POTATOES MUST GO

WHAT EMINENT AUTHORITIES HAVE TO SAY OF THEM AS A FOOD.

DANGER TO DYSPEPTICS.

THE HUMBLE TUBER HAS TOO MUCH STARCH AND LACKS GLUTEN.

THEY ARE BAD FOR BABIES.

Only Meat-Eating Families Should Partake of Them as Frequently as Once a Day.

An interesting symposium on the subject of the potato as an article of diet is held in the November Ladies' Home Journal. The parties to the discussion are John Gilman Speed, Dr. Cyrus Edson, ex-president of the New York board of health, and Mrs. S. T. Roser, the head of the Philadelphia cooking school. All these authorities are united in believing that we, as a nation, eat more potatoes than we should. Says Mr. Speed: "The great popularity of the potato is due to several causes —its negative flavor, its cheapness and its reputation for nutritive value and wholesomeness. The first two causes are all in its favor. We tire of even the most delicious things that have a very decided flavor. And its cheapness is such that at almost every restaurant it is served with each dish of meat as a matter of course and without extra charge. Considering these things it is a great pity that the potato does not possess the other virtues with which it is generally credited. Indeed the potato as a food is not nearly so valuable as we have very generally esteemed it to be. It is quite deficient in nitrogen, and as a sole diet is therefore unsuitable. It is hard to digest and therefore should be partaken of very sparingly by all save those who live active lives out of doors.

"When a baby gets old and strong enough to take a little solid food, about the first thing prepared for the little one is mashed potato with a little gravy over it. The good mother is sure that this is extremely harmless and wholesome. More danger does lurk in a Welsh rarebit, it is true, and the taste of toasted cheese would probably not be as grateful to an infant's palate, but it may be that there is more lasting harm in the potato than in the cheese. The potato provokes our great national ailment, dyspepsia, and the sooner the consumption of the mealy tubers begins the sooner will the dread fangs of the dyspepsia appear. To be sure, there are some digestive organs so strong that the fortunate owners of them eat anything and everything with impunity. The eating of potatoes will not bring dyspepsia to such as these, but even to them potatoes may be dangerous. That hideous uric acid which provokes the rheumatism and the gout, these dread diseases which attack the strong with a greater ferocity than the weak, is more surely produced by a potato diet than by any other. If these things be so, conservative and health-loving persons will not need any labored argument to convince them that they ought to be moderate in their use of potatoes."

He reminds us that our forefathers who certainly excelled us in physical vigor ate comparatively few potatoes. They were not cultivated in Virginia until far into the eighteenth century, and no one then thought of eating them as frequently as we do now.

"I am not a potato prohibitionist," continues Mr. Speed, "I only counsel their very moderate use except by these who work actively out-of-doors. By students, by office workers, by women in all the ordinary employments they should be eaten of most sparingly, and by invalids, especially those of deranged digestion, they should not be touched at all. The skillful cooks have devised many ways to make them attractive; and for this we should be grateful. But at the same time we might find it profitable, as well as extremely healthful, not to exhaust the varieties in a single year, but spread them over a lifetime."

Dr. Edson fully indorses these ideas and goes into the chemical reasons for indulging moderately in the potato:

"There is probably no other single article of food so often forbidden a patient by his physician as the potato. This is because it is largely composed of starch, which is difficult to digest, and also on account of its lack of porosity. Starch cannot be absorbed nor assimilated by the system until it is changed into a form of sugar, which can only be accomplished by the action of the distaste in the digestive secretions. Now, if the digestive organs are not up to concert pitch they cannot promptly effect this chemical change and the absorptive process following it. The result is that starch, instead of undergoing the chemico-vital changes of digestion, decomposes, evolving noxious gases which distend the stomach and intestines. During this decomposition unwholesome compounds are formed which irritate the intestinal canal and frequently cause diarrhoea. This we might call the acute effect of potato dyspepsia or of starch dyspepsia, for the potato when dried contains about 81 per cent of starch. The lack of porosity of the potato substance is another factor that enormously increases its indigestibility. It is difficult for the digestive juices to permeate its substance and act advantageously from a digestive standpoint. It is precisely like a heavy bread, and can only be acted on slowly from the outside. The chronic effect of potato dyspepsia results in intestinal disorders affecting both the stomach and intestines, and are followed by a train of symptoms, including those of nervous exhaustion. Chronic dyspepsia is the direct outcome of repeated attacks of the acute form, and is due, first, to the presence of undigested food in the stomach and intestines, which acts as an irritating foreign body; second, to the irritating substances, the products of decomposition to which I have referred; third, to the failure of the digestive organs to furnish the body with its necessary nourishment."

