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FORGET THE TASTE.

Of schemes for beating down the cost of living there is no end—on paper. On paper most of them are born, and on paper most of them die.

Now comes Professor Atwater of Wayland academy with further elucidation of this point. He says: "We can not judge of the nutritive value of food by the quantity. There is as much nutriment in a pound of wheat flour as in seven pounds, or three and one-half quarters of oysters. There is still less connection between nutritive values and prices.

left the state some forty years ago—not to ride in mentioning statistics—and her conduct since that time, while doubtless unexceptional from the broad-point of view has been too frivolous to suit the women's clubs of her native state.

However, as Uncle Joe Cannon and Nels Aldrich keep telling Billy Taft, compromise is everything in these days. Let Iowa accept the picture with this proviso: It shall hang in the hall of fame only when Miss Russell is within the borders of the state.

IOWA OPINIONS AND NOTES.

"The insurgents had quite a little sport with Speaker Cannon yesterday when they caught him napping, but he looked up like an oak in a storm," says the Charles City Press.

"Hereafter the speaker will be the servant, not the master of the house," says the Spirit Lake Beacon. "One man will not be able to strangle a good measure nor promote a bad one. It will not be necessary for strong men to plead for imperial favor or possible for weak men to plead recognition."

"Standpat republicans are bemoaning the 'biterness' in politics, and 'opposition to the president's policies,' observes the Waikon Standard. "There is sure to 'come feelings' when you try to buck the majority of the people. The voters in the west, at least, know get it."

"The Iowa insurgents showed genuine republicanism the other day when they sheared Speaker Cannon of a big part of his power, the opposed the motion by the democrats that the speaker should be disposed," says the Shenandoah World.

"Iowa was never more of a power in Washington than it is right now," points out the Osage News. "We were told two years ago that the state would be deprived of its influence if the old timers were turned out, but they were turned out just the same, and the influence has not been diminished, but multiplied. Some more changes could be made with the same tendency increased in large measure."

"If a man is a drunkard and advocates the sale of liquor, he can not blame his children if they follow in his footsteps," says the Manson Journal.

"Hull, Kennedy and Smith were faithful to their keeper," remarks the Iowa Falls Citizen.

The Cedar Rapids Republican suggests that "if the girls have to be jailed perhaps it will be just as well to give up the work of reform in the Mitchellville school."

The Atlantic Telegraph notes that "Judge Smith stood by Joe Cannon until the end. The Ninth district congressman belongs to the 'eat-out-of-the-hand' bunch which dared not assert its independence."

"President Taft can not be re-elected unless the record he makes meets the approval of the voters of the country," says the Webster City Freeman-Tribune.

"What the house is doing to Speaker Cannon is just a reminder of what the senate, one of these fine days, is going to do to Aldrich," Kansas City Star.

The republican party is charged with disrupting republican Ohio. Just as if anybody on earth could do that but Ohio herself.—Detroit Journal.

There were only nine insurgents after all. The rest were trimmers. Watch the game.—New York Evening Telegram.

Colonel Roosevelt is tired of this make-believe fighting wild game in Africa and yearns for the real sport in Washington.—Atlanta Journal.

Of course, men have a right to vote as they think, but few of them do it.—Charleston News and Courier.

Mr. James R. Garfield announces his willingness to run against Governor Harmon in Ohio if his party wants him. The announcement, it is believed, will set up mingled emotions in the White house.—Providence Journal.

Iowa Newspapers

DON'T SCORCH. [Cedar Rapids Gazette.] If you own an auto, or are about to buy one, don't let the speed bug get into your system.

AS TO POSSIBILITIES. [Webster City Herald.] Senator Thomas C. Platt, of New York, has left this mundane sphere.

THE ISSUE IN IOWA. [Webster City Freeman-Tribune.] The real issue in Iowa is this: disclose it as you may.

PAROLE. [Traer Star Clipper.] The Chicago chief of police is rejoicing that the parole law has been knocked out.

AS TO FEELINGS. [Osage News.] A friend remarks that we are pretty severe on Guy Feely, if we wish to be considered a good progressive.

HATS OFF TO THE PORKER. [Burt Monitor.] Train No. 5, the fast evening passenger which goes west on the Burlington at 8:35 p. m., was sidetracked for twenty minutes at Neponset Friday evening to permit a trainload of hogs bound for Chicago to pass.

