

NUTRITIOUS AND CHEAP

FISH DISHES THAT ARE REALLY WORTH WHILE SERVING.

Baked Mackerel Properly Prepared Should Be Popular With All—Haddock Stuffed or Served With Tomatoes Is Good.

Baked Mackerel.—Wipe out two mackerel with a damp cloth, and cut off the heads and tails. Split nearly through, so that they lie flat. Take out the backbones. Place them inside upward in a covered fireproof dish. Pepper and salt well, cover, place in a slow oven, and allow to steam in their own juice for half to one hour, according to the oven. Serve in the same dish.

Mustard Sauce for Mackerel.—Put in a basin pepper, salt, a little fine sugar and plenty of mustard powder. Pour on about equal quantities of vinegar and salad oil, and beat or whisk till thoroughly mixed and smooth. The result should be a sauce of the consistency of thin cream. A little taste of garlic improves the sauce. The garlic should be rubbed on the basin in which the sauce is mixed.

Baked Stuffed Haddock.—Wash, scale, and wipe a large fresh haddock, and remove the eyes. Prepare a stuffing with two ounces chopped suet, one ounce of bread crumbs, one teaspoonful herbs and parsley, and season with salt and pepper. Mix the stuffing with half an egg. Stuff the body of the fish with this, and sew up the opening. Pass a trussing needle, threaded with string, through the tail of the fish, center of body, and the eyes, draw the fish up into the shape of a letter S, brush it over with beaten egg, and sprinkle some breadcrumbs over it and a few pieces of dripping. Bake in a brisk oven for about half an hour or longer, basting frequently. Dish up and serve with brown sauce or gravy.

Haddock With Tomatoes.—Wipe the haddock and put it in a pie dish with a little milk and water, and cook it in the oven till tender. Skin three tomatoes, and cut them into slices; peel and chop finely half an onion. Cook four ounces of rice in salted water till tender, and drain. Skin and bone the haddock, and flake it. Melt an ounce of butter or dripping in a saucepan, add all the above ingredients, season with salt and pepper, and beat up thoroughly. Serve on a hot dish, and sprinkle over some chopped parsley.

Helpful Hints.

When separating yolks from whites of eggs, sometimes a speck of yolk slips into the white. To remove this dip a clean cloth into warm water and wring it dry. Touch the yolk with a point of the cloth, and it will cling to it at once.

A pretty and inexpensive couch cover can be made by taking a white bedspread that is worn thin and making it the right size for the couch. Then dye it a pretty green or a dark red.

In home dressmaking a very important point to remember, especially in making coats and skirts, is the frequent use of the iron. Unless the seams are carefully pressed with a hot iron over a damp cloth the garment, however well cut, will have an amateur look.

To Boil Eggs Properly.

There are three good ways to boil an egg that has been cracked. A very simple one is to add quite a little salt to the water in which the egg is to be boiled. This will prevent the white coming out. If the crack is very large, wrap the egg in a piece of soft paper. The wet paper adhering to the egg, prevents the egg coming out of the shell. If there is only a tiny crack at one end, make a tiny opening in the other end with a needle and the desired result is secured. The latter method may be used to boil eggs preserved in water glass, the puncture being made at both ends.

Stuffed Leg of Pork.

The following would be better by removing the bone from the leg of pork to make room for the stuffing. Make a deep incision in the meat and fill with dressing made as for chicken and seasoned highly with onion. Skewer the places together and rub the outside of the meat with salt, pepper and a little powdered sage. Bake very slowly and baste often. Strain the contents of the pan, put in a little cold water to make the fat rise, then skim and thicken, using a rounding tablespoonful of flour to one cupful of the liquid. Let the gravy cook eight minutes.

Mulled Buttermilk.

One quart of buttermilk, one rounded tablespoonful of flour, two rounded tablespoonfuls of granulated sugar. Pour the buttermilk into an enameled saucepan and put on the range to boil; upon boiling add the following mixture: Break an egg into a bowl and beat until light and foamy, add the sugar, then the flour, stirring until smooth, and pour into the boiling buttermilk, stirring rapidly to prevent scorching. Boil up once, remove from the fire and serve hot or iced as preferred.

Hotch Potch.

Take one cupful of pearl barley, one small cabbage, two carrots, two onions, one turnip, parsley and herbs, piece of butter, pepper and salt. Put three quarts of water in a saucepan and add all the vegetables and cook for two and one-half hours.

CUSTOM NOT AN OLD ONE

Practice of Numbering Houses May Be Said to Have Originated in the Year 1513.

