

AFRO-AMERICAN CULLINGS

One of the outstanding developments of the last few years is the growth of racial consciousness. The latest Negro Year Book reflects this. Not only are the exploits of the heroes of the race recorded but also the individual wealth of Negroes is described with pride.

For example, the rise in the price of oil is said to have boosted the income of Sarah Rector, a young girl of Taft, Okla., to \$500 a day. As the descendant of a Creek freedman, she happened to be allotted a piece of land in the oil district. Single taxers would hardly share in the enjoyment of this record. But it has its significance in a cumulative way.

Says Monroe N. Work, editor of the volume:

"Through purchases and increases in values, property holdings of Negroes of the country increased during the year by probably \$30,000,000. It is estimated that on the basis of actual values and including exempted and nontaxable property the total wealth of the Negroes of the United States is about \$1,000,000,000. They own 21,000,000 acres of land, or more than 32,000 square miles, an area greater than that of the state of South Carolina."

This private accumulation and public emphasis on the power of property is the Negro's answer to the white man's spacially concerning his plight. Rapidly the mere possession of wealth is doing for the Negro what the white man's conscience has failed to do. Racial consciousness is the beginning of racial self-reliance.

In an immense variety of ways the Negro is using his own resources to push forward his race, and, too, from many sources he is being aided. Julius Rosenberg, among others, has been interesting gifts to the rural schools.

All this activity, the training of the Negro for more and more important services, is bound to have its consequences. On the one hand segregation is increasing—since 1911 13 cities and towns have adopted segregation ordinances—and on the other hand the Negroes are shaped by the schools and other institutions to share in the manifold efforts of the country. Here, in truth, is a genuine conflict of forces.

What is the solution? Is it that of the Brazilian statesman who was quoted by Colonel Roosevelt as follows:

"You of the United States are keeping the blacks as an entirely separate element and you are not treating them as human beings. You are not respecting them as a menacing element in your civilization, permanent, and perhaps after a while a growing element. With us this tends to disappear, because the blacks themselves tend to disappear and to become absorbed. In a century there will not be any Negroes in Brazil, while you will have 20,000,000 or 30,000,000 of them."

Negroes are being absorbed in the United States, despite our hostility to miscegenation. The number of mulattoes steadily increases and the number of blacks decreases, despite the widespread laws forbidding intermarriage between the races. Unless the Negro's attitude toward this absorption changes, the gradual disappearance of a colored race seems to be the prospect in America. —Chicago Herald.

John Frazer came into town and found employment in a pressing club. He washed windows and did errands

Commendation for the progress made by the colored race during the last 50 years in the face of strong race prejudice was bestowed by H. Martin Williams, reading clerk of the house, in an address before the Negro race conference at Mount Carmel Baptist church. Mr. Williams said: "You have faced it like men, and have made your way up in spite of the utmost difficulties."

Following the address of Mr. Williams, the conference took the form of a permanent organization with the election of Rev. W. H. Jernigan of Washington as president, and the election of other officers as follows: Rev. J. Milton Waldron and E. P. Cheek of New Jersey, vice president; W. M. Alexander of Baltimore, secretary; S. L. Carruthers, treasurer; W. A. Taylor, corresponding secretary, and W. D. Norman, chairman of the executive committee.

The organization, on the question of endorsing the Republican nominee for president, voted to appoint a committee of nine to wait upon Mr. Hughes and ascertain his views and purposes in regard to the colored race. The executive committee opposed the appointment of the committee and urged the immediate endorsement of Mr. Hughes.

President Jernigan, in speaking of the conditions among the colored race, said that in the last six months more than 500,000 colored persons had left the South for New York, Pennsylvania, Ohio and northern states to take the places of foreign laborers who have returned to their respective countries. He asserted that the employers are more than satisfied with them as laborers and are willing to employ 1,000,000 more.

He said that the leaders of the colored race feel that there are too many of their race in the South yet, and that every effort would be made to secure the migration of the surplus to northern and western states.

Chinese railroad embankments are protected from floods by planting them with a native grass with tenacious roots that resist erosion.

A new steamship line has been started to transport lumber between New Orleans and Cristobal, Colon.

