The Art of Being Just a Woman.

We are told, says the Bazar, that the Princess of Wales can design a gown; that we owe to her the exceedingly high collars and many of the other modes of recent years. Not only can she design, but can fit and cut; can rip her bonnet to pieces on occasion and make it over; can take as fine stitches as any needle woman going; loves her embroidery, her knitting; can even do up her laces for want of any better occupation; and none of these occasional employments have allowed her to degenerate in her music. When we hear of a woman on the highest step of a throne doing all this, it does not seem altogether derogatory to a girl's position, be she of the select inner world or not, to prepare herself for the struggle of life by knowing how to do these and other things.

The ups and downs of life in this country are notorious. In fact, they are growing notorious in other countries, too. This family owns one-half the buildings in a town, has the income of wealth, adopts the Astor plan of insuring itself, and a high wind and a spark from a cigarette leave them to earn their living as they can. That family has its all in manufactures, and a change in governmental policy beggars it. And the other family has wealth in a patent that is superseded by something superior, and leaves them stranded. And what is wealth for one man is not wealth when divided among his half-dozen children, reared on the scale of the whole property, and not on that of one-sixth of it. And so it goes.

We do not deny that the tendency of wealth here, as everywhere, is to perpetuate itself, as there are countless ways in which law and custom may be circumvented. But, except in comparatively few instances, the great-grandchildren of rich people are not rich themselves; and even when they are, contingencies may arise that may give them all the disadvantages of poverty. Shipwrecked on a coral island, not the woman who could best dance or dress or had the largest bank account at home would be queen of the hour, but she who could make the best dish of bouillabaisse, is best equal to the situation.

If it is desirable that a woman should develop not only every talent that she has, but every fine and pleasant taste, by all means let her do it; only she must remember that her first talent of all is that of being a woman, and that the domestic arts, through the events of her life that keep her much at home, are primarily woman's arts. It does not follow that she must make bread all the time because she knows how to do so, or that she must sweep a floor or dust a room or sew a straight seam because she can tell from experience how it should be done. But if she does not know how to do these things, and to direct others how to do them if need be, she is by so much less a woman. The science of home is the first of all sciences; it makes all other sciences possible, and it is something that every woman should make her own at the same time that she possesses herself of such of the other sciences as she will, no one interfering with the other. For, until we live without bodies, it is to be confessed that the arts which make the body comfortable have also much to do with the growth of the soul.

Electricity a Kitchen Ideal.

It is not impossible, says the Bazar, that with all the other great things which are expected of it in the future electricity will accomplish one marvel as great as the greatest—it will solve the servant girl question. Two-thirds of the trouble in relation to the difficulty of providing manageable and intelligent help is in the fact that people of delicate tastes and refined habits hate the smoke and smut and general soil of the chimney place, the polishing of stoves, the building of fires, the lifting and carrying and handling of coal, the sifting and emptying of ashes, with its flying dust, and all the smooteh and smear of that part of the work. But now it is said that we are close upon an era that is to do away with everything of the sort. Indeed, the possibility has already arrived of cooking by electricity, the stoves and ovens and apparatus all being fit for use, and the whole thing waiting only for its general adoption the time when matters shall have reached the point where the wonder-working fluid can be supplied to every house as gas and water are, even in many country towns.

This varied apparatus bakes, boils and broils, and that with a nicety and perfection unknown to the smoky blaze. The "Aladdin oven" is, to all who know it, a great boon with its kerosene sub-blazes; but when, instead of those, electricity is supplied to it, as it can be, and that with automatic action, so that the heat can be turned on or off at a given time, it becomes a tenfold blessing. One of the ovens of this electrical apparatus has a thermometer which registers the amount of heat, and is lighted within so that the whole operation of the cooking is visible from the start, and there is no anxious opening of doors at the very moment when the touch of the cold air makes the light souffle fail. Any quantity of heat can be applied, and the current is insulated so that the oven is not hot enough outside to scorch the apron; and even if it were not insulated, the necessary number of volts to the current are too few to be of any danger.

Many people can remember the general remonstrance that was made to the introduction of stoves in the place of the open chimney, with crane and pothooks and skillets, and the rest of its rude paraphernalia; and many of the people of the generation just passing refused to have their beef baked in an oven, convinced that so all flavor and juice were destroyed, insisting on the "tin kitchen" before an open fire to the last. Probably the same class of people will resist the electrical cooking apparatus when it has become possible to adapt it to common use. But just as possibly it will in time be accepted wherever it can advantageously be used. For although women are conservative, yet when they once see for themselves that a new thing is the best thing, they will have it, and they are very likely to declare for that which is to ease work of every description, and is to do away with that which is to most of them worse than work, the disgust of dirt. When, cooking being done by electricity, the back-breaking part of the labor is immensely lightened and a great portion of the soiling part is taking away, then girls of an entirely different class from that of the ordinary scullion may be willing to come into the bright, sweet kitchen of that day. And even if they are not, the mistress may find it easier to correct, reprove, and guide the girl who is not made unmanageable by an unmanageable stove and all its anger-exciting and nerve-irritating heat.