The almost universal custom of giving street numbers to private houses so that they can be easily identified is comparatively young. It was in the year 1513 that this idea struck the fancy of a Parisian architect, but it was not until nearly three centuries later that the system became general. In Berlin an eccentric method of numbering houses was first adopted. They were numbered without any reference whatever to the name of the street. A tenant's address would be described merely as "1000 Berlin." In Petrograd an excellent way of displaying the numbers is employed—little lanterns bear the numbers on the glass, so that they can be seen after dark.

"In the later Stuart times," says Macaulay, "the houses of London were not numbered, and there would, indeed, have been little advantage in numbering them, for of the coachmen, chairmen, porters and errand boys of the city a very small portion could read. It was necessary to use marks which the most ignorant could understand. The shops were, therefore, distinguished by painted or sculptured signs, which gave a very gay and grotesque aspect to the streets."

HOW RANGE FINDER WORKS

Operation of Instrument That Makes Possible Deadly Gunnery of the Present Day.

One of the most important instruments used on a warship is the range finder. Without this instrument it is practically impossible to aim the guns accurately without incurring a serious delay in getting the range by trial shots. Range finders all work on almost the same principle, images of the ship or other object sighted on being received through the two object glasses, one located near each end and on the side of the tube, being reflected and refracted by a system of mirrors and prisms, so that both are brought to the eye of the observer, who looks through the eyepiece, located at the middle of the tube and on the opposite side from the object glasses. The right-hand glass transmits only the upper half of the object sighted on and the left-hand glass the lower half. When sighting a ship, for example, the rigging and funnels will appear to be offset horizontally from the lower part of the ship so long as the instrument is not set for the correct range. The images then are brought together by thumb screw that moves one of the prisms, and this sets a scale that shows the distance in yards to the ship.

Slightly Mixed.

He was sitting in one of the Brooklyn pay-as-you-enter cars that look like torpedo boats. He was in a dreamy state, and ever and anon his head drooped wearily toward his neighbor's shoulder; then, at an indignant nudge from the neighbor, he would hastily resume the perpendicular.

Finally he decided to get off. With some difficulty he made his way to the exit in the center of the car, where the conductor, with a bored air, stood meditatively behind his little white stand. The tired passenger held a quarter and a transfer in his hand. Reaching carefully around the white posts as the car stopped, he laid them down on the stand in front of the conductor. Then he waited, balancing as best he could.

"Hey, youse!" said the indignant conductor, pushing them toward him and motioning toward the open door.

"M'change, yes," murmured the passenger as he cautiously alighted. Then, with a backward look, he added bitterly, "Homeliest cashier ever saw 'n this restaurant."

Eugene Field Loved Children.

It was children whom Field loved best, and he would take all sorts of trouble to make a child happy. His room was crowded with toys, queer dolls, funny little mechanical toys that ran about, or boxed, or nodded strange heads, or performed tricks. His study room was never shut to a child, and he had many child friends his family knew nothing of. His brother tells now, a few hours after his death, a little crippled boy came to the door and asked if he might go up and see Mr. Field. He was taken into the room where the gentle, much-loved figure lay, and left there. In a little while he came limping downstairs, the tears streaming down his cheeks, and went silently away, known to nobody there. —From "Eugene Field, Lover of Childhood," by Hildegrade Hawthorne, in the St. Nicholas Magazine.

To Tie a Regular Dry Fly.

Secure the hook in the vise and wax a foot or so of fine tying silk. Pick out two flight feathers of the starling (any steel gray flight feather of proper size will do), with good long webs and be sure that they come from opposite sides of the bird. Split the quills of these with the scissors, and taking the halves which carry the long webs, pare and scrape the split quills until just enough remains to hold the fibers of the web. When both are thus prepared, cut from each section about 3-16-inch wide and secure these to the bare hook with their inner, lighter faces out. Turn the projecting butts toward the bend of the hook, tie again and carry the silk to the head.—Outing.

BEAUTIFUL PISGAH FOREST



SCENE IN PISGAH NATIONAL PARK

UNCLE SAM has been fortunate enough to secure the model forest of the United States as an addition to our group of national forests—not a play to the eye of the observer, who looks through the eyepiece, located at the middle of the tube and on the opposite side from the object glasses. The right-hand glass transmits only the upper half of the object sighted on and the left-hand glass the lower half. When sighting a ship, for example, the rigging and funnels will appear to be offset horizontally from the lower part of the ship so long as the instrument is not set for the correct range. The images then are brought together by thumb screw that moves one of the prisms, and this sets a scale that shows the distance in yards to the ship.