Mrs. Rorer takes up the question from the housekeeper's standpoint, observing: "I firmly believe that potatoes should be served only with strongly-concentrated nitrogenous food such as roasted beef, or, for the vegetarian, with beans, peas or lentils.

As potatoes are and will likely continue to be consumed in most families at least once a day we must look at this question from a practical healthful standpoint. Our city meat-eaters may use them once a day with advantage, but our rural neighbors with their pork and bread must be watchful that the potato is added only now and then, and as a substitute, not with their carbonaceous diet. In a mealy state potatoes are easily digested; when sodden or waxy they greatly tax the digestive organs. Potatoes are best and most wholesome when baked, and most objectionable when fried. Those fully ripe are better as an article of diet than the new or old. When germinating they become soft, and present a heavy appearance when cooked.

According to my thinking, potatoes should be served plain boiled with fish; mashed and browned with roasted or boiled beef; stewed when served with chops for breakfast; in croquettes with a larded fillet; baked when served with steak, and they should be served at no other time."

PETTY ECONOMIES.

Something About the Joy of Saving as Shown by the Rich.

As a rule, it is only among the prosperous that one finds the pet meanness. The poor haven't time to develop fads of any kind; they never have much of anything, but they give of their little in a way that puts their richer neighbors to the blush.

The most amusing instance I can recall of the effect of a suddenly acquired fortune upon a pet meanness is that told by an English author about an old woman in an almshouse, who came into a million by a chancery decision that had been pending a hundred years. She bought everything that money could buy—silks, velvets, laces, furs, estates, carriages, horses, soi-disant friends even. She threw away her bank notes upon everything imaginable, in a kind of frenzy of possession. But when it came to tea she suffered, she debated, she chaffered; but she never could make up her mind to buy and pay for at any one time more than "a quarter of a pound of good black Bohea." She would have felt beggared by a pound of tea at any price; it had always been so precious to her that she had lost all sense of its intrinsic value. Perhaps it represented to some extent the bright unattainable, without which life has no zest.

Shoes were the pet meanness of a distinguished English nobleman whose ground rents in London alone would have shod all its inhabitants for centuries to come. It is related of him that he once took his favorite pair in person to a cobbler, and that after carefully examining them the man said to him: "I never saw the like since I've been at the business. You are either the greatest pauper in England, or you are the Marquis of ——."

"I am the marquis, not the pauper," said his lordship, and far from being offended, seemed greatly amused. To mount a new pair of shoe strings, even, is pain and grief to him, and a new pair of shoes always brings on a violent fit of gout, so vehemently is he opposed to the sad necessity of donning them at all.

Lord Eldon was a peer of this pattern, only he proceeded to the other extremity, and would never allow his wife and daughters but one bonnet between them. One wonders what pretty Betty Surtees saw in him to induce her to elope with him, cost what it might.

There is a Frenchman whose eccentricity in respect of a pet meanness is very often commented upon in Paris; for, though he has a model establishment and positively rolls in money, he cannot bear to use towels freely—his own or his neighbors'. It is said that upon staying at one of the old castles of Brittany for a week he took his hostess aside privately and showed her over three dozen towels that he had been gloating over for days. "All these, madame, I have saved," he remarked, with great delight. "Your servants put them in my room, it is true, but I and my wife have only used one between us. Servants are careless, wasteful creatures; I return the rest."—Frances Courtenay Baylor, in November Lippincott's.