In a Pennsylvania town it was proposed to have Sunday baseball. The burgess declined to license unless the people approved, so boxes were placed in the churches on Sunday. The result was 900 favored and 200 opposed.

Snow took the place of Waters in Main street, Winsted, Conn., when Mrs. J. H. Snow moved from the Higgins place to the Pierre house, while Henry H. Waters moved from the Pierre house to the Higgins place.

for 30 cents a day, which was fair wages. In his spare moments he watched the workers. Then he took up the iron. Soon he had a table and an iron, and was drawing a wage of \$1 a day. For all that he was just a pressing club Negro, Clement Richardson writes in the Southern Workman. Nobody thought of him as anything else. In a few years the owner of the business, a white man, died. Frazer bought the business.

As colored folk came in to bring and take back clothes, they inquired for a barber shop. Frazer fitted up a chair, bought a pair of clippers, and advertised for clients; that is, he at first cut hair for nothing. Then, as he mastered the art, he charged five cents, then ten cents, and so on till he reached the standard price of 25 cents.

Meantime he had bought a farm and a horse. He said: "I'll take this horse and land and make it pay for another place." Scarcely had he embarked on this proposition when a few choice acres of land on the west side of Auburn were put up for sale. Strangely enough, it was the land of Frazer's father's master. Frazer bought it. He put up a three-story building. He has abandoned the pressing club, but sells clothing. He still runs a barber shop in the rear of the store. His second floor is an assembly room for lodges and amusements. On the third floor he has an undertaking establishment. A few paces from the store he has built a home. A little further on he has put up a hotel cottage, a rare place in the South, with clean, airy rooms, and up-to-date cooking and service.

Negro problems are to be considered as a part of the course in sociology at Howard university this year. Prof. Kelly Miller is to teach the first semester, and Dr. R. E. Parks, professional lecturer in sociology of Chicago university, is to teach the second semester of the subject.

In order that the course may be available for city school teachers and others interested the time has been set for three o'clock Mondays, Wednesdays and Fridays.

The course is to embrace such topics as growth, distribution and tendency of Negro population, segregation, occupation, crime, vital statistics, education, religious and benevolent organizations, and also the discussion of remedial agencies and the general progress of the race.

The advisability of naming colored bishops in the Protestant Episcopal church will be discussed at the general convention in St. Louis this month. A special commission of bishops, clergy-men and laymen, appointed at the 1913 convention to investigate the question, has completed its reports, one a majority favoring the naming of colored bishops, the other a minority report opposing the proposal.

The majority report, which includes the signature of the chairman, and bishops of North Carolina, Texas and Mississippi and the lay members from Virginia and Rhode Island recommends grouping the colored members of the church in the southern dioceses into one or more missionary districts over which colored bishops would be placed. The minority report is signed by the bishops of South Carolina and Georgia, Reverend Doctor Stires of New York and Judge Joseph Packard of Baltimore, who favor election of suffragan bishops for the west.

ecutive committee opposed the appointment of the committee and urged the immediate endorsement of Mr. Hughes. President Jernigan, in speaking of the conditions among the colored race, said that in the last six months more than 500,000 colored persons had left the South for New York, Pennsylvania, Ohio and northern states to take the places of foreign laborers who have returned to their respective countries. He asserted that the employers are more than satisfied with them as laborers and are willing to employ 1,000,000 more.

He said that the leaders of the colored race feel that there are too many of their race in the South yet, and that every effort would be made to secure the migration of the surplus to northern and western states.

Chinese railroad embankments are protected from floods by planting them with a native grass with tenacious roots that resist erosion.

A new steamship line has been started to transport lumber between New Orleans and Cristobal, Colon.

In a Pennsylvania town it was proposed to have Sunday baseball. The burgess declined to license unless the people approved, so boxes were placed in the churches on Sunday. The result was 900 favored and 200 opposed.

Snow took the place of Waters in Main street, Winsted, Conn., when Mrs. J. H. Snow moved from the Higgins place to the Pierre house, while Henry H. Waters moved from the Pierre house to the Higgins place.

In a Pennsylvania town it was proposed to have Sunday baseball. The burgess declined to license unless the people approved, so boxes were placed in the churches on Sunday. The result was 900 favored and 200 opposed.