READY FOR MARKET; THE MARKETS READY.

It is well worth one's while to get up early these fine mornings to go to market. Even if one lives out at Mount Pleasant, or in any other suburb, it pays. Everything looks attractive now; it is a real pleasure just to look at the piles of fruit and new vegetables—Spinach, 40 cents per peck; new turnips, 30 cents; onions from Bermuda, 20 cents per quarter peck; apples, 80 cents; strawberries, from 60 to 75 cents per box, best quality; peas, $1 a peck; new potatoes, $1 a peck; tomatoes, per box, 25 cents; grapes, from 25 to 35 cents; oranges, per dozen, 25 to 60 cents; shaddocks, $1.70 per 100; lemons, 20 cents a dozen; apples, per bushel, 75 cents to $1.50; egg plants, 15 to 25 cents each; salsify, (oyster plant), per dozen, 50 cents; new squashes, 5 cents per pound; cymblings, per dozen, 40 cents; lettuce, per dozen, from 40 to 75 cents; parsnips, per peck, 40 cents; new cabbage, blue and white heads, 10 to 20 cents a piece. Roast beef ranged in price from 8 to 10 cents per pound, while round steak was 10 cents, rib 12 cents, loin 12 cents, and porterhouse 18 cents per pound. Eggs, from 15 to 20 cents per dozen; butter for cooking was 25 cents, and for table use 30 to 35 cents for creamery and 45 cents for finest grades of print. Cheese is 12 and 14 cents per pound.

Chickens and all poultry now comes undrawn and with heads and feet on for economical cooks to convert into good soup stock. That is what a French woman does with the feet of fowls. One can get almost anything in Center Market from a bouquet to an iron spoon, pans, baskets, crockery, and bakery thrown in. And this warm weather it is well to know that if you do let your kitchen fires go out you need not starve, since cooked ham and tongue and mush for frying can be had at market by the pound.

In holy week more fish will be used than in any other in all the year. The fish dealers have prepared for it. Rockfish is always in demand, and prices seldom vary much, 12 to 15 cents per pound for the best. Just now everybody is eating shad, and very good ones for a small family can be had for 25 to 35 cents, while 75 cents to $1 will buy a beauty, large enough for a company dinner or a boarding house. Remember the dealers outside the market if you want to pick up bargains. But whatever you buy do not forget to carry home with you a bunch of that delicious trailing arbutus, and buy it from one of the old "mammies" sitting on the sidewalk.

Dying to Keep Up.

Appearances, appearances. How we women, says one of the wisest of them, squander our last atom of strength for the sake of appearances. The reckless expenditure of life's sweetest gifts in trying to outshine our neighbors, in trying to keep up with the best of them, is killing women in high life and in low. Haste and irritability rise in the morning, stalk forth at noon, and closely cling to their victims until nature's restorer sends them adrift.

Upon every face I meet I find a pucker of thought, a line of discontent, a shade of anxiety. Even the babies, bless their hearts, seem to have had imprinted upon their tiny features mother's cares and mother's sorrows.

Women wonder that they have lines of melancholy, furrowed brows, a step from which all elasticity has fled, backaches, headaches, heartaches. Why should they? Much smartness is absolutely necessary. We must dress better, decorate our homes more lavishly, see more, do more than our grandmothers!

Brief Toilet Hints.

A cloth wet in cold tea and laid across the eyes will allay inflammation.

Vaseline rubbed well into the scalp will increase the growth of the hair.

To cure a felon wrap the part affected in a cloth drenched in tincture of lobelia and the felon is dead.

An excellent remedy for sunburn is obtained by mixing together four ounces of alcohol, four ounces of benzoin, and one pint of rain water.

If you wish to get rid of wrinkles, blackheads and pimples bathe the face in hot (not warm) water for five minutes every night before retiring.

Any one troubled with pimples should avoid bathing in cold water. Take plenty of hot baths, and give the eruptions a chance to come out on the body if they must come out at all. Wash the face in hot water, wiping it very gently.

Rosemary is considered an excellent remedy to increase the growth of the hair. Get a small quantity of the leaves and boil them over a quick fire for a few minutes, strain, add a little cocoanut oil and a few drops of verbena.

Two Cable Car Tales.

"I have no occasion to buy newspapers," said a car conductor recently, "for hardly a day passes I do not have given me two or three copies by passengers. Some days I get hold of Baltimore, Philadelphia, and New York sheets from people arriving out of town, but, as a rule, my perquisites are the local papers."

