

AFRO-AMERICAN CULLINGS

In a communication to the New York Times, Charles W. Thomas, president of the Teachers' Association of the District of Columbia, makes the following remarks:

It is surprising to find the editorial columns of the Times, usually accurate, right and fair, making a vulnerable and slipshod statement about such a social issue as is involved in "The Colored Migration to the North."

The facts are, in this migration, the colored men are not being misled as on some occasions, but they are, as students in southern schools, aiming to complete their education by working in the North under contract, personal teacher-foreman supervision, and medical attendance, and, as heads of families, they want better educational facilities for their children with greater security for their lives and their families.

The Times statement that the South knows how to manage the colored man better than the North is the same dangerous half-truth which delayed the abolition of slavery and increased the cost. It seems strange that men should be unwilling to believe in the efficiency of contact, sympathy, and co-operation to produce the true democracy which they claim to want, and thus to realize the intent of the fathers who aimed to found a home of justice, freedom, and opportunity for the oppressed of all the world, yet the colored man finds that unwillingness to prevail in some sections of this country, and in some social groups in all sections.

The fact that the colored man consents to leave a section to which he is already so well adapted and in which he is "the possessor of a near-monopoly of the labor franchise," shows his aspirations for the fullness of life and his willingness to pay the price. Already 800,000 of Virginia's native colored people can be found in other states in the Union.

The North will have no regrets for this new migration to the extent that it creates a new environment so that he may not separate opportunity and responsibility, and so that he may conduct himself in such a manner as to gain the respect of and live at peace with his white neighbors.

The Fifteenth regiment of infantry, New York National Guard, the first Negro regiment to be organized in the state, received its colors from Governor Whitman, and passed in review before him in front of the Union League club, at Fifth avenue and Thirty-ninth street. Thousands of Negroes lined the avenue above and below the club, and applauded the marching of the soldiers, the addresses of the governor and Col. William Hayward, the incidents of the ceremony of presenting the colors—and Bert Williams' impromptu equestrian act.

The first annual session of the National Negro Travelers' Protective association was held in the parlors of the Dunbar hotel, with C. E. Howard of Jacksonville, acting president, in the chair.

The session was very enthusiastic. The action of the temporary organization was adopted and committees were appointed as follows: Local membership, R. A. Blount, J. B. Long, Atlanta, and R. K. Tucker of Mississippi. On law, G. W. Powell, George E. Taylor, B. K. Tucker, J. B. Long and A. L. Green of Alabama.

An open meeting was held at First Congregational church and among the speakers were: Bishop Camphor, C. E. Howard, G. E. Taylor, and others.—Birmingham (Ala.) Age-Herald.

That the white man is "wearing himself out" and killing his own race off, and soon, if the Negro will only keep quiet, the colored race will have the world to itself, was the belief expressed by Rev. B. L. Carrothers in an address before the annual race conference at Mount Carmel Baptist church at Washington. He added,

New lines of Japanese steamships are to be established between Japan and South America ports in order to obviate the necessity of transshipping cargoes either at London or Marseilles. A new service employing five new ships of 7,500 tons each is to be begun between Japan and Brazil, and it is probable that another company will also enter the new field.

The wreck record of the Baltic sea is greater than that of any other part of the world.

A manufacturer in Indiana has discovered a method for making atropine from Jimson weed.

During 1915, 85,914,820 barrels of cement, valued at \$78,888,820, were produced in this country.

A steel factory employing 2,500 hands, has been built at Hikoshima, Japan.

Flowers like to planters are needed of Sao Paulo, Brazil.

Williams, the darky comedian, is also Inspector of small arms in the regiment, with the rank of captain. He is on the staff of Colonel Hayward, the public service commissioner, who is commander of the regiment, and, as such, he was privileged to ride behind the colonel at the head of the marching men.

The regiment came down from its armory at One Hundred and Thirty-second street and Seventh avenue, to the Grand Central on the subway, and there formed in line, the staff officers mounting horses to lead the regiment west in Forty-second street. Bert's horse, a light gray charger, began to buck at the street the moment the captain-comedian got into the saddle.