BREAD FOR BREAKFAST.

How to Make Inviting and Digestible Biscuits.

The superiority of good home-made biscuits over the best baker's biscuits that ever were baked need hardly be dwelt upon. Yet there must be thousands of cooks who cannot make this most simple of breads successfully. It takes about ten minutes of time for an expert worker to turn out a couple of dozen baker's biscuits; still, the demand for the shop biscuits continues, and for one housewife who has biscuit made in her kitchen there are probably a hundred that buy them. In some cases the fire is undoubtedly at fault, and it is more often the cost and trouble of making a fresh fire than the trouble of making the biscuit that sends them to the baker's. The gasoline, gas or the electric stove is recommended for this purpose. The intense heat of these stoves bakes the light yeast powder or soda and cream tartar dough of tea-biscuits to perfection.

Baking powder or "yeast powder," as it was known in the South "befo' the war," is more convenient to use and more certain in the hands of an indifferent cook. Soda and cream tartar make a moister and more delicious biscuit of a delicate melting quality. Excellent but dryer biscuit may be made of baking powder. In order to keep the alkali and acid (usually soda and cream tartar or tartartic acid) from mixing, a dryer must be used in making the baking powder. Cornstarch is the agent often employed, and this gives baking powder biscuits their characteristic flaky dryness.

The heavy hand of the average cook, who is proverbially "liberal" with everything—even baking powders and salt—is responsible for many overdry biscuits. A teaspoonful does not mean a heaped, overflowing measure, unless it is so stated, but an even spoonful, smoothed off at the top. This is one of the first lessons taught in cooking schools, and one every inexperienced cook needs to understand. More dishes are spoiled by heaping measures than in any other way.

Many recipes are given for baking powders. It is easy enough to make them at home, but the cook who is inexact in measuring out the soda and cream tartar for biscuit is quite as likely to be inexact in making the baking powder. A common rule is half a pound of tartartic acid, half a pound of soda, and a half pound of corn starch, sifted together seven times. Use an even teaspoonful of this powder to a cup of flour. There is no special economy in making this baking powder, manufacturers have so reduced the price of these powders.

To make perfect tea biscuit, purchase the best quality of cream tartar and of soda of a trustworthy druggist. It will be more expensive than if it be purchased at the grocer's, but it is more likely to be chemically pure. Measure out four even half-pint cups of the best pastry flour. Put it in a sieve with two rounded teaspoonfuls of cream tartar and an even teaspoonful of soda, half a teaspoonful of salt and one of sugar. It takes a little more than double the quantity of cream tartar it does of soda. Sift the soda, cream tartar, salt and sugar together three times. When this is done, rub through the flour a heaping teaspoonful of butter. Butter the size of an egg may describe the quantity better.

The quality of your biscuit will depend upon your faithfulness in performing this part of your work. The butter can hardly be mixed too long or too thoroughly with the flour. It will take five minutes of the ten allowed for making the biscuit to do this part of the work. When an even, granular mass is the result, stir in, as quickly as possible, two cups of new milk, the fresher the better. Work as rapidly as possible, after adding the milk. Dredge the dough lightly with flour; dredge the pastry board and turn the biscuits out on it; roll them out with one stroke of the floured rolling pin, and with a small tumbler or a tin cutter, dipped in flour, cut them out quickly. Remember, if they are very soft, that is as they should be; just as soft as you can cut them out and handle them conveniently.

Put them close together on a Russia iron baking pan—or better still, on a baking sheet of Russia iron—and bake them in a very quick oven. There must be no space between the biscuits, but they must be rather crowded on the pan in order that they may rise upward and not spread. Bake them from fifteen to twenty minutes. They should be well browned, top and bottom, but not hard.