An incident occurring a few days ago in a cable car was the means of showing to what extent an obstinate man will go. He was accompanied by two ladies, and the party transferred at the Peace Monument to a green car. The man neglected to procure transfers, and when approached by the conductor positively refused to pay, saying he had done so in the other car. It was a case of paying or getting off, but the man ordered his companions to remain seated, and, bracing himself, defied the conductor and gripman to eject him. The car was crowded, and the scene was becoming interesting, when a gentleman, in order to save the ladies further embarrassment, kindly paid the money. Subsequently the obstinate man started to reproach the benefactor, but the latter cut off any conversation by curtly replying that his action was simply on account of the ladies and not due to any respect for their escort.

Inspecting Underground Trolley.

The committee on mercantile affairs from the Massachusetts legislature is in this city investigating the working of the underground electric trolley system. The committee will remain here until Wednesday.

WORK FOR THE UNEMPLOYED

Pleas for Governmental Interference to Relieve the Present Distress.

HOW FRANCE RECUPERATED

After Two Disastrous Wars the Government Built Up Prosperity—The United States Should Follow This Plan—Public Roads, Vessels and Other National Enterprises.

Do you recall that both France and England have had their "armies of unemployed" and "bread riots," with accompanying bloodshed and starvation; that England is not yet free from such scenes? America is not the only country to-day that has an army of the unemployed. Germany, by its military system, manages very largely to reduce its number of unemployed, and thus escapes some of the dangers that threaten those countries where men must work or starve and where work is not to be had. The rumors of a march in force on Washington of those now out of work has done much to turn the minds of political economists to some solution of the great question of bringing back prosperity and furnishing work for those who want employment.

At the close of one of the long wars of Louis XIV France was almost prostrated. Her trade was destroyed, her industries ruined, her people paupers, her fields wasted and barren. The people were without work, and there appeared to be none to give them employment. Starvation was found in every section. Her treasury was bankrupt; yet within a few years all was changed. Prosperity was found everywhere, and in place of starvation the people had plenty, and wealth was flowing into the coffers of the people and of the king. Colbert, the financial minister of France, had brought about all this mighty change.

Under his care and through the support of the government manufactories sprung up everywhere. The fine cloths of Holland were excelled in France; Flanders tapestries were also compelled to yield the palm to those of Beauvais and Venice; Venice also gave up her workmen to the glass manufactories of St. Gobain and Tourlaville; the manufacture of lace was introduced, and soon nearly 100,000 women and children were employed in that industry alone; the manufacture of soap, tin, arms and silk gave employment to multitudes, but still there were thousands who were willing to work but who could not find employment in the new industries that had been helped into existence by the government, and those thousands had to be fed. Colbert took up the cry of "good roads," and everywhere throughout France the government assumed the task of improving the highways. Canals were built, public buildings erected. The outlay was tremendous, but rejuvenated France soon again filled the coffers of the government. Again, when France emerged from its late great struggle with Germany, the condition of her people was almost equal to what it had been in the days of Louis XIV. The statesmen of the new republic followed, to a very considerable extent, the policy of Colbert.

To some the present condition of affairs in the United States is inexplicable. Why with her vast domain, her boundless resources, her inexhaustible energy, a million or more of those anxious to work should be unable to find employment is and will remain a mystery to many. Explanations may be offered, but they hardly prove satisfactory. The condition is here, whatever may be the theory. And when people are starving it is not the time to stop and talk about the cause which have led to the starvation. To tell a man whose family is out of bread and he out of work that overproduction has been the cause of his suffering is worse than offering him a stone when he has asked for bread. When the great dam above Johnstown broke and carried destruction and death to the valley the people did not stop to discuss the causes which led to the breaking of the dam, but poured in their contributions to relieve the distress brought about by the disaster. The time has passed, or has not yet come, to discuss why the factories have shut down and the mines closed.

There has been a cry all over the country for economy in administering the affairs of the government, and a very decided hostility has been shown against increasing the public debt. Under Louis XIV Colbert advised economy in the matter of the expenditures of the sovereign and of the court, and advocated the most liberal expenditures where the people would be the beneficiaries, and thereby built up and renewed the prosperity of France.

It is hard to enumerate all who will be benefited by giving work directly to comparatively a few. The government is now paying out large sums in Washington for rent of property used by the government. It is calculated that within the last thirty years the government has paid out enough in rents to have erected all the buildings needed by it, and yet the payment of rentals goes on each month. When work on a government building is begun it is permitted to drag along year after year. The new post-office building now being erected in this city it is expected will require ten years to complete. If such a building were constructed by private enterprise, it would be completed in one year. Government buildings always move slowly.

The matter of a new Government Printing Office has been discussed for years by people and Congress. The necessity of it is apparent to all. No one denies that. All admit it must be built sooner or later, and all admit it ought to be done at once; yet nothing is done. Those employed in the building now used for that purpose go tremblingly into it each morning and leave it each night with thankful hearts. This is well known. Delay is the watchword, while thousands of mechanics want work.