GENERAL EDITORIAL COMMENT. A Chicago scientist measures the age of the world by the salt in the sea, and says it is 400,000,000 years old.

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The republican congressional committee is planning to send speakers into each "doubtful state" to get their own renomination?

There is altogether too much self seeking in congress, among democrats, progressives, standpatters, all alike, and too little real purpose to stand or fall by policies and principles.

It is a pleasing thought for the day that some time there will be more men of the Pinchot order, who hold office just so long as it enables them to carry out the work they have to do, who value their own position and purpose more highly than they do their job.

Home Course In Domestic Science

VI.—Cuts of Meat and How to Cook Them.

By EDITH G. CHARLTON, In Charge of Domestic Economy, Iowa State College.

MEAT is one of the chief tissue building foods. It is also one of the foods most commonly found on the average table.

Meat is composed of bundles of muscle fibers bound together by a filmy substance called connective tissue. There are also in all kinds of meat more or less fat, water and mineral matter, besides the bone, sinew, blood and skin.

Meat is cooked to make it more palatable, to develop its flavor and to kill any germs which it may contain. Unless very carefully done cooking meat makes it less easy of digestion.

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THE LODGES.

MASONIC NOTICES. Visitors always welcome. Hall over 105-107 West Main.

MARSHALL LODGE, 108, A. F. & A. M.—Second degree work March 31, at 7:30 p. m.

R. W. Chamberlain, W. M. H. S. Lawrence, Secretary. SIGNET CHAPTER No. 38, R. A. M.—Stated convocation Monday, March 21, 7:30.

George H. Boggie, E. H. P. I. S. Millard, Secretary. KING SOLOMON COUNCIL, NO. 20, R. & S. M.—Stated assembly Monday, April 18, 8 p. m.

A. D. MEEKER, T. I. M. I. T. FORBES, Rec. ST. ALDEMAR COMMANDERY, No. 30 K. T.—Special convocation Tuesday evening, March 29, 1910, at 7:30 sharp, for conferring the Order of the Temple. Sir knights be present if possible.

Fred Wallace, Recorder. Fred M. Wilbur, E. C. CENTRAL CHAPTER, No. 67, O. E. S.—Special meeting Friday evening, April 1, at 7:30.

Mrs. George Downing, W. M. Edna C. Fularton, Secretary. range and cooking in dry heat in the oven or broiler. The principle underlying all the methods is the same.

It is to begin the cooking of the meat at a high temperature in order to seal over the cut muscle ends to keep the juices in the meat and then to cook at a lower temperature that the muscle fibers and connective tissue may be hardened as little as possible.

For a roast of beef choose either the first three ribs, a cut from the sirloin or the rump piece. After preparing the roast for the oven wipe it with a cloth wet with cold water. Do not put the meat in a dish of water to wash it. Put the meat into a dripping pan or, better, a self basting roaster, sprinkle it with a little pepper and dredge lightly with flour if desired.

But do not put water in the pan or sprinkle the meat with salt, because both extract the flavor of the meat. The oven should be very hot, about 350 degrees, but enough to seal the meat on all sides in ten or fifteen minutes. If desired the searing may be done on top of the stove directly over the fire. After the meat is well seared the temperature should be lowered and the meat allowed to cook more slowly until it is done, about fifteen minutes for each pound. If a dripping pan is used the meat will require basting several times during the first hour.

For this roast some butter or some good, fresh "drippings" in hot water, remove the pan from the oven and baste thoroughly. Do not pour water over the meat or baste with clear fat. After two or three times there will be enough fat in the pan for subsequent basting. Salt may be added during the last half hour of roasting or after the meat has been well seared. To be quite satisfactory a roast should weigh at least five pounds. Less than that the piece will be so small that by the time it has been seared on all sides there will be very little center portion.

Chamberlain's Stomach and Liver Tablets invariably bring relief to women suffering from chronic constipation, headache, biliousness, dizziness, saltness of the skin and dyspepsia. Sold by all dealers. The First in Importance. [Baltimore Star (Democrat).]

