play and Health.

There is just one rational method of work, the allotment of a certain number of hours for it and the rest of the time spent in enjoyment of various kinds. If one is conscientious and painstaking there will be about as much drain upon the strength as is wholesome. An English doctor whom a young woman consulted professionally asked her how she lived. When she told him that she was self-supporting in the position of a housework girl, he said it was the healthiest work she could do. It contained variety, exercised every muscle in her body and offered her weekly half-holidays, which gave the necessary change and relaxation for healthful living. But he found fault with the diet, because in a family where the table was generously supplied she chose toast and tea for her first meal, and on that bit of nourishment she did the heaviest part of her work. He said that domestic workers who made proper use of their privileges kept youth and strength longer than workers in any other line and that he continually wondered why housewives did not follow the example of the girls they hired.

Holds Descendant Record.

Jacob Buck, who died recently near Newport, Perry county, held the record, so far as known, for living descendants. He was 91 years old, and was the father of nine children, with 49 grandchildren, 133 great-grandchildren and 16 great-great-grandchildren. The father and grandfather of Jacob Buck were among the first settlers in "Buck's valley," Perry county.—Philadelphia Record.

VARIETY IN EGGS

SUGGESTIONS FOR CHANGES IN THE MENU.

Combinations, Both Elaborate and Simple, That Will Prove Useful When a Hasty Luncheon Has to Be Prepared.

There are so many ways of cooking eggs, so many endless combinations that, pausing on the threshold of the fascinating subject, one scarcely knows where to begin, says a writer in the Chicago Tribune. It seems hardly credible that there are still surviving a few benighted minds to whom the word "egg" suggests only the inevitable boiled, scrambled, poached and fried.

Some of the combinations are fussy and some are very simple, and it is only a few of the simplest kind that I will undertake now to describe. Many a harassed woman has been suddenly overtaken by an unexpected guest for luncheon, and as there are usually eggs in the house, it is well to know something at the same time a little out of the ordinary and not too difficult to prepare at short notice.

Take, for instance, the addition of a little chopped pimento to the usual scrambled eggs, and you have a variation at once piquant and agreeable.

The best way to scramble eggs is first to melt a small piece of butter in a frying pan, then break your eggs into it without heating them, allowing two eggs for each person. Then add a little milk, another piece of butter, and salt to taste, and stir them quickly over a fire that is not too hot. When they are done, not too soft, and not too stiff and hard, sprinkle a little paprika over them, and they are ready to serve. In case of adding chopped pimento stir it in just before the eggs are done.

And from the southern Creole cooks come a pleasing change from plain fried eggs—to serve them with a good tomato sauce. Fry the eggs lightly in hot butter, and before serving pour over them the following tomato sauce: Chop three onions and fry them to a light golden brown in a generous teaspoonful of flour, and mix well with onions and butter. Add very gradually, stirring until the sauce thickens. Then add a teaspoonful of salt, two whole cloves, half a bay leaf, a generous sprinkling of paprika, and a quarter of a teaspoonful of mace. Let it simmer until thoroughly blended about 15 minutes; then pound through a coarse puree strainer and it is ready to serve, but will be better if kept a day and reheated.

The combination of sliced hard-boiled eggs served in a cream sauce on toast is too familiar to require mention, but a clever woman evolved from it an idea which is well worth trying.

Cut a few onions in slices and fry them to a light golden brown in a heaping tablespoonful of butter. Add a tablespoonful of flour and rub to a thick smooth paste. Pour gradually into this enough brown stock, milk or cream to make a thick sauce, pour it over sliced hard-boiled eggs and serve on toast.

Cheese Relish.

Little balls of rich cream cheese, seasoned lightly with paprika, and with English walnut meats pressed into the sides, making a tasty and attractive garnish for most vegetables and fruit salads. Three or four of the balls may be nestled in lettuce leaves, a watercress, and be dressed with oil and vinegar. Mixed olives or nuts are sometimes mixed with the cheese for the balls, or the balls are rolled sometimes in minced nuts or in minced parsley. They are also tasty mixed with green peppers. Green peppers and cream cheese, by the way, make a delicious sandwich filling.

Astor House Plum Pudding.