A Swedish engineer has found that an extract from sulphite lye, when powdered and made into bricks, can be used as a substitute for coal.

There was an increased demand for antimony during the past year, and ore to the value of \$74,000 was mined and shipped from Alaska.

GERMANY TAKING NO SPY CHANCES

Correspondent Tells How He Was Searched When About to Leave Country.

MINUTE EXAMINATION

Every Article of Clothing Gets Close Scrutiny and Ordeal is Quite Humiliating for Women of Tender Senses.

FRANZ HUGO KREBS, in New York Times.

New York.—The examination which one has to undergo when entering or leaving Germany is very stringent and trying, and as the war continues is gradually becoming more rigid.

A friend of mine who had come into Germany a few days before told me that on reaching Warnemuende tickets were given out, and that passengers were examined in the order of the number on the ticket; so I arranged matters with the conductor of the train from Berlin. He told me where to stand just before we reached Warnemuende, pointed out to me, when we arrived, the man who gave out the tickets—and I received No. 1.

Entering a building—right by the train, I was told to go through a long room, and was halted at the door of another room and asked to produce my passport. After it had been carefully scrutinized I was passed into another room. There I found a porter with my grips and hatbox, and I was asked to identify my trunk. All my luggage was then placed on a wooden bench, and an officer and subofficer came over to take charge of the examination.

Search Was Thorough.

I never pack my trunk; it had been packed by the chambermaid at the Hotel Bristol, on Unter den Linden, and when I left Warnemuende its appearance beggared description. All my handkerchiefs, collars, shirts, drawers and socks were examined, one by one, to see whether any concealed papers could be located or whether anything was written on or sewed into them. Handkerchiefs were entirely unfolded, shirts, drawers and socks were turned inside out, and always there was a careful and persistent search. Every crease was examined. My soap was cut in pieces and a stick of camphor cut that had been cut in two places when I came into Germany was cut in another place. First the grips were examined, and then the hatbox; then, tray by tray, everything in the trunk was gone over. My boots and slippers were examined with great care, and, fortunately, I had no boots that had been recently resoled or reheeled; otherwise they might have been ripped apart. This, I was told, is frequently done.

Coming into Germany the examining officer had torn out the stand in my hatbox, on which the hat rested. I had this fixed in Berlin, but I might better have waited until I returned to New York, because, as it was impossible for him to get his hands between the stand on which the hat rested and the side of the box, the examiner simply tore the stand out. The band of my silk hat was pushed up, to see whether anything was concealed underneath, and the cushion for brushing the hat was ripped open.

Suspect Paris Hat.

My evening hat was opened. Although it was bought in the United States, it seems that it had been made in Paris; and, as that fact was stamped inside, I had a feeling that it did not lessen the care with which it was examined. In the bottom of my trunk there were about a dozen summer shirts; I had not worn them since the previous summer, and each had a piece of cardboard placed in it when laundered in order to hold the shirt in shape. The cardboard was taken out of each shirt and laid aside.

This completed the examination of my luggage, and I was then told to go with another subofficer and submit to a personal examination. I was directed to go into a compartment and was told to take off all my clothing except my undershirt. I was also told to take everything out of my pockets and put it on a shelf. Blankets were unfolded, one by one, to see that there was no tissue between; my matches were opened, so was a small metal case that I carry my subway tickets in. The outer and inner cases of my watch were opened. The pockets of my topcoat, coat, waistcoat and trousers were turned inside out, and fingers passed over every seam. My boots and socks, drawers and shirt received the same careful attention previously accorded those in my trunk. The band around the hat I wore was pushed up, and the sweatband was turned down.

Next I was handed a paper to sign, stating that everything had been returned to me, and I was told that my examination was over.

The examination of suspected women is, of course, conducted by woman inspectors, and I was told that cipher dispatches written on oil paper have sometimes been discovered, and that the examination is rigid in the extreme. In fact, American women who consider going to Germany before the end of the war must make up their minds in advance that they may possibly be subjected to an examination that to many would be humiliating.

Cupid Wins Again.