Government buildings are needed in many of the larger cities of the country. During the first term of Mr. Cleveland several hundred thousand dollars were appropriated to purchase the ground upon which to erect an addition to the post office at Indianapolis. The present building was erected when Indianapolis contained less that 20,000 people and the free delivery system was unknown. The additional ground was purchased, but nothing has been done about erecting the additional buildings. Some years ago money was appropriated for the purchase of a site for a new mint at Philadelphia. The site has not been bought. There are scores of similar cases.

It takes but very little after all to start the ball of prosperity rolling. Every ship built by the government not only furnishes work to the mechanics and laborers directly connected with the building of the vessel, but timber must be got out in Maine and other parts of the country, iron and steel are needed for the armor and engines, cordage, furniture, and arms for the equipment, and the building of that one vessel furnishes employment directly or indirectly to several thousands in different sections and in different industries. To erect the new building for the public printing will require brickmakers in one section, quarrymen at the stone works, iron men, glass makers, tinners, furniture makers, etc. All these, together with those directly or indirectly employed in building the war vessels, being again in the receipt of wages, will trade with the shopkeepers, who buy in turn from the jobbers, who are supplied by the manufacturers, and this increased demand for their products will open the doors of the factories and once again start the spindles. The farmer will also get his share, as the demand will increase for the products of his labor. Men cannot buy when they have nothing to buy with, and not buying, the trade of the shop keeper falls off, and he in turn gives smaller orders. His reduced orders contract the market of the manufacturer and he reduces his force, which adds to the ranks of the unemployed, and this adds to the general contraction. So, at least, it seems.

Navy Yard subscriptions to this paper are left with Harry Speake, 1210 Linden place northeast.

WAS A PECK OF JOY.

How the St. Louis Congressman Entertained Angels Unaware.

Congressman Charles F. Joy is expecting his intimate friend, ex-Labor Commissioner Peck, of New York, to visit him at the capital in a few days. Joy is a Republican; Peck is a Democrat. Joy succeeded John J. O'Neill from the St. Louis district two years ago, and unless something now unforeseen happens he will come back to Washington for as long as he wants his present job. He is invincible in his district. When he was a candidate in 1892 nearly every newspaper man in the city did all they could for him. Democrats who had never been known to scratch a ticket before abandoned O'Neill and voted for Joy. He is the prince of good fellows.

About fifteen years ago, just about the time Mr. Joy began the practice of law in St. Louis, two gentlemen walked into his office early in in the morning.

"My name is Peck," said the speaker for the two, "and this is Mr. Clark." Mr. Joy invited them to have seats, and they accepted his invitation. They talked upon various subjects until noon. Mr. Joy then pulled out his watch, and, taking the hint, Mr. Peck and Mr. Clark excused themselves. Along in the afternoon Mr. Peck and Mr. Clark reappeared at Mr. Joy's law office.

"Have seats, gentlemen," said Mr. Joy, and Mr. Peck and Mr. Clark sat down. Would they have a cigar? Why, of course. So the three smoked and chatted along until the stars began to twinkle in the evening. Mr. Joy looked at his watch again, and as he did so his visitors arose from their chairs, as if to take their departure.

"We've spent a very pleasant day with you, Mr. Joy," said Mr. Peck. "We are on our way to New York," he continued, "and if you ever come up that way we'll be glad to see you."

"Now, I have enjoyed your company exceedingly much," replied Mr. Joy, "but will you please tell me what the devil you came to see me about?"

"I'll tell you," said Mr. Peck. "Mr. Clark and I have just arrived from Florida, and we are dead broke—stranded, as the saying goes—nothing to eat, a hole in the seat of our pants, a thousand miles from home, and no black thread. As we were walking along the streets to-day, straining our eyes for a familiar face, we saw your name on the door. 'Joy,' said I; 'that is a good name. Let's go to see him,' said I to Clark; and here we are. We are hungry. Fix us up for a square meal and we will not forget you."

Mr. Joy took them to his hotel—the old Planter's—and registered them as his guests. They remained a week, when Mr. Peck received a remittance from his home, and they left. The next thing Mr. Joy heard of them, Mr. Peck had been elected labor commissioner of New York and Mr. Clark was holding a responsible railroad position in Michigan. They are now the warmest and best of friends, and when Mr. Peck arrives in Washington he will be warmly welcomed by his young and distinguished Republican friend from the microbe district of Missouri.

Advertise in the Times, partly because its friends support them, partly because it is already an established home paper.

Three Youngsters on Skates.

Three youngsters were skating on the Avenue opposite the Belvedere about 8 o'clock. They got to skylarking, which wound up in a row. They couldn't fight very well on their feet, but they got at it when one of the boys tripped another one down and the third one fell in the heap. They fought like cats for several minutes, and until they were separated. Then they removed their skates and adjourned to a more seclusive spot, where they said they would have it out.

Navy Yard subscriptions to this paper are left with Harry Speake, 1210 Linden place northeast.

Young Man, Desist.

To the Editor of THE TIMES:

If I subscribe and help support your paper shall I be accused of being behind the times.