Colonel Hayward gave the command to march. The band struck up "Onward, Christian Soldiers." The long column moved—and Williams' horse, ears straight back, tail out, and feet flying, dashed ahead. The rider was taken by surprise, but clung to his saddle and succeeded in stopping his charger as soon as the animal had put a satisfactory distance between himself and the band. The horse even consented to wait, though rather impatiently, at Fifth avenue until the regiment had caught up, and Bert was in his place when his line turned south in the avenue.

Colonel Hayward and his staff, as they turned into Fifth avenue, were applauded by thousands in front of the Union League club—and Captain Bert's temperamental mount once more abandoned the parade. Down the avenue the animal rushed, Bert staying in his seat, but apparently his self-confidence had been left with the regiment. He did not even notice that the runaway was dashing straight at four active motion picture cameras set to record the approach of the regiment, and eagerly putting on film everyone of the multitudinous movements and expressions registered by himself and the horse.

Two mounted policemen at Thirty-ninth street stopped the runaway and saved Bert—the whole action also occurring in the focus of the cameras. The policemen held the animal's bridle until he seemed quiet and then let go. The rescue accomplished, the applause broke out again, and Bert's horse made another dash. But a traffic policeman at the corner caught him at his fourth leap—and Bert didn't stay to continue his act any longer. He slid from his saddle to the ground and planted the well-known Williams feet on the pavement with more emphasis than he ever waved them over the footlights.

Governor Whitman, in presenting the colors to the regiment, spoke to the men on their duty as members of the National Guard. The regiment was authorized by recent legislation. Most of its staff officers are white men, but its line officers are Negroes.

With the Panama canal open and direct steamship lines between the Atlantic coast of the United States and Australasia, New Zealand should be a splendid field for American exports, and the steamship service is assured, for there are now agents of a strong American shipping company looking the field over with a view to establishing a regular monthly service both ways to begin with, and doubtless more will follow.

The government of Chile has authorized the erection of a technical industrial school.

however, that he hoped the white man would "wake up" before he reached this depth of destruction.

Rev. Milton Waldron urged that concerted efforts should be made to have the Negro race as a whole better its condition. He also insisted that colored persons should not regard themselves as a race apart, but rather as an integral part of the great human family.

Prof. C. M. Thomas, a teacher in the Miner Normal school, made a plea for race solidarity. Several of the speakers who followed him congratulated him upon his talk, including its discussion of problems and their solution.

A plan is being considered to create a nation-wide plan for the betterment of the colored race. H. Martin Williams, reading clerk of the house of representatives, is scheduled as one of the afternoon speakers.

A graphophone nearly eight feet high and correspondingly powerful, although only the usual records are used, has been built by a Tacoma musician for concert purposes in public parks.

"Let the Negro remember that the color line vanishes in the presence of real greatness." So says Rabbi Wise of New York city, speaking of the late Booker Washington. "Let the Negro ever bear in mind that while an entire race cannot seek protection under the shadow of one great name or ten great names, a race, like a man, must stand upon its own feet and not upon the shoulders of a single man."

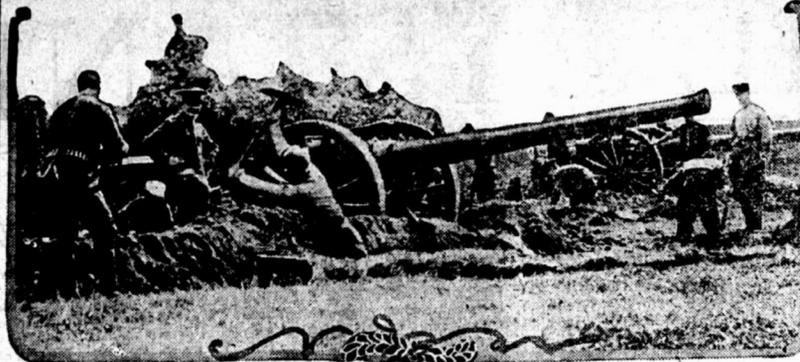
New fields of calcium borax have been discovered near Iquique, Chile.