Bloomington, N. C.—Mrs. John Cooper's thrilling chase in an endeavor to stop her eloping daughter, Rose, ended when her automobile skidded and tossed her into a graveyard. She was unhurt, but her daughter was married.

Feeds Town With Fish.

Middleton, Idaho.—As a result of a little angling in the Snake river early the other morning, Gilbert Hoskins brought home two sturgeons which

NEW INTERNATIONAL MATCH



Miss Marie Louise Rodwald of New York and Tuxedo, and prominent in society and war relief work, who is to wed Lieut. Allan Dyson Perrins of the Welsh Guards, England.

NAVY NEEDS MANY NEW MEN

Campaign for Recruits Planned by Officials to Show Young Fellows Advantages of Service.

Washington.—Plans for an active enlistment campaign have been put on foot by the navy department to procure the sailors and marines provided for in the recent preparedness legislation. More than 2,500 recruits a month will be required to bring the navy up to the 20,000 authorized increase in personnel.

Judging from the army's experience in the past few months naval officers realize they will have a hard time finding suitable young men. Even during the Mexican crisis army enlistments seldom were more than 3,000 a month.

The navy will immediately begin an educational campaign. Literature describing life on a man-of-war will be scattered nation-wide, and motion pictures portraying the romance of a sailor's life will be made. The navy intends to go into the rural districts, and there as well as in the big showhouses of the metropolitan sections will the life of Uncle Sam's guardians of the waves be thrown on the screens.

Special inducements have been arranged by congress to tempt young men to take up the service as a profession. Pensions and bonuses for long-time enlistments have been provided and the department's literature will call attention to the opportunities of the seamen to provide a nest egg against the incapacity of old age.

The 2,500 men a month needed will go partly toward the authorized increase and partly toward filling up the gaps created through honorable discharges. The department expects a considerable decrease in the percentage of men quitting the service, owing to the special inducements that now being offered.

In recent years recruits have been none too plentiful, as there is considerable ignorance as to how well the navy really pays and what chances it offers a young man to see the world and save money. The navy intends to dispel this ignorance.

THIS DOG WAITS ALL NIGHT

Stands Guard Over Well Where He Thought His Master Was—Stays Until Owner Appears.

Petersburg, Ind.—Strother Ingler, a young farmer living near Union, Pike county, took his bird dog to the home of his father, Arnold Ingler, about two miles away, and on his return home stopped at an old well by the road to draw a bucket of water. The dog went into a nearby field.

A friend who saw Ingler at the well asked Ingler to ride home in his buggy, and Ingler stepped from the well curbing into the buggy, but forgot to whistle for his dog.

A few minutes later the dog returned, and not finding Ingler, looked into the well. His nose followed the well rope, and he howled and tried to attract the attention of the Ingler family. Ingler's father saw the dog, but paid no attention to his barking. It rained all that night, but the dog sat beside the well, and in the morning again barked continually. The dog did not leave until its master came to get it in the afternoon, after his father had telephoned to young Ingler and told him of the dog's behavior.

Crowd of Old Ones.

Echo Lake, Pa.—The ages of twenty guests at the annual luncheon of the Octogenarian Association of Monroe county totaled 1,007 years.

Upped the beam at 120 pounds when dressed. Something like three-fourths of the town's population feasted on sturgeon that evening. An exhibit of the big fish attracted a lot of attention and most of those who viewed them during the afternoon carried away generous slices for supper.

This Mother Patriotic.

New York.—Another son, the thirteenth, has arrived in the household of Mr. and Mrs. Pietropello. The proud mother is thirty-six years old.

NO IMMIGRATION AFTER THE WAR

European Fight Has Put Stop to Flow of Big Human Tide to This Country.

BEST TYPES CANNOT COME

Germany, France and England Will Not Let Their People Leave When Peace Prevails, an Official Predicts.

New York.—Immigration at the port of New York continues to be fast locked by the European war. Even the shortage of labor, the exceptional prosperity and the high wages being paid have failed to stimulate emigration from those countries which have not placed an embargo upon it. This runs an article by Frederic C. Howe, Commissioner of Immigration, in a recent issue of the World. Under the circumstances we would expect the vacuum created by the closing of the doors of Germany, England, France, Russia, Austria-Hungary, Poland and Italy against emigration to have stimulated the flow from Scandinavia, Denmark, Holland, Spain and Portugal, whose gates are still open to the outgoing flood. This has not occurred.