CHARLES HENRY.

Capitol Items.

Ex-Commissioner of Pensions W. W. Dudley has written a letter to Congress commending the bill now before the Senate and House committees for the codification of the pension laws, and dwelling upon the necessity for such a classification.

Representative Boatner, of Louisiana, is expected back Wednesday, at which time the plans of the special committee which is to investigate Judge Jenkins' Northern Pacific railroad strike injunction will be determined.

Representative Sherman, of New York, has introduced, by request, a bill providing for a national board of health, to consist of nine physicians. Its duty is to collect and diffuse information upon all contagious diseases.

Kindly show this paper to an anarchist.

VALUES OF VARIOUS FOODS

Prof. C. D. Woods on the Science of Nutrition.

MAKES HEAT AND ENERGY

Tables Showing the Amount of Food Necessary to Properly Nourish a Man—Vegetable and Animal Foods—Cost of Living in Various Countries.

The eating of food, says Prof. Charles D. Woods, of the Storrs Agricultural Experiment Station, in the report of the New Jersey State Board of Agriculture, is a simple matter, but the ways in which its different constituents are utilized in maintenance of life are far from simple. Our bodies and the food we eat are composed of the same chemical elements, and the compounds of these elements in food are quite similar to those which make up the body. * * * The way of finding out how food is used consists in the comparison of the income with the outgo of the body. The body creates nothing for itself, either of material or energy. All must come to it from without. * * * The science of nutrition, as it is understood to-day, is a matter of definite quantities of income and expenditure, measured in terms of chemical compounds, and of heat and mechanical energy.

The chief two uses of food of animals are: First, to form the materials of the body and make up its wastes; and second, to yield energy in the form of heat to keep the body warm, and muscular and other power for the work it has to do. In forming the tissues and fluids of the body the food serves for building and repair. In yielding energy it serves as fuel.

The different nutrients of food act in different ways in fulfilling these purposes. The principal tissue formers are the protein compounds. These form the framework of the body. They build up and repair the nitrogenous materials, as the muscle and bone, and supply the albuminoids of blood, milk, and other fluids. The chief fuel ingredients of food are the carbohydrates and fats. These are either consumed in the body or are stored as fat to be used as occasion demands. In being used as fuel the nutrients of the food tend to protect each other and the materials of the body from being consumed.

Heat and muscular power, like mechanical power, light, and electricity, are forms of energy. The energy is latent in the food and is developed as the food is consumed in the body. * * * The value of food for fuel is expressed in terms of potential energy. The quantities of potential energy in food are determined by experiments with an apparatus called a calorimeter. The unity commonly used is the calorie, the amount of heat which would raise the temperature of a kilogram of water one degree centigrade (or a pound of water four degrees Fahrenheit.)

Taking ordinary food materials as they come, the following general estimate has been made for the average amount of energy in one-hundredth of a pound of each of the classes of nutriments:

In 0.01 pound protein.....18.6 calories.
In 0.01 pound fats.....42.2 calories.
In 0.01 pound carbohydrates.....18.6 calories.

[Printed tables were distributed showing proportions of each of the three constituents in one pound of various kinds of foods.] The composition of cooked canned corned beef is of considerable importance. Its high content both of proteins and fats is due to the loss of water that comes from the process of cooking and preparation. It furnishes pound for pound more protein than the other specimens of beef, and nearly equals the highest of them in its potential energy. From personal observation also of the methods of its manufacture, I can recommend it as one of the most excellent and economical of foods.

The vegetable foods differ very materially from the animal foods in both composition and digestibility. For the most part they are not as completely digested, and more energy is used up in the assimilation of the digested portions than is the case with animal foods. So that in general a given weight of protein or fat from a vegetable food will not furnish as much material for the use of the body as the same weight from other sources. * * * Beans are very rich in protein, and on this account are very valuable food. Cornmeal differs from wheat flour in having more fat and less protein and carbohydrates. The total energy (food value) of these two foods is nearly the same.

In being consumed in the body to furnish heat and muscular energy the nutrients replace one another in proportion to their potential energy. * * * It has been estimated that a man, to keep his body well nourished, requires about 0.28 pound of protein and sufficient quantities of fat and carbohydrates to furnish, together with that of the protein, about 3,550 calories of potential energy. He would also need a certain amount of mineral matters and water. Sufficient nutrients to furnish that amount of potential energy would be contained in the following food materials, which would therefore suffice for a day's nourishment.

FOOD MATERIALS WHICH WOULD FURNISH NUTRIENTS FOR ONE DAY FOR A MAN AT MODERATE WORK.