French experiments have demonstrated that the best signals to be displayed from the ground to aviators in flight are Arabic numerals in white on black backgrounds.

The British government recently bought 1,000 tons of soy in Kansas City, which it will ship to some scenes of hostility by way of New Orleans.

English street railways are experimenting with a compound rail, the worn portions of which can be renewed without disturbing the rest.

CONCEALING THE BIG BRITISH GUNS



British big guns are hammering the Germans with the heaviest artillery fire in history. Photograph shows the trenchwork being thrown up in front of the gun to keep it hidden. Often the guns are covered with the surrounding verdure to make it harmonize with the background, disguising it perfectly.

BUILD A SUBWAY TO VERDUN FRONT

Tunnel, 45 Feet Underground, Leads to Within 300 Yards of Germans.

AMERICANS MAKE THE TRIP

New York Lawyer Narrowly Escapes Shots as He Views Trenches—Tunnel Cook Was Formerly Chef to an Ambassador.

Verdun.—Just west of here, in the forest of Argonne, there is a remarkable military tunnel, 45 feet underground, running right up to within 300 yards of the German trenches. It is one of the most hard-pressed points around Verdun, but through this tunnel reinforcements move forward without danger, relieving every two hours the men on the firing line.

There was a very American atmosphere about this tunnel when the writer visited it, for the curious fact developed that the two officers in command were American residents, one a stock raiser in Alberta, Canada, and the other a bank official of the Franco-American bank at Los Angeles, Cal. Both were born in France, and when the war broke out left their American businesses to come home and fight. And now they are in full charge of this underground highway, leading up to one of the most desperate positions along the front. They are so American that they speak English instead of French, and the commandant's headquarters—a little nest in the clay—has a big picture of Uncle Sam hanging on the wall.

Creeping through this tunnel toward the front line, the members of the visiting party knocked their steel casques on the roof, and plunged through water ankle deep. Paul D. Cravath, the New York lawyer, a man of large build, 6 feet 8 inches tall, was bent double in the struggle through the tunnel. Along the way they passed an electric plant, throbbing with energy, and pumping the fresh air which keeps the tunnel habitable. Farther on, in a large clay hole, a kitchen was in full operation, with soldiers eating bowls of noodles.

Chef to an Ambassador. "Let me introduce you to our chef," said the commandant, as a young soldier cook came forward. "He is now the cook for this tunnel—and he ought to be a good cook, for before the war he was chef to the French ambassador at Rome."

Emerging from the tunnel into the front line, the German trenches were plainly visible on the crest only 300 yards away. The intervening space was swept clear as though by a cyclone. Instead of the beautiful green of the forest, that was left at the other end of the tunnel, here the whole outlook was gray and desolate; the ground jagged and torn as by eccentric plows, not a vestige of grass or verdure, and the few gaunt trunks of trees stripped of their last leaf and looking like so many scarecrows.

"This has been a rather quiet day—only two mine explosions," said the commandant, "two men injured, one in the shoulder, the other in the leg. That is little, for often we have forty to sixty men killed or injured in these mine explosions, which go on continually as the Germans try to mine under our trenches and we try to mine under theirs."

Even beyond the front line French trenches the French soldiers had pushed their observation posts into the fire-swept dividing line, 300 yards wide. Some of these daring men could be seen almost up to the crest where the German line ran. They were crouched behind heaps of boulders, rifles ready. "Those men are only ten yards from the Germans," said the commandant.

As he spoke, Mr. Cravath of New York, said: "I see a German; there he is on the crest; you can see his uniform with the round cap."

"And he sees you too," said the commandant. "You have been under fire," he added as he led Mr. Cravath and the others to a more secure position.

Americans Are Lucky. "It's good that German didn't fire," remarked Cravath. "It might have been an international incident. Think of it—killing an American visitor to the French trenches."