To make dropped biscuit take the same dough; do not roll it out, but drop it in large spoonfuls close together on a buttered pan, and bake at once in a quick oven about twenty minutes, or even less time.

Yeast powder or baking powder biscuits are made in the same way, except that four even teaspoonfuls of baking powder are substituted for the soda and cream tartar, and sifted through the flour. Some baking powders require a less quantity. Remember, however, that one heaping teaspoonful is about equal to two even teaspoonfuls. Some baking powder makers order two heaped spoonfuls, others four even teaspoonfuls, and the difference is not so great as would appear at first.

DRAWN BY A KINDLY HAND.

A Domestic Picture of French Wives.

In the North American Review's symposium on the relative merits of French, German, English and Scandinavian women as wives, Max O'Rell pays a deserved tribute to the domestic virtues of the French woman. It is an interesting presentation of a phase of French life with which Americans are too little familiar, and in the course of it he says:

Her constant aim is to be interesting to her husband. She multiplies herself. In turn she is his friend and confidant, his partner in business, his chum, and, if I may use the word, in its best and most refined sense, his mistress. She is forever changing her appearance. For instance, you will seldom see a French married woman wear her hair in the same way longer than three or four weeks. She knows that love feeds on trifles, on illusions, on suggestions. She knows that when a man loves his wife a rose in her hair, a new frock, a bonnet differently trimmed will revive in him the very emotion that he felt when he held her in his arms for the first time. She also knows that the very best dishes may sometimes become insipid if always served with the same sauce.

She understands to a supreme degree the poetry of matrimony. I have heard men say that matrimony kills poetry. The fools! There is no poetry outside of it. And the poetry has all the more chance to live long in French matrimonial life because our wedding ceremony is not, as in England, the end of courtship, but only the beginning of it. In France, when you have married your wife, you have to win her, and the process is very pleasant. I have often told my English friends that if in their country there were not so many kisses before the wedding ceremony there would be a great many more after it. Why is the Frenchwoman of forty so attractive? Because every feature of her face shows that she has been petted and loved.

TOPICS FOR CLUB WOMEN.

A Variety of Subjects Is Herewith Presented.

The following list of topics, discussed in a certain woman's club in Philadelphia, may have suggestions for club women elsewhere:

"Political Equality."
"Woman in Politics."
"Should Women Obey Their Husbands?" (This topic created some amusement and no little stir. The members were all married ladies.)
"Valentines: Their Origin and History."
"How Can We Spoil Our Families."
"What Should Women Read?"
"Should Women Enter the Professions?"
"Shall We Employ Female Doctors, Lawyers and Clergymen?"
"American Nerves; Exercise, Bicycles."
"Are Women Inferior to Men?"
"Foolish Funeral Customs."
"What Constitutes a Good Mistress?"
"What Constitutes an Ideal Woman?"
"Intemperance in Eating, in Speech, and in Dress."
"Are Old Maids to Be Pitied?"
"Shall Our Girls Study What Our Boys Study?"
"Religious Tolerance."
"Suggestions for Little Charities."
"How Shall We Get Most Good Out of the Summer?"
"The Gossip and What Shall We Do With Her."
"Facts About the Stars."
Discussion: "Was the Murder of Marat by Charlotte Corday Justifiable?"

College Athletes.

London Field has published a letter signed "L. A. C." describing the methods of American colleges and the New York Athletic club to secure and retain amateurs. The writer says that athletes are invited to join the universities and "become to all intents and purposes professionals." He adds: "There are, however, signs that Yale and Harvard see the error of their ways. They are joining the Intercollegiate association and probably a purer and better era in athletics is coming for these two colleges. We have shady amateurs in England, but nothing so glaringly opposed to all the principles of amateurism as the free training and table boarding of the leading American clubs and colleges. Until there is some radical change in the United States it is impossible to admit their amateurs under the English Amateur association definition."

The Maple Leaf Leads.

The Chicago Great Western Ry. (Maple Leaf Route) offers the free use of newspapers and magazines on its through trains, leaving at 7:30 in the evening.