KINDS OF FOOD.	Total Food Materials, lb.	Nutrients. Protein, lb.	Fats, lb.	Carbohydrates, lb.	Calories of Potential Energy.
Beefsteak	.70	.124	.101	.....	600
Wheat bread	1.40	.123	.024	.788	1,790
Potatoes	1.60	.031	.....	.243	510
Butter	.18	.....	.153	.....	650
Total	3.88	.278	.278	1.031	3,550

These materials are daily expended in building up tissues, etc., and since the tissues are made up of the food, practically all the digested protein, fats and carbohydrates leave the body finally as urea, carbonic acid and water. The daily income and expenditure of the human body may be balanced in this way:

ESTIMATED DAILY INCOME AND EXPENDITURE OF THE BODY OF A MAN AT MODERATE WORK.

Income—	Lbs.	Outgo—	Lbs.
Protein	0.28	Urea	0.10
Fats	0.28	Carbonic acid	2.67
Carbohydrates	0.99	Water	5.40
Mineral matters	0.05	Mineral matter (digested)	0.04
Water of food and drink	4.40	Undigested matter	0.09
Oxygen	2.30		
Total	8.30	Total	8.30

The cost of food is the principal item of the living expenses of the people—of all, indeed, but the especially well-to-do. In the report of the Bureau of Statistics of Labor of Massachusetts for 1884 there is summarized the results of investigation into the cost of living of people with different incomes. In Massachusetts, in Great Britain, and in Germany, dividing expenses into those for food, clothing, rent, fuel and sundries, the percentage of the whole income expended for food is as follows:

	Annual income.	Per cent. for food.
Families in Germany—		
Workingmen	$225 to $300	62
Intermediate class	450 to 600	55
In easy circumstances	750 to 1,100	50
Great Britain—		
Workingmen	500	51
Massachusetts—		
Workingmen	350 to 400	64
"	450 to 600	63
"	600 to 750	60
"	700 to 1,200	56
"	Above 1,200	51

Although the cost of food is so great, and although the health and strength of all are so intimately connected with and dependent upon their diet, yet even the most intelligent people know less of the actual uses and values of their food for fulfilling its purposes than of almost any other of the necessities of life. People are afraid to economize in food, and will pay higher prices for a less nutritious article. The best food in the sense of that which is the finest in appearance and flavor and which is sold at the highest price is not generally the cheapest or the most economical, nor is it always the most healthful.

The New York Tribune coal and food fund have sent to many poor families in New York the following supplies, for which they paid $1:

KINDS OF FOOD.	Weight, lbs.	NUTRIENTS. Protein, lbs.	Fats, lbs.	Carbohydrates, lbs.	Calories of Potential Energy
Hominy	5.0	0.460	0.190	2.530	8.225
Oatmeal	2.0	0.294	0.142	1.368	3.690
Cornmeal	5.0	0.450	0.190	3.530	8.225
Rice	2.0	0.148	0.008	1.588	3.260
Codfish (salt)	2.0	0.212	0.004	.....	410
Beans	8.0	1.848	0.160	4.736	12,920
Salt pork	2.0	0.018	1.656	.....	7,010
Tea	0.5	.....	.....	.....	.....
Total	26.5	3.430	2.350	14.752	43,740

The above would furnish enough nutrients for a man at moderate work for twelve days. * * We waste at the store, at the market and in the house enough to make us wealthy if we would only save. The fathers and mothers do not understand the little arts of economy and the sons and daughters do not learn them, and we are somewhat inclined to think it beneath our dignity as free-born and well-to-do American citizens to devote our attention to them. We endeavor to make our diet suit our palate by paying high prices in the market rather than by skillfully cooking and tastefully serving at home. We buy more than we need, and, what makes the matter worse, it is frequently those who most need to save that are most wasteful.

The remedy for the evil, so far as it applies to the chief item of our living expenses—our food—must be sought in two ways: in an understanding of the elementary facts regarding food and nutrition and the acceptance of the doctrine that economy is not only respectable, but honorable. And it was in the hope of helping to a better understanding of the subject of nutrition and to show how some of the principal facts may be put to practical application that I prepared this paper.

CO-OPERATIVE HOUSEKEEPING.

We all agree, writes H. C. Walsh in April Lippincott's, that around the home center the greatest blessings of life, that a happy home is absolutely essential to a happy life. Consequently any scheme of living that tends to increase the happiness of home life and to lessen or do away with those multiform vexations and worries which, like swarms of pestilential mosquitoes, often render a home so miserable that the inhabitants are glad to escape from it, must be of great benefit to the race at large. Women, perhaps, are apt to exaggerate what are known as the domestic worries, but men, on the other hand, are given to undervalue them. The man's business cares loom up before and entirely overshadow by there apparent greatness his wife's troubles over servants and kindred domestic ills.

For a long time the dreamers have been dreaming about the beauty and benefits of co-operation. The dream must come before the deed, and in attempting to carry out the dream there must be many failures, but co-operation will doubtless yet solve many vexed problems. In the problem of domestic economy the value of co-operation is getting a practical exemplification in the beautiful suburb of Boston called Brookline. Here a wealthy and energetic citizen of Boston, Mr. Eugene R. Knapp, has organized and is carrying out a scheme of co-operative housekeeping which, as it has proved a practical success, is well worth the attention of the world at large.