Coming back from the front-line

WISDOM DOGS DODGES A TRAIN

Hound in Chase Across Bridge Hanged From Trestle While Quarry Is Killed.

trenches one had a view of the many ceaseless activities in carrying on this great battle. At one point soldiers in shirt sleeves were digging graves in an improvised cemetery along the forest path. The cemetery was very large and had been given a name, "Maison Forresterie," or Forest Home. Every grave had a wooden cross above it with the name and regiment of the dead soldier.

The shells kept whizzing and bursting as the party moved along, and it got to be a pleasant pastime to note the long s-z-z-z as the shells flew overhead. One of them struck a few hundred feet away, throwing up trees, earth and clouds of smoke.

To those who wanted souvenirs there were big fragments of shrapnel lying at every turn. It was pleasant at first to pick them up, but after three or four of these heavy chunks of steel were carried half a mile the task was abandoned.

The ingenuity of some of the trench quarters along the way is shown in the use of empty glass bottles for windows. One officer pointed with pride to the very artistic effect he had secured with these empty wine bottles. A triple row extended all across the front of his log shack, giving light within and having rather a cathedral window effect without. The bottles are of white glass, used for bottling the white wine of Bordeaux.

Lives Outside City. The headquarters of General Nivelle, in command of the operations at Verdun, are quite a way outside the city, at a little crossroad hamlet, which cannot be named for military reasons. The general's offices are in the town courthouse, a two-story stone structure. It was in this same building that General Petain, who preceded Nivelle, and General de Castelnau quickly made the plans at the first onrush of the Germans, which held them until re-enforcements could be brought up.

General Nivelle goes to Verdun and along the trench front frequently. But most of his time is at headquarters, in telegraph and telephone communication with the whole circle of defenses, and in touch, too, with the other army corps and masses of supplies ready to be moved forward to fill any gap the Germans may make.

As we were at General Nivelle's headquarters a party of German prisoners came by. They marched two and two, their gray uniforms and round caps contrasting with the French blue and casque. Already they were being set to work, and instead of a gun each German carried a spade over his shoulder. At Verdun there is no civilian life whatever, but around General Nivelle's headquarters there were peasant women and girls mingling with the soldiers, indicating civilian life still existed thus near to the bombarded town.

The roads back of Verdun present the most varied scenes of activity. On one side is a vast aeroplane camp, with some twenty enormous hangars of basket steel construction covered with canvas. Across the road is a riding course running for miles, where officers can exercise their mounts and cavalry can push forward in emergency without blocking the highroad. Every now and then one sees a big vehicle shoot by bearing the sign "American Ambulance Corps."

Mules in Good Shape. The thousands of horses and mules along the road are in good condition. Many of the horses came from America and were run down by sea voyage, but after a month's feeding they proved very serviceable. On seeing the mules one of the officers said:

"The demobilization of the Greek army had one very important result for the allies—it released 10,000 mules which the Greeks had been using, and now these mules are proving invaluable to the allies."

While the fields back of Verdun are rich with yellow grain, yet there is one melancholy evidence of the war in the burning of manure, usually the very life blood of the soil. The grain can be gathered by the soldiers and the women, who remain, but there is no time to distribute the manure over the land, and so it is burned.

The last glimpse of Verdun came as the party passed a detachment of French soldiers just out of the trenches and going to the rear for rest. They were tired and heavily laden, but happy and cheerful as they swung along in irregular ranks, laughing and smoking as though they came from some agreeable occupation. They were all fine looking young fellows, and they typified that calm and invincible spirit which the young French soldiers are putting into their service.

father of the nickel pie—once a prized lunch in itself. "I became so well known as the original pie baker that when I ran for State Senator I was easily elected," he says. "I was the first to see the possibilities of nickel pie and to make them go. From Dec. 10, 1877, when I opened my shop, pie went like wildfire. The kids were my best customers."