Silver for the Indiana.

INDIANAPOLIS, Ind., Oct. 26.—The Indiana battleship committee today agreed to leave the purchase of a silver service and books for the ship's library to an executive committee which Gov. Matthews will appoint. The committee believes that with $8,500 at hand the ship can be presented with the finest silver service that has ever been presntd to an American battleship.

Appointed the Defeated Man.

SACRAMENTO, Cal., Oct. 26.—It is reported that Gov. Budd has appointed William Jeler lieutenant governor, to succeed Millard, deceased. Jeler was the Democratic candidate for lieutenant governor at the last election, but was defeated by Millard.

24 Hours Saved to California.

There is but one quickest, cheapest way to reach Los Angeles, California. It is via the Chicago Great Western Ry. (Maple Leaf Route), which runs comfortable Tourist Sleepers every Tuesday. Tickets at Maple Leaf Ticket Office, Robert and Fifth streets.

VAGRANT VERSE

FOLLY.

Miss Moneybags the sunrise
Hath never viewed afar,
Nor in the dawn-enchanted skies
Beheld the morning star.
But Polly trips at at 5 o'clock
Across the twinkling dew
To milk the cows
'Neath apple boughs,
With petals drifting through.

Miss Moneybags the ballroom
Adorns with gems agleam,
And sinks to rest with faded bloom,
Of conquered hearts to dream.
But winsome Polly goes to bed
With bees and butterflies,
And softly sleeps,
And ever keeps
The dewlight in her eyes.

Miss Moneybags in satin
May dazzle half the world,
And oft the glance of Envy win,
Bediamoned and pearled.
But Polly in a cotton gown—
What need hath she of art,
When just to see
Her lissome glee
Hath robbed me of my heart?
—Harper's Bazaar.

A PUZZLING QUESTION.

Grandma says (though I don't see why)
That I am the apple of her eye;
Brother calls me a dunce; Aunt Fan
Says she thinks I'm a little man;
Father says I'm a reg'lar boy,
And mother calls me her pride 'n' joy.

Now this is what I would like to know—
How in the world can a fellow grow
Who's a pride 'n' joy, an apple, a dunce,
A reg'lar boy and a man at once?
—Youth's Companion.

QUEEN OF PIES.

She isn't versed in Latin, she doesn't paint on satin,
She doesn't understand the artful witchery of eyes;
But oh! sure, 'tis true and certain she is very pat and pert in
Arranging the component parts of luscious pumpkin pies.

She cannot solve or twist 'em, viz.: the planetary system,
She cannot tell a Venus from a Saturn in the skies;
But you ought to see her grapple with the fruit that's known as apple,
And arrive at quick conclusion when she tackles toothsome pies.

She couldn't write a sonnet, and she couldn't trim a bonnet,
She isn't bookish in her letter of replies;
But she's much at home—oh, very! when she takes the juicy berry
And manipulates quite skillfully symposiums in pies.
—H. S. Keller in Truth.

HIPS AND HAWS.

Red, brown, russet and gold for the green,
The swallow a south-bound rover,
Hips on the brier where the rose hath been—
Ah, me, but summer's over!

Scarlet haws on the bough that hath borne
The grace of the May's white blooming;
Hips on the brier and haws on the thorn—
Ah, me, but winter's coming!
—Life.

THE BURDEN.

"I writhed beneath my burden, fumed and groaned.
My burden, that had felt and heard me, moaned:
'You do not know what misery is, nor what
The bitterest part is of our common lot.
The strength I load in you with my loath weight
My weakness would so gladly own its fate.
Think once how much more dreadful it must be
To be the burden that bear it and pity me.'"
—W. D. Howells in Harper's Magazine.

PRACTICALLY COMPLETE.

Formation of the Western Passenger Association.