About a dozen years ago Mr. Knapp purchased a large tract of land in Brookline, and he has erected from time to time a number of rows of houses of handsome appearance and solidly built. Those in the same row resemble each other outwardly, but the inside of no two is alike; each house is distinct and individual in this respect, so that each householder can feel that he has a house which is not duplicated. The collection of houses is known as the "Beaconsfield Terraces." Each house has its own little yard, but back of these is a park of about six acres of land, beautifully laid out with walks, shade trees, driveways, tennis courts, children's playgrounds, etc. This park belongs to the tenants and owners in common for fifteen years; at the expiration of this time the tenants will be able to obtain possession of the grounds for themselves and their heirs forever.

NOT TO SUE FOR DIVORCE

Mrs. Wing Is Still Full of Devotion to Col. Breckinridge.

WHAT A FRIEND OF HER'S SAYS

Strong Statements About Deception that Was Practiced Upon Mrs. Wing—The Marriage Was to Relieve the Colonel of the Annoyances of Miss Pollard.

LOUISVILLE, Ky., March 19.—The wife of a prominent attorney, who is acquainted with the inside facts of the Breckinridge scandal, said to-day, in speaking of the rumor that Mrs. Breckinridge would seek a divorce:

"The rumor that she now intends seeking a divorce is entirely without foundation. I received a letter from her last Saturday, in which she was in good spirits. Every line was full of her devotion for Col. Breckinridge, whom she believes now to be the victim of blackmail.

"I have tried to keep myself aloof from participating in this affair until now it seems I would be false to my convictions of right did I longer refrain from making known a few inside facts about this secret marriage of Mr. Breckinridge and his present wife. Many have blamed her as being a party to a plot to prevent the fulfilling of his vows to Madeline Pollard.

"The truth is, Col. Breckinridge has played the deceiver in her case also. She knew nothing whatever of his relations and obligations to Miss Pollard at the time she married Col. Breckinridge. He knew that Miss Pollard would push her claims, and before she had time to utterly compromise him he hastened his marriage, making Mrs. Wing his victim, both because he loved and felt her necessary to his happiness, and also because he thought her of a rank and station that would serve as bulwarks against Miss Pollard's statements. On the day Mrs. Wing was married in this city Col. Breckinridge vowed by all the saints that he hardly knew Miss Pollard, but she was very much in love with him, and he was a comparatively stranger to her.

"I do not think Dr. Scott or any of his family knew of the secret marriage. The marriage at the residence was simply to relieve Col. Breckinridge from any further annoyance from Miss Pollard and to prove to the friends and relatives of Mrs. Wing his loyalty to her, as well as to refute Miss Pollard's publication of her engagement to him. So far as the rumor of Dr. Scott's urging the marriage of Col. Breckinridge and his sister is concerned, I may say I do not think he had anything to do with the affair. Col. Breckinridge was too anxious to have his marriage take place, thinking then that Miss Pollard would never pursue the subject further."

LIVE CAPITAL ITEMS.

The resolution of Representative Baker, of New Hampshire, calling on the Census Bureau for reports by Congressional districts of wealth, debt, taxation, etc., was adversely reported to the House to-day by the Committee on Appropriations. Hon. Carroll Wright, in charge of the census, appeared before the committee and stated that the information was available by counties, but that it would take a month's work in this branch of the bureau to get up the table by Congressional districts.

Senator Peffer's "Coxey's Army" bills were introduced at the request of the Coxey Good Roads Association yesterday. One of these bills provides that whenever any state, territory, county or town deems it necessary to make public improvements it shall deposit non-interest-bearing bonds, to run for twenty-five years, with the Secretary of the Treasury, who shall thereupon issue Treasury notes, to be reduced at the rate of 4 per cent. per annum. The other directs the Secretary of the Treasury to have $500,000,000 of Treasury notes printed immediately, which shall be legal tender for all debts and placed in a fund to be known as the general county road fund system of the United States.

The investigation of overtime claims of letter carriers in New York will be resumed to-day. W. W. Hill, recently appointed commissioner to examine the claims, left yesterday for New York to continue this work, on which he was engaged for several weeks. The examination of the claims of Brooklyn carriers, numbering about 100, will be commenced Wednesday. In New York 400 claims remain to be examined. Upon completing the New York investigation Commissioner Hill will make official visits to leading northwestern cities. Chicago, Milwaukee, Springfield, Ill., and Racine, Wis., are among the first of these at which carriers' claims will be examined.

Senator Smith, of New Jersey, introduced a bill yesterday for an amendment of the interstate commerce law. It provides that a common carrier violating the act may be prosecuted for misdemeanor, and upon conviction shall be subject to a fine of $5,000. The bill also specifies that the service of a writ or process upon any of the agents of such corporation in such proceeding shall be construed as service upon the corporation when the agent resides within the jurisdiction of the court in which the proceeding takes place.