John Britt, age ninety-one, of Berkeley, R. I., walked the whole length of the preparedness parade in Providence.

Fortune and Fame in Pies. Cleveland, O.—Baker have brought fortune and honor.

Is Single Again. Chicago.—Adolph Kausal, musician, is a single man again because his wife was so anxious to hold his love that she put love powders in his food and even his shoes. Kausal told Judge Thomson the powders ruined his stomach. He was given the divorce he asked.

ITALIAN FINDS LOCKJAW CURE

Professor Ingianni Invents Portable Bath for Hot Impassions.

GIVES SATISFACTORY RESULTS

After Few Days Treatment the Wound Begins to Heal, Suppuration Disappears, Swelling Subsides and Fever Ceases.

Headquarters of the Italian Army in the Field.—Surgeon Major Professor Ingianni of the Italian medical corps, in charge of a field hospital, has applied on a large scale a special treatment for lockjaw which is giving most satisfactory results.

The antitoxin treatment of lockjaw is extensively used in the Italian army as a preventive and, thanks to it, the cases of tetanus have been greatly diminished.

Naturally in field hospitals local conditions are such that it is impossible to resort to prolonged antiseptic bathing of the wounded or infected part, and the most effective remedy consisted in amputation. But even early amputation often proved of no avail when the germs in the wound already had set free a lethal dose of their toxin. Besides, even when amputation saved a man's life it left him a cripple.

Doctors Amputate Too Freely. Often for fear of infection surgeons in the field resort freely to amputation knowing full well that it would be impossible for them to keep the wound clean until it is completely healed.

Professor Ingianni instead is convinced that amputation should only be resorted to in extreme cases, as a doctor's first duty is to cure, not to cripple a man. Prolonged warm bath of the wound is an almost infallible remedy against lockjaw, and nothing prevents its being administered even in the field under ordinary conditions. The professor has invented a special portable bath which can be folded, as it is made of rubber and shaped in such a way that any limb can be immersed in it. The bath is then tied to the patient by means of bandages and placed in any position, either horizontal or vertical.

Antiseptic Solution Is Used. A warm antiseptic solution can be easily kept in it at the same temperature for five or six hours. As a rule a 3 per cent solution of hypochlorite is used or else corrosive sublimate in the proportion of one-half per 1,000. But permanganate of potassium, iodine or lead water also can be used to advantage. It has been found better to alternate the employment of these antiseptics.

The results of this treatment are wonderful. After a few days the wound begins to heal, suppuration disappears, swelling subsides and fever ceases. Recovery follows as a matter of course even in cases where amputation was considered the only remedy. The danger of lockjaw is entirely obviated.

SHOULD HELP HER HUSBAND

Court Decides Crime Is No Cause for Divorce—Defines Habitual Drunkard.

Des Moines, Ia.—The Iowa supreme court, in session here, has handed down several Solomonical decisions.

In one ruling, the court held that confession of a crime on the part of a husband does not constitute grounds for divorce proceedings.

"It will become a wife," said the court, "to prefer criminal charges against her husband. She took him for better or for worse, and she should try to redeem him."

In the same decision the court defined a habitual drunkard as "one who becomes even moderately intoxicated whenever the opportunity is presented."

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THE KITCHEN CABINET

A very sublime and grand thing is truth, in its way though, like other sublime and grand things, such as thunderstorms, and that we're not always over and above glad to see it—Dickens.

Palatable Foods.

A nice, rich, steamed brown bread with raisins may be served with a rich pudding sauce, making an excellent dessert, and no one need be the wiser as to its being a makeshift in an emergency. If no raisins are steamed in the bread a few may be steamed and sprinkled over each slice with a few chopped nuts.

Savory Beans.—A pint of kidney beans boiled until tender with a piece of salt pork or bacon, when done, will have a rich sauce. Add more water if necessary; add a fried onion and some chopped parsley to the beans. Season to taste and when serving add a tablespoonful each of oil and vinegar to further season them.