CHICAGO, Oct. 26.—The roads of the Western Passenger association now declare that the organization of their association is practically an established fact, although they admit that there are differences which may arise to knock the agreement into a cocked-hat. The chief of these is the doubt as to whether the trans-Missouri lines will fall into the plan, and if they do not the whole affair will go by the board. The Atchison has declared repeatedly that it will join nothing that does not comprehend the territory west of the river as well as that east. If only the difficulties surrounding the business at Colorado common points can be got around, there will be no trouble in putting the association into active operation at once. It is said by the optimists that both the Union Pacific and the Denver & Rio Grande have signalized their willingness to come into the association, and after that there is nothing more to be said. However, the lines have been as near as this to an agreement before and missed it entirely.

The Northwestern road has decided to put on a new train for Milwaukee, Fond du Lac, Oshkosh, Neenah, Menasha, Appleton and Green Bay. It will leave Chicago at 6:15 daily, except Sunday. North of Milwaukee it will run every day.

VAN ALEN HAS HOPES.

He Thinks There Will Be a Settlement Out of Court.

PROVIDENCE, R. I., Oct. 26.—Col. Colt returned from New York today. His attorneys say he went there on business connected with the rubber trust and that his visit had absolutely nothing to do with the Van Alen case or anything pertaining to the present trouble. Mrs. Colt's attorneys have given out that their visit to New York with their client was to secure affidavits from witnesses who would be called upon to testify when her suit against Col. Colt comes up. Mr. Van Alen's friends here admit that he hopes for a settlement of some kind without a fight in the courts.

NEW YORK REGISTRATION.

This Year's Vote 27,500 Less Than Last Year's.

NEW YORK, Oct. 26.—The total registration in this city for the fourth and last day today, was 47,270. The registration for the corresponding day last year was 43,657. The total registration this year was 281,085; last year, 308,585.

EVICTED AND ILL-TREATED.

Alleged Outrages on the Reservations in Nebraska.

PENDER, Neb., Oct. 26.—Numerous evictions occur daily on the reservations. Four farmers arrived here tonight with their arms cruelly cut by ropes with which they had been bound. Warrants were sworn out for Sam and Will Ashford, who, it is asserted, headed the band of evictors.

TALKS TO TRAVELERS—NO. 7.

If you are going to California you should know that by leaving Minneapolis Thursday 7:40 p. m., St. Paul 8:15 p. m. in the California Tourist Sleeping Car via "The North-Western, Union Pacific & Southern Pacific Lines" you reach San Francisco 13 hours sooner than is possible by any other tourist car line from the Twin Cities; and Los Angeles 6 hours sooner than heretofore. Also, you should know that the tourist sleepers via this line are very clean, very comfortable, and have every convenience to insure a pleasant trip to the land of fruits, flowers and sunshine. For tickets at lowest rates to California or further information call on agents, 395 Robert street, corner Sixth, St. Paul; 13 Nicollet House Block, Minneapolis, or Union Depots in both cities.

Cheap Prices.

In England in 1313 a lamb was worth 5 shillings; two dozen eggs 3 pence.

ABOUT THE FARM.

Handling Young Pigs.

There is a chance for a man to be an artist with the most common things of life. No better chance is afforded for true artistic skill and fine brainy thinking than the handling of animals. It is the course brained man who does not care to "putter" who fails here. And he will keep failing for years and not know it and no one can make him believe it. He is in love with himself and his own folly. We know several real artists in pig handling. They are men who are close, intelligent thinkers and they are to be honored for it. One of the most successful of the Canadian pig breeders and handlers is J. B. Muir. He has been giving some good advice before the Ontario Farm institutes the past year on this favorite subject and we take pleasure in reproducing a portion of the same:

SELECTING THE MALE.

See that the animal is of good pedigree and that he is descended from a line of mothers that have been in the habit of having large litters if you can. The brood sow should be retained for several years if she proves a good breeder. To avoid loss in early spring pigs, see that the sow has plenty of succulent food and a good variety. Milk, roots, ground oats, bran or shorts, with access to earth or soda, make a good ration for a brood sow.