Mr. Gallinger, from the Committee on the District of Columbia, called up yesterday the bill for the promotion of anatomical science and to prevent the desecration of graves in the District of Columbia. The bill is for the purpose of preventing the work of resurrectionists in Washington and to provide bodies for dissection in medical colleges. Several amendments were made, and the bill was passed.

The President yesterday transmitted to Congress the answer of Secretary Gresham to the resolution offered in the Senate by Mr. Morgan, of Alabama, calling for information relative to the recent British occupation of Bluefields. The letter of Secretary Gresham states that an explicit declaration has been received from the British government that nothing in the way of a protectorate over the Mosquito Indians is desired or intended by the British government. A report concerning Hawaii was also transmitted to the Senate.

A Cargo of Coffins.

In the year 1801 my grandfather, William Truscott, found himself skipper and owner of the fast-sailing brig Mary Ann, of Marblehead. He warn't more than 24 years old at the time, and considered himself mighty fortunate in bein' so well fixed so early in life. But seems as if he congratulated himself too soon. About the time he got to be skipper there came a streak of hard times, and nary a vessel sailed from Marblehead for furrin parts for several months. Even after times did begin to get better none of the merchants of the town seemed to want the Mary Ann to carry their cargoes. My grandfather was down on the wharf one day, sittin' on a pile, lookin' at the brig and wonderin' what made his luck turn bad so, when he seen comin' towards him old Ephraim Bagley, the undertaker.

"Brig hain't been doin' much these days, has it?" said Bagley.

"Nop," said my grandfather.

"I have been thinkin' of sendin' a cargo to furrin parts, but I don't s'pose there's any use of askin' the captain of the Mary Ann to carry it. His ship is too busy—he! he! He hain't taken a Marblehead cargo for six months. He is too busy, he is. He! he! he! he!"

Grandfather was mad enough to choke the old feller; but he couldn't afford to lose a chance to get a cargo, so he looked up respectfully enough and said he warn't busy, and asked Bagley what he wanted to carry and where he wanted it carried.

"Never you mind what nor where till I make terms," said Bagley. "You're losin' money, young man. You know that it won't do to keep your vessel idle like this, and the longer she stays idle the less likely it is that people will ever want to use her. She's beginnin' to get a bad name already. People try to find some reason why she ain't used, and say she's cranky, leaky, doesn't mind her helm, and other things. Now, I offer to pay the wages of the crew, pervide all the food and supplies necessary for a v'yage, you to furnish ship and get nothin' but your board. You can't stay around here doin' nothin'."

Grandfather see the old feller was talkin' sense, even if he was drivin' a hard bargain, so he said: "I will take you up. Where do you want to go?"

"Naples," said Bagley; "and I want to take a cargo of coffins. They are havin' the plague over there, and I have a lot of coffins on hand. I think there is a chance to make money. Them folks is dyin' faster than they can turn out coffins. I have six hundred coffins on hand—a batch I made up when that yellow fever ship from Surinam put in at Boston; but this state was too cold, the fever didn't take holt, and I've got all them coffins on hand. I expect to make a big thing out of them Italians."

Grandfather knew that the Italians didn't use no coffins, scarcely even botherin' with graves; but he didn't tell old Bagley so. He merely remarked that it would be necessary for 'em to load the cargo nights, for sailors was such superstitious critters that it would be hard to get a crew to sail a ship loaded with coffins.

Old Bagley seed to puttin' the coffins aboard—him and grandfather. There was all kinds. Plain wood-colored ones; red, white and blue ones for Revolutionary veterans; black walnut and mahogany ones; some with leather handles, some with silver handles; and there were seventy-five that was all pedded and upholstered inside, with perfumery bags put around under the paddin'; had patent snap locks, and little glass windows over the place where the face come, that could be opened and shut.

Grandfather soon got a crew together and made everything ready to sail. When the day for sailin' come what did he see but old Marm Bagley a-beavin' down the wharf, closely followed by her particular friend, the Widder Haskins, both on 'em carryin' baskets full of knittin' work and two big bags! He observed something squirmin' 'round in the bags and he thought mebbe it was cats. He axed Mis' Bagley if it was, and she said no, it was cats; she was goin' on the v'yage, she and Mis' Haskins, and they was goin' to take the cats for company. Great Scott! he was took back. Here they was a-goin' to make a v'yage with a cargo of coffins and a lot of cats for passengers. Every one knows that cats are unlucky critters to have on a ship.

"Mis' Bagley," said grandfather, "all we have got to do to make this v'yage a success is to set sail on Friday. Coffins and cats! For land's sake, don't let any of the men know them cats are on board, for they'll all leave the ship. Coffins and cats! Jerusalem crickets!"

Marm Bagley took the cats down into the cabin, and, thinkin' that the vessel was loaded with sideboards, revolvin' book