Roquefort Cheese Dressing.—Mix together half a teaspoonful of salt, a quarter of a teaspoonful of white pepper, six tablespoonfuls of olive oil, and when well mixed add three tablespoonfuls of vinegar or lemon juice. Beat all together until an emulsion is formed. Add to this an eighth of a pound of Roquefort cheese, crushed fine, and a little chopped pimento or tabasco sauce.

Boiled Fresh Tongue Sardellen Sauce.—Cook a fresh tongue in simmering water for three hours until it is tender. Skim it out and cut in quarter-inch slices, arrange on a platter and pour over it the following sauce: Melt two tablespoonfuls of butter and add two tablespoonfuls of flour; mix and cook, then add gradually two cupfuls of the liquor in which the tongue was boiled, six anchovies, cut fine, let boil a minute, season with salt and pepper and pour over the tongue.

Blitzkuchen.—Cream a cupful of butter, add a cupful of powdered sugar, and the grated rind of half a lemon, sift two teaspoonfuls of baking powder, a teaspoonful of salt and two cupfuls of flour together; add three-quarters of a cupful of milk, alternating with the flour, and the yolks of four eggs; beat well, fold in the whites and bake in a shallow pan; brush the top with egg, sprinkle with sugar and cinnamon and finely chopped almonds. Bake 20 minutes.

Among men who have any sound and sterling qualities there is nothing so contagious as pure openness of heart.

Speak with tact. Without it, better not to speak at all.

FOR BREAKFAST.

There are several things which enter into the right kind of a breakfast: first, the individual to be served, age, state of health, occupation, season and climate, as well as the supplies to be obtained.

The old standbys of bacon, toast, coffee, preceded by some sort of fruit is the breakfast of the average person. It is the meal which most housewives complain about the oftenest, being hard to give variety.

Grapes are one of the fruits most enjoyed in the fall and are a most wholesome fruit; apples, pears and peaches all have a wholesome acid, very beneficial to the digestion.

Plain boiled rice makes a welcome breakfast cereal; omelets of various kinds give a change from the everyday shell-cooked, poached or fried egg. A most appetizing method of serving eggs is to drop them into individual ramekins, cover with cream, dot with bits of butter and season with salt and pepper; place in the oven in a dish of hot water and bake until the eggs are set.

Where fresh mackerel is obtained, no more tasty dish can be offered than broiled mackerel or the fish baked in cream. Pigeon it in a dripping pan with a little water, skin side down, and place in the hot oven; when the water has evaporated pour over the fish a cupful of good cream; heat through and serve, adding the seasonings at the last, not to curdle the cream, although that need not entirely spoil the dish, but it does detract from its appearance.

Chops, liver and bacon, sausages of various kinds, are all meats used for breakfast. Only a small portion should be served, as it is much better for the health to eat meat but once a day and that at the heavy meal, or dinner.

Hot breads are liked for breakfast, and griddle cakes the year round never seem to lose their popularity. For the Sunday breakfast it is wise to have an entire change. As it is a meal of more leisure than every-day breakfasts, it may be a little more elaborate.

A fruit that is subacid is best to serve in the morning; a cereal with cream is given, though the practice of serving acid fruits and cereals with cream is quite general.

A handkerchief for children has been invented that has a secure pocket for money in one corner.

Seacoast dwellers in one region in France claim to prevent sea-sickness by filling their ears with vaseline.

The motions of an automobile in running pump oil from a new device between the leaves of the car's springs.

Dr. Conrado Granel of Spain has recently been calling public attention to his experiments in securing a potassium compound from sea water. He calls his compound "marine potassium."

The next best thing to understanding the whole of any subject, is to be aware of that part of it we do not understand.—Whately.

A drop of ink may make a million think.

APPETIZING DISHES.

Very pretty and useful little receptacles for holding ices may be made by using the sweet wafers held together at the ends with frosting to make boxlike dishes; fill with cream and serve.