For the four years prior to the war immigration averaged in the neighborhood of 900,000 a year at the port of New York. The first year of the war it fell to 243,000. The second year it fell still further, to 176,000. The outgoing flood has more than neutralized the incoming tide. The net loss through this port to our population during these two years was 20,738. There is still some immigration from Italy, and a considerable immigration from Greece, although the immigrants from these countries are largely men over the military age and wives and children coming to this country to join husbands or parents. During the three months, May, June and July, 1916, 8,056 Greeks entered at the port of New York, 10,355 Italians and 4,008 Scandinavians. Should the war be extended over the entire Balkan peninsula, as now seems quite probable, southern immigration will be reduced to Italy and Spain.

Pure Conjecture After Close of War.

As to what will happen after the war, that is pure conjecture. It depends upon too many influences. Undoubtedly Germany, France and England, the most highly organized of the military countries, will keep their people at home. Wages are likely to be high, and the socialization of industry which states to place will enable these states to re-equip their soldiers much as they have done during the war. This is not true of Russia, Austria, Italy and the Balkans. And from these countries it is safe to assume a large immigration will come. These countries have suffered most. They are less highly organized than the other powers. The burden of taxation will be heavy, while the devastation in these countries has been very great. Should they lift their gates and permit their people to migrate, undoubtedly a very large, possibly a tremendous, immigration will follow the ending of the war from these countries.

How will the immigrants be financed in view of their poverty? Just as they have been financed in the past, for 80 per cent of those who come to America receive aid and assistance from friends and relatives already here. It is American money sent to Italy, Austria, Russia and Poland that stimulates emigration to this country; and in view of the general prosperity of the workers this aid will be freely granted at the close of the war.

Immigration is a pretty accurate mirror of industrial conditions. When this country is prosperous, when wages are high, immigration rises. When hard times intervene and men are out of employment, immigration falls.

Will Need Labor Abroad.

The same rule applies to Europe. When conditions are good men remain at home, for most of those who come to America would much prefer to stay in their native countries if the conditions of life were tolerable. All of these forces will be acting and reacting on one another at the close of the war.

If the European countries set themselves to rehabilitate the wastage of the war, to rebuild their roads and re-man their factories in order to re-capture their trade, there may be a great demand for labor. If they should work out an agricultural program for cutting up the great stretches of feudal estates into small holdings, to be sold on easy terms, this too will tend to keep the people at home.

It is likely that an agricultural revolution will follow the war and that the old feudal system which still prevails almost all over Europe to the east of Berlin will be broken up, and individual homes like those of France will be provided for the people. If such a program as this should be carried out, and there is reason for believing that it is under contemplation, immigration to America might be permanently checked for many years to come. And quite as important, hundreds of thousands of foreign-born persons might leave the United States to acquire a home in their own country.

Couldn't Commit Suicide.

Paterson, N. J.—Lorenzo Martino stood on the Morris canal towpath and pressed a revolver to his temple. The shot only singed his hair. He dived into the canal. A policeman hauled him out. Joseph is now reconciled to life.

Back Broken, Lived Two Years.

Eastview, N. Y.—After living two years with a broken back, Henry Tolpette is dead. He spent months in a plaster cast after an automobile mishap.

THE KITCHEN CABINET

Stand up right, speak thy thoughts, declare the truth thou hast, that all may share; Be bold, proclaim it everywhere; They only live who dare. —Lewis Morris.

USES FOR TOMATO.

If you have never tried the combination of tomato with the tart apple in marmalade you have something yet for which to live. You will never find any left over tomato soup in the spring no matter how much you prepare, for this soup may be served in such a variety of forms that it is always new.

When preparing soup use a quart of tomatoes, a pint of water, a slice of onion, a bay leaf, a teaspoonful of salt and a dash of pepper and mace. Cook for 15 minutes, then add two tablespoonfuls of butter, mixed with four of flour, cook together until smooth, then strain through a sieve; reheat and serve with croissants.