The fall of Cannon marks the decline of the power of the machine in American public life. Organization and spoils are no longer of first importance. Public opinion has become the potent factor. The lines of success in politics are those marked out by Governor Hughes and, with all his faults, Mr. Roosevelt. The day of blind devotion to party and of mental servitude of all kinds has gone by. The people are informed and alert. They think and act for themselves, and they bring to bear on affairs of legislation and government an irresistible influence.

The lesson of Cannon's fall should not be lost on the politicians of this state, especially those with youth and ambition. The promotions in Maryland politics will come to those who disregard machines and have their dealings direct with the people. Scaled By Steam as scorched by a fire; apply Bucklen's Arnica Salve. Cures Piles too, and the worst sores. Guaranteed 25c. McBride & Will Drug Company.

Work For Return Journey. "I've walked many miles to see you, sir," began the tramp, "because people told me you was very kind to 'poor chaps like me.'"

"Indeed?" said the genial, white-haired old man. "And are you going back the same way?" "Yes, sir."

"Ah! Well, just contradict that rumor as you go, will you? Good morning!"

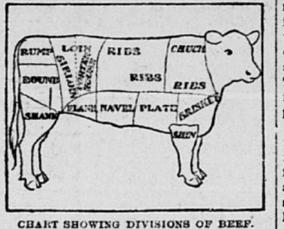


CHART SHOWING DIVISIONS OF BEEF.

beef finely chopped will leave the stomach in from two and one-half to three hours, while meat cooked after the common method will require from two to three hours longer.

When meat is properly cooked the muscle fibers will be softened and the connective tissue and albumen will be only slightly hardened. Boiling meat toughens the muscle fibers and hardens the albumen. In this, then, lies the secret of the proper cooking of any kind of meat.

It should always be accomplished with a moderate temperature, below boiling point for steaks, fricassees, pot roast, etc.

One fact should ever be kept in mind when buying meat and preparing it for the table. This is that it is not necessarily the most expensive cuts of meats which are either the best flavored or most nutritious.

It is a mistake, common to both experienced and inexperienced cooks, to suppose that when a really delicious piece of meat is desired it must be cut from the porterhouse or sirloin. To be sure, in many minds, there is no meat quite so appetizing as a porterhouse steak, but even that expensive and naturally

Marble Time. Spell of spring is in the air. Spell of top and marble time. Hoops are rolling, fields are green.

"Knuckle down!" "Fen hints!" Ring Circle arch of the spring; Lane and-alley, field and street.

Good-by breeches, stockings, knees! What does boyhood care for these? When the ring of chalk invites, And his eyes are dancing lights.

AT EASTER. Yesterday was the perfection of Easter days, bright with continual sunshine, arched with a blue sky deep and soft as of midsummer.

Knowing and believing this let us put behind us the terror and the wild grief of the past week and look ahead, unforgetful, but with eyes seeing out and on, not turned in upon ourselves.

So it has been and will be. The best comfort which comes to pain is occupation. It is the surest succor of sorrow.

South winds blowing, Sap a-flowing, Zephyrs puffing, Hififers snuffing.

Down sell brood sows. The statistician of a Kansas City market paper has been using his pencil. It may be concluded from the figures below that he uses a strong pipe or something else conducive to dreams.

First year 6 pigs Second year 36 pigs Third year 218 pigs Fourth year 1,296 pigs Fifth year 7,776 pigs Sixth year 46,656 pigs Seventh year 279,936 pigs Eighth year 1,679,616 pigs Ninth year 10,077,696 pigs Tenth year 60,468,176 pigs

Any farmer who cares to take time (after the \$11 hogs have been fed, the \$10.60 sheep folded, and the \$300 horses bedded down) to average weights and prices on the produce of this statistician's one brood sow can see how easy it is to start a boy with one good brooder at 21 and find him a millionaire ten years later—on paper.

From what small beginnings grow the fortunes which have amazed us. A single brood sow, ten years time, 72 million hogs averaging 300 pounds at 41 cents a pound—and there you are in the automobile.

But the figures certainly afford the deep understanding that the man who sells his brood sows sells his possibilities and that the man who sells his sows raises neither six nor 72,000,000 pigs from the sows he sold for a present premium.

Advertisements have examined and certified to the circulation of this publication. The detail report of such examination is on file at the New York office of the Association. No other figures of circulation guaranteed.

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