Fig Preserve.—Wash ripe figs in soda water and drop the figs into boiling hot sirup, using six pounds of sugar to eight pounds of fruit; cook until the figs become clear, a half hour or longer. Flavor with a branch of lemon verbena, leaves of rose geranium and a small box of crystallized ginger. Seal with paraffin in small jars.

Delicious Muffins.—Beat well the yolks of two eggs. Into this stir one pint of flour in which three tablespoonfuls of baking powder have been mixed; then stir in gradually, one pint of water and the beaten whites of three eggs, and a pinch of salt. Bake in hot, well greased muffin pans 20 minutes.

Oyster Salad.—Heat a quart of small oysters until they are plump, then pour off the liquor, add the juice of a lemon and place on ice until well chilled. Before serving mix them with finely cut celery, a half cupful of nuts or more and a cupful of mayonnaise dressing; garnish with beets, tiny cucumbers or pimentos cut in fancy shapes.

Escaloped Eggs.—If the price of eggs keeps on going up this dish may be one we will enjoy looking at and hoping for when eggs are reasonable. Cook hard six eggs, by dropping them into three quarts of boiling water; cover closely, allow to stand near the heat, but not on it, for a half hour. Then remove them, lay in cold water, and take off the shells. Make a white sauce of a quarter of a cupful each of butter and flour cooked together; then add a pint of milk, cook until smooth and add one chopped green pepper and salt and pepper to season. Slice the eggs and put them into a buttered dish, a layer of white sauce and a layer of eggs; sprinkle with grated cheese, finish with a layer of white sauce and a thick covering of buttered crumbs. Bake until brown in a hot oven.

A college education is not a scheme to enable a man to live without work. Its purpose is to help him to work to advantage, to make every stroke count.—David Starr Jordan.

FOR THE HOME TABLE.

When serving a roast of beef the Yorkshire pudding or muffins will help out with the meat if it seems to be too small a roast for the number served.

Yorkshire Muffins.—Stir into two cupfuls of sifted flour a pinch of salt, three well-beaten eggs, and two cupfuls of milk; beating with an egg beater until the batter is full of bubbles. Half an hour before the roast is to be served, pour out a little of the drippings into a shallow pan containing hot-greased muffin rings and fill with the batter. Serve nicely browned as a border to the roast.

Royal Bouillon.—Take two and a half pounds of lean beef, finely chopped, cover with two quarts of water, allowing it to stand an hour, then bring to the simmering point and cook three hours, removing any scum that may arise. Now add one small onion, a carrot, one bay leaf, two cloves, four peppercorns, and two stalks of minced celery; simmer until the vegetables are tender. Strain into an earthenware bowl and let it cool. When ready to serve remove any fat, clear by stirring in the white of an egg, boil up, strain and serve at once.

Fish Pudding, Russian.—Take one and a half to two pounds of fresh mackerel, one and a half tablespoonfuls of butter, one cupful of cracker crumbs, three cupfuls of milk, six eggs, one grated onion, six peppercorns, and one tablespoonful of sour cream. Cut the fish lengthwise, wash it, take out the bones, removing the skin. Chop the meat fine, with half a tablespoonful of butter, put into a bowl the yolks of the eggs, with the salt needed, onion, peppercorns, cracker crumbs, a tablespoonful of butter and the sour cream. Beat well, add the fish, stir in the beaten whites and put into a buttered baking dish; cover and cook slowly for two hours. Serve with caper sauce.

Caper Sauce.—Cook together a tablespoonful each of butter and flour, add pepper, a cupful of milk, salt and two tablespoonfuls of capers. Cook slowly and serve hot.

Almond cakes may be prepared the same way, using six egg whites, a pound of sugar and a pound of almonds finely sliced.

Nellie Maxwell

GATHERED FACTS

Of all colors, red is the most conspicuous at a distance.

Homing pigeons can travel 70 miles an hour.

There are no distilleries, breweries or public houses in Persia, and the only intoxicating beverage used is homemade wine.

So general is the neglect of dentistry in Germany that a nation-wide committee has been formed to supervise the work of the teeth of schoolchildren.