Tomato Marmalade.—Peel and slice four quarts of firm, ripe tomatoes; add four pounds of sugar, the juice and pulp of six large lemons and a cupful of raisins. Put these in a kettle in layers and cook one hour until it is quite thick. Put in jelly glasses or jars; cover with paraffin.

Tomato and Apple Butter.—Take seven pounds of ripe tomatoes, four pounds of light brown sugar, one-half cupful of strong vinegar, a teaspoonful of salt, cinnamon, ginger and cloves. Slice the apples without peeling, cut up the tomatoes and cook in a half pint of water until tender. Then press through a colander, add the sugar and vinegar and boil until thick. Add the spices to the vinegar and can while hot.

Canning Tomatoes Whole for Salad.—Wash the tomato, removing the stem but not the peeling; be sure that they are firm and not over-ripe and of a size that will slip into the jar without crushing. Drop them or dip them in a wire basket into a kettle of boiling water a moment to boil so that they are scalded through, then carefully transfer them to the jar and fill up with boiling water with a teaspoonful of salt added to each jar. Seal in the winter they may be used as fresh tomatoes, sliced for salad, or otherwise served.

Tomatoes stuffed with various fillings make a most appetizing salad.

When you have that tired feeling—When you feel inclined to shirk—'Tis no use the cause concealing—What you need is some more work.

FOOD FOR THE FAMILY.

These are some of the dishes that will taste like "those that mother used to make."

Pot Roast of Beef.—Wipe one and a half pounds of beef, cut from the forequarter and cut in half-inch cubes. Put in a casserole dish and add one sliced onion, eight slices of carrot, two sprigs of parsley, one and one-half teaspoonfuls of salt, and a half teaspoonful of pepper corns. Add two cupfuls each of boiling water and tomatoes. Cover and bake in a slow oven three and a-half hours. One-half hour before serving time, thicken with three tablespoonfuls of butter mixed with the same amount of flour. Remove the onion, carrot, pepper corns and parsley and add a cupful of peas. Serve hot, on the croquettes.

Ohio Pudding.—Mix and sift two and one-half cupfuls of flour, one-half cupful of sugar, three and one-half teaspoonfuls of baking powder and a fourth of a teaspoonful of salt; cut in a third of a cupful of butter. Beat one egg, and add a cupful of milk. Combine the mixtures, beat vigorously; turn into a buttered mold, cover and steam two hours.

Ohio Sauce.—Cream a half a cupful of butter, and gradually beat in a cupful of brown sugar. When the mixture is well blended add four tablespoonfuls of thick cream, a little at a time, then add two tablespoonfuls of chopped dates, and a half teaspoonful of lemon extract.

Prune Ice Cream.—Cover a cupful of prunes with cold water and let stand over night. Cook in the same water until tender in the morning, remove the stones and put the fruit through a strainer. Add a cupful of sugar, four tablespoonfuls of lemon juice, a pinch of salt and one and a fourth cupfuls of heavy cream whipped. Freeze as usual.

Rice Croquettes With Cheese Sauce.—Make seasoned rice into croquettes and add a cupful of grated rice to a thick cream sauce. The sauce may be made with rich milk as the cheese will add richness to the sauce. Serve hot, surrounded with dumplings.

Boston Brown Bread.—Take a cupful of corn meal, two cupfuls of rye meal, a teaspoonful of salt, a half cupful of molasses, a teaspoonful of soda and a pint of sour milk; beat well to-

gether and steam three and a half hours, and bake a half hour.

Next to the message of the stars and the sea and the great wide spaces of unfenced nature; next, to the glimpses of transfiguration that come to us in great human love and sorrow; I think that flower fragrance is one of the best influences to keep our natures from brutalizing under blows of necessity, from turning ash-gray in the fires that burn out our dreams.

FOOD WITH NO WASTE.

Cheese is one of our foods that is absolutely without waste and as we realize the amount of waste in meat, we will come to appreciate the value of cheese. Cheese contains no cellulose as we find in vegetables, no gristle and bone as waste in meat.