The area was purchased from Mrs. Vanderbilt at the nominal figure of \$5 an acre, which may be considered a gift to the American people from Mrs. Vanderbilt of \$200,000—the difference between the purchase price and that at which the Pisgah forest was offered to the government by Mr. Vanderbilt. This is by far the finest forest yet acquired under the Weeks national forest act, yet the cost is less, thanks to Mrs. Vanderbilt's generosity, than the average of all the other tracts purchased by the government, which aggregate nearly a million acres.

Precipitous and Lofty Area. The Pisgah forest area, which is an outlying section of the famous Vanderbilt Biltmore estate, was critically examined by the United States government in 1912 with a view to possible purchase, in conformity with the provisions of the Weeks law, which requires the United States geological survey to report on all areas before purchase, with respect to the effects of their forest cover on the navigability of the streams, or their tributaries flowing through. These investigations proved the value of the mountain forests as a preventer of erosion and a retarder of the run-off storm waters that feed the French Broad river, which unites with the Holston river at Knoxville, to form the navigable Tennessee river.

Overlooking the valleys, this area is one of the most precipitous and lofty in the eastern United States, a dozen or more summits of the great Pisgah range rising above 6,000 feet. The rainfall is heavy and the creeks and streams flow with swift currents which erode and rapidly gully out the steep unprotected slopes, carrying down into the streams great quantities of soil and sediment from such areas as have been wastefully lumbered, cleared or burnt over. The protection of the forest cover, therefore, becomes a vital factor in the navigability of the large rivers, as well as in the preservation of their valuable water powers.

One of God's Beauty Spots. Shortly after the formal reports of the forest service and the geological survey, the Pisgah area was visited by Secretary of Interior Lane, Secretary of Agriculture Houston and Representative Hawley of Oregon and Representative Lee of Georgia, members of the national forest reservation committee, in company with Forester Henry S. Graves and George Otis Smith, director of the geological survey. The party made a three days' trip by autos and wagons, and every one's opinion was that not only did Biltmore constitute perfection as a mountain-woodland estate, but that Pisgah forest area was one of God's own beauty spots.

Long before finishing their inspection of the Pisgah forest the members of the party were agreed that Mr. Vanderbilt's method of lumbering was

true conservation. Viewed from the summits of imposing peaks there stretched before the eyes of the visitors limitless areas of forest, some of it virgin and other portions lumbered, but under such judicious cutting that at any distance only Forester Graves could be certain that the lumberman had been at work; to the uninitiated, the whole forest seemed practically untouched.

Paradise for Birds and Animals. The wild animals and the birds of the southern Appalachians might well make merry could they appreciate this purchase by Uncle Sam. It is now proposed to make the region a game refuge for the preservation of the fauna of the eastern United States. Already the Pisgah forest is well peopled with deer, wild turkey and pheasants, and in the streams are brist rainbow and brook trout. Fishing may be allowed, but there in this preserve our two and four footed friends at least may work out their natural destinies. Within its boundaries they may mate, rear their little ones and enjoy life to the full, secure from the murderous crack of the high-powered rifle or the terrorizing roar of the shotgun.

Indeed, the Pisgah forest is destined to become a splendid national park, peopled with animals and birds and resplendent in livery as the seasons roll by, with the many shades of tree green, the red and pink of the mountain laurel and rhododendron, the dwarf locust with bright, cheery-colored blossoms, the red, yellow and pink azaleas, the painted trillium and in the fall when the frost lightly touches growing things, the brilliant and burnished hues of the virgin Appalachian woodland.

Doubtless had the late John Muir been of the East instead of the West he would long ago have traversed and foot these lofty, ancient ridges and enthusiastically urged their creation into a nation's playground, with its dedication for all time to the American people, and also to the real native Americans—the animals and the birds.

German Fortresses.

Of the more important German fortresses Mainz is regarded as the most strategic point in the west of Europe. Situated on the eastern front of the Rhine, which it dominates, it commands also the natural way to the Danube and the routes leading to the Elbe Valley, to Cassel and to the Black Forest. Next comes Koenigsberg, on the Baltic, guarded on its eastern side by the Dieme canal.

Metz, the greatest stronghold in Alsace-Lorraine, is protected by eleven forts, and in peace time is a center of the German army. Its sister fortress, Strassburg, designed by Moltke, was considered by him to be impregnable. It is protected by fifteen forts, connected by citadel railways, and from it armies can maneuver east or west of the Rhine without intervention.