To serve for six soak one-quarter loaf of white bread in cold water, then press. Add to the soaked bread one-half pound of shredded citron and orange peel, one-half pound raisins seeded, one-quarter pound cleaned currants, one-quarter pound each chopped suet and flour, one-half pound sugar, one-half pint molasses, four eggs, one gill each brandy and sherry, a tablespoonful of cinnamon, one-half tablespoonful each nutmeg and cloves and a tablespoonful baking powder sifted with the flour. Mix all together, then steam or cook in boiling water.

To Clean Feather Beds.

Large feather beds can be renovated by emptying the feathers from the tick into a tub of warm soapsuds—soft water is preferable. Stir and wash thoroughly, then run them through a wringer into another suds. When cleaned run through a tight wringer and place between two sheets in the sun to dry. Turn occasionally, and when dry enough to be scattered by the breeze return to tick. Shake and beat the feathers until light and fluffy.

To Stop Coughing at Night.

Apply a cold towel saturated with cold water around your neck and over your chest, and on top of this apply a large, dry bath towel so as to keep your clothes or gown from getting wet. You will soon cease coughing and go to sleep.

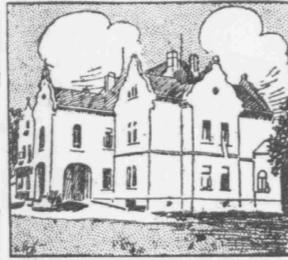
Using Soap.

Though there is a decided antipathy among women to the use of soap on the face, it may be used without any special harm to the skin if the soap itself is pure and every particle is rinsed off with clear, cold water, which acts as a tonic to the skin. In applying the soap make a strong suds rather than rub it directly on the face.

SZECHENYI'S SUMMER SEAT.

Estate of Hungarian Count Who Will Wed Miss Gladys Vanderbilt.

London.—Kemia Oermezo, the summer seat of Count Laszlo Szechenyi and his bride, Miss Gladys Vanderbilt, is a small village situated in the County of Templem, in Upper Hungary. Oermezo contains a large percentage of men who have been in the United States during some period of their life. As a matter of fact, nearly all the able-bodied males of Oermezo have gone to America, and their remittances play a great part in upbuilding that part of Hungary. Only the women, children and those who are unable to work remain behind to cultivate and take care of the property acquired with the dollars regularly



Side View of Oermezo Castle.

sent from the United States by their hard-working relatives. Since the movement of emigration has set in the price of real estate has become very high, in fact, higher than its real value. As much as \$300 to \$400 are sometimes paid for one "joch" (some what more than one American acre) of land for agricultural purposes.

The castle of Oermezo is a commodious, well-constructed building, and was built in 1900. It is situated in a splendid English park containing fine old trees and splendid driveways. Oermezo estate comprises about 4,000 acres, and is in an excellent state of cultivation. Its value is conservatively estimated to be 3,000,000 kronen (\$600,000). Count Laszlo's other property, called Lagoshara Pushta, is situated in the County of Somogy. It comprises about 4,300 acres, and is of about the same value as the Oermezo property. The count, besides, owns a one-story residence in Budapest, 14 Eotvosstreet. It contains ten rooms.

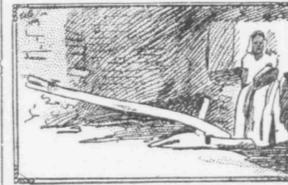
A considerable force of workmen is busy at present in remodeling Oermezo castle, and everything is being done to make the place as habitable as possible and fit to receive its future mistress. Electric light has been put in, new furniture ordered, etc. The nearest railroad station is Homonna, which is reached from Budapest within 7 1/2 hours.

The future Countess Laszlo will not lack company during her sojourn in Oermezo, for that part of the country is literally dotted with castles and manor houses belonging to members of the Hungarian aristocracy.

FARMING IN MEXICO.

Primitive Methods Still in Vogue in Many Sections.

Mexico City.—The most primitive methods of agriculture are still in vogue in many parts of Mexico. Even upon the farms adjacent to the City of Mexico and other large cities of that country, where it might be expected that modern machinery would have replaced the antiquated implements which have been in use since the time of the Aztecs, the ground is broken by wooden plows drawn by oxen. These plows are cumbersome in construction



A Mexican Wooden Plow.

and method of operation. The beam is about eight feet long and to it is frequently spliced another beam in order to afford working room for two yoke of oxen. The handle of the plow is an upright curved piece of timber. The plow point is also made of wood and is lashed to the beam by means of thongs of rawhide.