The young pigs require a warm dry pen. They need close attention the first few hours to see that all are suckled and that none get chilled. Cut straw makes the best bedding and only a limited quantity should be used at first. When a week old commence exercising them a little each day. This prevents them from becoming too fat internally. Wean them when six weeks old, which is best done by removing all at one time, and returning them after twelve hours and again after twenty-four hours. The little fellows should average twenty-five to thirty pounds at this age. If they have been taught to eat they will grow right along. Milk, with ground oats and roots, makes the best ration for young pigs. Remove the oat hulls with a sieve for the first few days and they will eat up their mess cleaner. Take special pains to clear out the troughs each day. Filthy, sour feed troughs kill many pigs. Feed four times a day until they are ten weeks old; after that three times a day. For winter feeding, use four times the quantity of roots to one of grain by weight. The whole is mixed well and soaked twelve hours before feeding. Salt is added at the rate of one ounce to every 1,000 pounds of live pork daily. Great care should be had to keep the pens dry. When they are wet the pigs keep moving. A pole along the center of the trough to keep them from putting their feet in, will save lots of feed. The younger the pigs are when they arrive at market weights, the greater will be the profit.

The food of maintenance increases daily with the size of the hog while the daily average gain is just the reverse. From careful experiments extending over three years we find that a newly weaned pig weighing say thirty pounds will increase in weight at a cost of two and a half cents a pound. At fifty pounds weight the increase will cost three cents a pound; at 100 pounds weight the cost of the increase will be four cents a pound. For this reason we should make the average daily gain as great as possible, and when pork is low we should sell our hogs at lighter weight. Hogs weighing 160 to 200 pounds have cost us the past year four and a half cents a pound live weight. Our experience is that buyers make too great a difference in the price of pork live weight and dressed weight. We have been able to realize the best profit by selling the pork dressed. Buyers meet with so many sellers who have their hogs over-fed, salted and watered and tricks of that character, that they reckon on a high percentage of offal and this discriminates against the honest producer. With Berkshire pigs weighing from 160 to 200 pounds, we find a difference of from 17 to 20 per cent between dressed and live weights. With this in mind you can easily estimate which way it will pay best to sell.

The Craze for Speed.

Wallace's Farmer.

It has seemed to us for a long time that the breeders of trotting horses are making a serious mistake in making speed the leading feature of their ideal horse. The maxim for many years among horsemen was "Breed for speed," if you get great speed you have a fortune; if you fail to get speed you have at all events a good horse that will pay for his keep. As a result the country is full of horses that have neither the size, nor the style, nor the speed, and that now sell for a song. While the farmers who have used draft horses for sires make serious mistakes, the breeders of trotting horses have made many more. It has always seemed to us that the standard bred horse of America has in him the capacity of furnishing the coach horse of the United States, and we are more firmly convinced of the fact every year. The horse between fifteen and sixteen hands high, perfectly sound, with clean limbs, great intelligence, solid color, fine style, will sell for a big round price any day in the year, and there has never been enough of them to go around. He does not require great speed; 2:30 is fast enough. It is clearly possible to produce this class of horses from the standard bred stock, but it cannot be done if speed is the main excellence sought. We believe, in the future, no matter what coach horses may be brought from abroad, whether French, German or English, the standard bred horse, properly bred and handled from a colt up, will hold his place against any and all of them. He is to the manor born, he is thoroughly acclimated, he has the blood behind him, he has the grains and grasses in large sections of the country which will give the size and the bone and the muscle. All that is needed with this material is intelligence on the part of the breeder and the owner. This can not be done, however, if speed is regarded as the main essential of the trotting horse.

Preparation of Fodder.

The Homestead.