Solemnization of Marriages.

Many persons believe, writes Mr. Hugo Hirsh, of the Brooklyn Bar, in Case and Comment, that the ceremony of marriage in order to be legal must be solemnized by a priest, minister, rabbi, or other religious teacher, but this is not so, because there are other persons mentioned in the law who may solemnize a marriage. Indeed, in many of the states common-law marriages, which mean simply the agreement of the man and the woman to live together as husband and wife, are still recognized. The demand for a religious ceremony, however, is not always one of creed, but is frequently caused by a desire for the handsome, expensive and ceremonious getting for a social function.

BEANS AND BROWN BREAD

Appetizing Combination Not as Easy to Cook as Most People Seem to Imagine.

When considering the results, the bean and the bean pot are most important. The bean pot must be brown earthen, with a handle at the side and a closely fitted cover with a white glazed lining. The beans must be pea beans. To a quart allow a pound of salt pork, a solid chunk, lean and fat about equally divided. Soak the beans over night in the bean pot.

In the morning set them on the range and let the water just come to a boil, but do not let them cook at all after that. Drain off the water and take out about a cupful of the beans. Pour boiling water over the pork and score the rind with a sharp knife. Put it into the center of the bean pot and dispose the beans you took out around it. On the rind place a half a teaspoonful of bicarbonate of soda and three tablespoonfuls of molasses.

Fill up the pot with boiling water, cover closely and cook in a very slow oven all day, filling up with boiling water from time to time. If you use a gas oven have the rear burner lit and turned down to the lowest point of ignition and the door of the lower oven open.

There are many recipes for the so-called Boston brown bread. Some call for rye meal and some for flour to be used in combination with the cornmeal. The following is the recipe which the writer's family has used for years, almost in sight of Bunker Hill, so it deserves the name: One cupful of cornmeal, one cupful of graham flour, one cupful of white flour, three-fourths teaspoonful of soda, one teaspoonful of salt, three-fourths cupful of molasses and one and three-fourths cupfuls of sweet milk. Mix the dry ingredients, add the milk and molasses, mix well and put in buttered molds. Fill the molds about two-thirds full, leaving space for the bread to rise. Steam until the bread is done and then set in a hot oven to brown. To cut hot brown bread, draw a clean, strong, white thread sharply and firmly across the loaf, pushing it down equally on either side. The result will be clean, smooth slices, free from the stickiness that comes from knife cutting.

MAKES A DELICIOUS PUDDING

Stale Bread Crumbs the Basis, With Other Ingredients and an Accompaniment of Cherry Sauce.

Mix thoroughly two cupfuls of stale bread crumbs, one cupful of molasses, one cupful of sweet milk, one-half teaspoonful chopped suet, two eggs, one teaspoonful of cinnamon, one-half teaspoonful ground cloves, one-half teaspoonful of nutmeg, one cupful of raisins, one cupful chopped nuts (figs and dates, if desired), one-half cupful flour, one-quarter teaspoonful soda. Steam four hours.

Cherry Sauce.—Cream one-half cupful butter, blend it into two cupfuls brown sugar. Gradually add six tablespoonfuls of sweet cream. Melt over hot water to a smooth sauce. Add cherries and sirup from a small bottle of Maraschino cherries and serve hot.

Stitch in Time.

If you mean to save your sheets and pillow slips and towels, you must give them a glance before they go into the laundress' hands. Often a stitch set then will mend a little break that washing would develop into a hole. The hem-stitching of a towel which has begun to break may be caught up in two minutes now. If you wait until the towel comes home you will find the hem hanging in a strip which will require half an hour's work if it is to be repaired properly.

Oatmeal and Dates.

Two cupfuls of oatmeal, two teaspoonfuls of salt, two cupfuls of chopped dates, eight cupfuls of boiling water. Enough is made to have it cold for luncheon. Put oatmeal in boiling water the evening before, boil until thick; stir often; cover and leave on range all night. If gas range is used, leave on simmer (half burning). In the morning add dates, which have been washed, dried and cut fine. Boil five minutes after dates are added. Serve with milk.

Preparation of Frying Pan.

The preparation of the frying pan for heating up or for cooking a great number of things needs to have little more butter or dripping used than is put on the baking tin. If butter is used, even when partly for seasoning as well as for a heating medium, it is better to take just as little as possible at the start to prepare the pan, and then add the part used for seasoning just as the food is taken from the stove.—Chicago Tribune.

Chocolate Squares.