The plowing with this heavy and unwieldy piece of mechanism is frequently done by Indian women. The men pick the easier kind of labor. The plow does little more than scrape the surface of the soil and but for the natural richness of the land and the splendid climate little could be grown where the work is performed by the ancient implement.

Money Spending a Habit.

Spending money is a good deal of a habit, and though nobody need expect to break it off entirely, it can be restricted with much less serious inconvenience than most of us suppose. It is by no means the only way to have fun. The problems of economy are just about as interesting as the problems of expenditure. It is sometimes so harassing to decide in which of several ways to spend a sum of money that it comes almost as a relief to have the money crawl back into its hole and make a decision unnecessary. Thrift has great powers of entertainment, especially when it is successful, and relieves the mind of fiscal anxieties without depriving the body of the food, raiment and shelter that are necessary to health.—Harper's Weekly.

DECORATED BY KAISER

CAPT. POLACK'S BRAVERY TWICE HONORED BY EMPEROR.

Skill and Courage of Ocean Liner's Chief in Bringing Rudderless Steamer Across Atlantic Is Recognized.

Berlin.—Capt. Charles Polack, of the North German Lloyd line, who has been decorated with the Third Order of the Crown by Emperor William of Germany, in recognition of the skill and courage displayed by him in taking the rudderless Kaiser Wilhelm der Grosse safely across the Atlantic, is one of the youngest officers in the company's service.

The decoration recently conferred on him is the second he has received from the German emperor. He was given that of the Red Eagle in recognition of his personal bravery in rescuing from drowning four members of a boat's crew of which he was in command when on the way to save the crew of a sinking ship. For this act Capt. Polack received the much prized life saving medal of the Royal Humane society, and was also given a decoration by the late Queen Victoria.

Capt. Polack is a man of more than six feet in height, with almost a superhuman strength and an excellent swimmer. One by one he picked up his men, who were struggling in the water, and carried them to the capsized boat. There he left each man to hang on while he went after another. He kept up the rescue work until he had picked up four of the crew. The fifth man was not seen after the boat capsized, and it was supposed that he was stunned by the boat as it turned turtle.

Capt. Polack was promoted to his present position in the North German Lloyd service in 1900. It was on his second round trip in command of the Kaiser Wilhelm der Grosse that the accident happened, which has resulted in laying up the big trans-Atlantic liner for four months.

When off the banks of Newfoundland it was found the big steamship



CAPT. CHARLES POLACK.

did not respond to her rudder. Investigation showed that in the storm of that night and morning a sea had carried away the rudder and stern frame. Capt. Polack began steering with the propellers. The passengers did not know of the accident until well into the next day, when Capt. Polack himself informed them and told them there was no danger. He kept in touch with England or the United States by wireless for the 1,780 miles the Kaiser Wilhelm der Grosse steamed without a rudder, and, although encountering rough weather, took his steamship safely into Plymouth, with a delay of less than a day. Capt. Polack showed his remarkable endurance by remaining in the bridge continuously from the time the rudder was lost until the Kaiser Wilhelm der Grosse was safely docked at Bremen.

Medicine's Earnings.

Medical science makes temperately a claim upon the gratitude of the race. In London, New York and Chicago, the profession announces that recent progress in the cure and prevention of disease has gone far enough to diminish distinctly the incomes of practicing physicians. If this true, it is a magnificent message of service to humanity. Without asking for further proof it may be accepted as true. Sanitation, the conquest of infant diseases, the lowering of typhoid percentages, aseptic surgery, the acquaintance with food values, the development of a scientific nursing and the control of germ enemies are achievements known to everybody. Medical practice has simplified itself at its own pecuniary cost, while it has never faltered in promoting the investigations which result in the diminution of its earnings. To medical science and practice we can bow with respect and gratefulness. The labor has been incessant, their intelligence lavishly applied, and the collective reward is a reduction of income. Their title to the name of benefactors should at least have hearty recognition.—Philadelphia Press.

Wrote 253 Words per Minute.

The challenge cup offered by the Scottish branch of the Society of Stenographers has been won by Mr. A. Taylor, M. A., Lochgelly, with Pitman's system. The competition was open to all systems. Mr. Taylor scored 758 marks out of 800, and in the speed section of the examination attained to 250 words per minute.

APPETIZING DISHES

NEW AND TESTED RECIPES FOR THE COOK.

Swiss Eggs Are Something of a Novelty and Will Be Found Delicious—Maple Blanc Mange and Banana Desserts.