Cheese because of its high nutritive value and being in such concentrated form if eaten hastily and in any amount, causes indigestion. The reason we serve hard crackers with cheese is to insure the thorough mastication of the cheese as we must of necessity chew the cracker in order to get it down.

Cheese is more wholesome if lightly cooked, but overcooking toughens it and has even more disastrous results on the digestion than overcooked meat.

Cheese to be used in various dishes where grated cheese is called for, may be put through the meat grinder, in many dishes; simply cutting it in bits is sufficient. There should never be a morsel of this good food thrown away, for even a bit grated may be sprinkled over a piece of pie, adding much to its attractiveness.

There are numberless methods of preparing cheese, as canapes, soups, entrees, omelets, souffles, with vegetables as escalloped dishes, and as dessert with a cracker and a small cupful of coffee.

Rice Croquettes With Cheese Sauce.—Cook a cupful of rice in two and a half cupfuls of milk and a teaspoonful of salt. When tender add the yolks of two eggs, two tablespoonfuls of butter, and a dash of paprika. Chill and roll into the desired shape. Roll crumbs, then in egg and water, diluting the egg white with cold water, then roll in crumbs again and fry in hot fat, using the 40-second test.

Cheese Sauce.—Melt three tablespoonfuls of butter, add four of flour, and when well mixed add one and a half cupfuls of milk, a half teaspoonful of salt, a fourth of a teaspoonful of paprika, and one cupful of chopped cheese.

Is not the sin of sins, unkindness? Because of it tears flow, hopes die, friendships are strained and hearts well nigh broken. Not to be kind to the weak, the poor, the unfortunate and the unfortunate. Just to be kind hearted, the discouraged, strengthen the weak and make heavy loads easy to carry.—J. Wilbur Chapman.

GOOD THINGS FOR THE TABLE.

Just now the tomato is coming into its own, and for those who enjoy this vegetable-fruit anything new will be appreciated. As there is nothing new under the sun to everybody, old ideas redressed will no doubt be welcome. Those who do not know the pleasure of a dish of well-seasoned cooked tomatoes, served on well buttered toast, have yet to try that

wholesome breakfast dish. One family can never get enough of the fruit put up to supply the demand just for this breakfast dish and for soup.

Take fresh, nice tomatoes which have been hollowed out; fill with fresh mushrooms, a frying in butter for five minutes, with a seasoning of onion, celery salt and pepper.

Fried Tomatoes.—Select firm, ripe tomatoes and slice without peeling in half-inch slices, dip in beaten egg and crumbs and fry a delicate brown in a tablespoonful of olive oil. Season with salt and pepper and make a cream sauce in the pan in which the tomatoes were sauted. Serve on buttered toast with the cream sauce poured over.

Canning Tomatoes for Salads.—Here is another recipe which is highly recommended and sounds worth trying: Take, perfectly sound, not quite ripe tomatoes from the vines, leaving a half-inch of the stem on each. The tomatoes must not be bruised or cracked. Put a layer of clean grape leaves in the bottom of a large glass jar, then lay in a layer of tomatoes and more grape leaves until the jar is filled. Fill with hard water; if not obtainable, add lime-water to make it hard. On the top of each jar pour a half-inch of olive oil to keep out the air; cover tightly and keep in a cool place. In two or three weeks examine the fruit and remove the water and oil. This should be done when any fruit is taken out also.

Tomatoes scooped out and an egg dropped into the cavity, seasoned and baked until the egg is set, is a dish well liked, though not new.

Of Little Use on the Earth.

There are two kinds of men who never change their opinions—fools and dead ones. The man who will not learn from another is a stiff-necked old mose-back sitting on the rail of progress.

Suggestions.

There are various ways of being a good citizen, such as not beating one's grandmother and not keeping a dog that is a nuisance to one's neighbors.—Cleveland Plain Dealer.

Word of Different Meanings.

A "rookie" is a man who is learning to be a soldier—the "raw recruit." The term is English. The word "rook" is used to be used for a variety of things. A gambling den was a rook. So was a barracks. The frequenter of either because a "rookie."

Transmutation.

"Do you think you can turn the baser metals into gold?" "Undoubtedly—if you can guess which way the steel market is going."

Helie Maxwell