One cupful of sugar, one-quarter cake of chocolate, one-half cupful of molasses, one-half cupful of milk, one-half cupful of butter; mix this all together and boil it 20 minutes; cool it a very little and add one teaspoonful of vanilla. Pour into pans and, when cool, mark off in squares.—St. Nicholas.

Puree of Carrots.

Poil enough carrots to make a pint after being run through colander. Put one and one-half pints of milk and carrots on stove, when boiling add three tablespoonfuls of flour wet in little cold milk. Stir constantly as it boils and, last, a little pepper, butter and saltspoonful of salt.

BEWARE OF THE MENTAL RUT

Wise Man Should Be Willing to Change His Opinions as He Learns.

Lincoln once said: "There is not much to a man who is not wiser today than yesterday." This is universally true. It is only the fool who never changes his mind. The wise man is always endeavoring to add to his knowledge. If what he learns today is different from what he learned yesterday and gives him different views of things, he should keep his mind open to new knowledge. He will not change his opinions for light reasons, but will consider all that comes to him and change when he sees good reasons for changing. If one is not willing to listen to the arguments of others he need not expect them to listen to his opinions. He gets in a mental rut and sticks there, never improving.

The wise man learns something, be it ever so little, from everyone with whom he has to do. Even the fool teaches him to keep his mouth shut when he has nothing to say, and many wise thoughts come from the prattle of a child. No man is so ignorant that he does not know something that may be of benefit to others. Learn something in old age as well as in youth. There is a proverb, "Live to learn and you will learn to live." Keeping the mind active is one way of keeping your youth. Learning at all times and in all ways gives one a cultivated mind. The man who has cultivated his mind is ready to make his knowledge useful to others. Unexpected occasions often arise when knowledge is needed for immediate action. The man with cultivated mind is ready, while the man who has lived in a mental rut cannot adapt himself to the occasion.

TURN OF FORTUNE'S WHEEL

Lucky Find Lifted Diamond Digger From Poverty to Comparative Affluence.

From the Kimberley diamond diggings comes the story of a diamond digger who for some time had met with ill luck. One day he found himself face to face with starvation. In addition to himself he had to support his wife and two little children, and his credit with the neighboring shopkeepers having been exhausted, his position was by no means an enviable one.

The only possession of the unfortunate man consisted of two miserable fowls, which he exchanged with a shopkeeper for a quantity of mealie meal. Having concluded his bargain the digger and his family trekked away to another spot.

One day on their trek, while the mother of the family was preparing the evening meal, which consisted of meal pap, she noticed some hard substance in the food. She took out a spoonful, which she showed to her husband, who suddenly became interested, carefully sifted the mealie meal through his fingers, and in the end retained in his hand a bright sparkling stone, which the next day was sold for \$7,500.

Worth Knowing.

A truly invaluable nursery possession is a tray of sand which will fit upon a child's small table, or even at a pinch rest upon the floor. The tray should have upright borders not less than four inches in height—and a little higher is better—and should contain a heap of clean sand. This, when slightly moistened, can be "built" into all manner of fascinating objects, from the elementary railway line, with station, bridges and tunnel, through which toy trains can be run; or the daintiest of miniature gardens planted with twigs and leaves and bordered with massive "rocks" formed of stones, over which more flowers will trail; or a fortified town in which the soldiers with cannon and the rest—can attack and defend to the endless amusement of the young owner. And this, again, need take no appreciable room, for the little owner can soon be taught to scoop the sand up and put it in a closed receptacle, the empty tray standing quite out of the way until the next time it is used.

Alcohol in Good Claret.

According to the London Lancet, claret contains so little alcohol that it may almost be classed among the soft drinks. This is because the grapes from which it is made are allowed to ferment by themselves without help, so that in the purest claret there is no excess alcohol, acid or sugar. It is, therefore, worthy of its name as an ideal dinner beverage when a stimulant is recommended rather than recourse to diluted spirits, liquors and the like. The fact that the claret turns sour so soon after the bottle is opened proves that no preservatives are added to the grape juice. The longer claret keeps sweet after being opened, the more doubt there is of its purity.

Burglar Alarm Satchel.

A satchel with a burglar alarm attachment is one of the latest ideas for protecting bank messengers and paymasters from thieves. Inside the satchel are bells and a revolver loaded with blank cartridges, under the control of a mechanism similar to the combination lock on a safe.

And this is a warning to expert satchel-snatchers that they might as well go out of business!

As long as the satchel is in the hands of the messenger it is quiet, but as soon as he lets go of it the bells begin to ring and the revolver is fired.