For Swiss eggs—a delicious supper dish—spread the bottom of a baking dish with two ounces of butter. Cover this with thin slices of American cheese. Place four eggs over the cheese, taking care that the yolks are not broken. Season with pepper and salt; pour around the eggs two tablespoonfuls of rich cream and cover the top with grated cheese. Bake it for ten minutes, garnish with parsley and serve with fingers of dried toast.

An unusually appetizing curry of veal is made as follows: Cut two pounds of veal into small pieces. Roll the pieces in flour and season with pepper and salt. Put a couple of tablespoonfuls of butter in an iron stewing pan. Slice a large onion and fry it in the butter, and when it turns a light brown add the veal and a quart can of tomatoes. Stir well and place the dish where it will cook slowly for an hour; then add a tablespoonful of curry powder mixed to a smooth paste with a little water. Simmer half an hour longer and serve on a platter with a border of boiled rice. Lamb may be prepared in the same way.

A maple blanc mange is a novelty. To make it boil a quart of milk. Measure out four heaping tablespoonfuls of cornstarch and moisten it with a little cold milk. Add to it a liberal cup of thick maple syrup, then gradually stir it into the boiling hot milk and beat thoroughly to prevent lumping. Cook until very thick, then put aside to cool. Serve with whipped cream.

For a banana dessert of the same type boil a quart of milk in a double boiler. Mix four tablespoonfuls of cornstarch with two large tablespoonfuls of sugar. Thin it with a little cold milk; then stir it gradually into the remainder of the milk, taking care that it does not form lumps. Cook for ten minutes; break two eggs and beat the whites and yolks separately. Add the yolks to the pudding and cook a few minutes longer. Then remove from the fire and add six bananas that have been cut into thin slices and sprinkled with sugar and a little banana extract. Have ready a pretty mould, and just before pouring the pudding into it fold through it the whipped up whites of the eggs. Serve cold on a low dessert platter with whipped cream.

Those who are fond of curry powder often use it as one would pepper and salt, in ordinary dishes, such as soups, hashes, stews, vegetables, rice, eggs, etc. The next time you serve poached eggs at breakfast try dredging just a little curry over the top of each.

The next time you make layer cake, instead of icing it first and then cutting it in slices, as usual, cut it into small squares and ice each square heavily, ornamenting the top with a candied cherry, a piece of citron or a walnut meat.

For a Bore in the Throat.

An obstruction in the throat, trachea or oesophagus may sometimes be removed by striking the patient forcibly on the back between the shoulders. Sometimes it is expedient to invert him while doing so. A child can be held up by the legs, but an adult should be placed across a bed or chair with his head and chest hanging well over the edge. If the object is in the oesophagus it can be often washed down with a drink of water or forced down by eating bread or other solid substance. To prevent excretion of the alimentary canal after the swallowing of any sharp substance have the patient eat plentifully of bread, potatoes or mush, but do not give a purgative.

Jelly Roll.

Weight four unbroken eggs. Equal their weight in flour, sugar and butter. Cream the butter and sugar until smooth and light, beat the yolks of the eggs and add them to this mixture. Beat for a few minutes, then put in the flour alternately with the stiffened egg whites and stir in lightly and quickly a scant teaspoonful of baking powder. Pour into a greased baking tin, not having the batter more than a scant half-inch thick. Bake quickly and steadily and when done turn the cake out upon a clean towel, spread at once with jelly and roll. Cover with tissue paper or waxed paper and tie in shape until cold.

Celery Jelly.

Celery jelly is an attractive basis for fancy salads. Cut up the outer green stalks and to one cupful of celery use one pint of water with one teaspoonful of salt. Cook until soft, add one-quarter of a box of gelatin that has soaked for half an hour in half a cupful of cold water, strain through a jelly bag and mold. When solid cut out the center and fill with the salad. Two oranges, two bananas and two apples diced form an attractive salad to serve with the celery jelly.

Prune Pudding.

Stew half a pound of prunes until soft, stone and chop. Add half a pound of stoned chopped dates, half a cup of English walnuts and half a cup sugar. Mix well and add stiffly beaten whites of three eggs. Cook 20 minutes in a hot oven and serve cold with cream.

Apple Salad.

Take red apples; polish; dig out inside and fill with apple, celery and nuts. Serve on a leaf of lettuce, covering apple over with mayonnaise dressing.