A desire to escape the primeval curse, "perspiration of the eyebrow," is largely the reason why as much corn fodder is not cut as otherwise would be. Invention is doing much to lighten the labor, and yet the fact remains that even with the best appliances it is hard work. This furnishes all the more reason why fodder that it costs labor to secure should be utilized to the utmost, and the method by which this end can be best attained is the preparation of the fodder before feeding so that as large a portion of it as possible may be fed without waste. This is best done by cutting or shredding the fodder. The Wisconsin experiment station, taking cows of equal milking capacity, and feeding one lot fodder cut into pieces a half inch in length, and another lot with uncut fodder, found that 721 pounds of cut fodder produced as much milk as 1,133 pounds of uncut fodder, a gain of over 57 per cent obtained by cutting. Shredding would probably enable one to make even better results than these, always provided that the shredded fodder was in first-class condition when fed. There is some doubt as yet as to how far the farmer can go in the curing and preservation of shredded fodder in large quantities; the question is yet one of judgment rather than of extended actual experience. If it shall be found that shredded fodder does not cure well enough to keep perfectly for any considerable length of time, owing to the considerable amount of water it may contain, when cut, relief from the objection will probably be found in the construction of shredders of smaller capacity, which will shred small quantities as wanted. The implement maker's energies keep close upon the heels of the farmer's wants, and indicate that as the needs are developed in these days they are pretty sure to be promptly provided for.

Tuberculin and Tuberculosis.

Prof. Nocard, of the veterinary school at Alfort, France, has just published an exhaustive and authoritative work on tuberculosis in all domestic animals. He values tuberculin highly as a diagnostic, but considers that treatment of the disease in animals is in an experimental stage.

At the late veterinary congress at Buda-Pesth, Dr. Bang reported 9 per cent of post-mortems failing to confirm the tuberculin diagnosis in 300 cases; some diseased animals failed to respond to the test, even if repeated after a year. Hess, of Berne, declared tuberculin attended with danger to health of cattle; the worst objection to its use is its tendency to produce fresh recurrences of disease of an acute type, while otherwise it would remain latent in chalky centers; in advanced disease the test is not reliable. Nocard and Bang replied that tuberculin was harmless, or nearly so. But Bang does not advise the slaughter of slightly tuberculous cows, as they may recover; he has often found small and perfectly calcified tubercles in aged cows. The calf is always born healthy when the cow is but slightly affected, and he would permit such cows to breed.

Dr. Jonathan Wright, of Brooklyn, in a paper to the American Laryngological association, criticised the high contagionists, referred to milk-fed children of the well-to-do, who don't have tuberculosis, while poor children who can't get milk are consumptive; he believed danger of infection from this or other sources of bacilli was exaggerated, and that autopsies of human bodies frequently show indications of consumption that has been wholly recovered from.

"Weight With Quality."

The horse market was in the doldroms last week, says Breeders' Gazette, but has improved somewhat during the past few days. It is significant to note the following sentence from a market report: "With the single exception of big heavy drafters of extra quality all classes are selling with extreme difficulty." It possibly may be recalled that the keynote of the Gazette's teaching on the subject of draft-horse breeding has been "weight with quality." The market place answers back that refrain. Farmers will not overlook the fact that profit lies in producing what the market demands. The cessation of breeding means an inevitable remuneration to those who steadfastly adhere to the production of the draft horse with quality.

NOTES FROM ALL FIELDS.

Hay is scarce and dear. Corn stalks are plenty and cheap. Stalks cut fine are as good feed as hay. It is a plain business proposition to cut the stalks and sell the hay.

The cause of thumps in pigs is supposed to be damp beds, and in some instances it is traceable to too concentrated food, which makes the immature animal too plethoric. There seems to be too much of a good thing, and the heart is set to thumping. If the owner of the pig were to eat two dozen hard boiled eggs he would have the thumps. The way to prevent them is to remove the cause.

Prof. Henry, of the agricultural experimental station, has issued a circular on the value of potatoes as a food for stock. A French investigator found by experiment that potatoes are worth more than twice their weight of beets for food. A Denmark investigator of feeding stuffs finds that four pounds of potatoes are equal to one pound of barley or rye. Prof. Henry has found that this is about the ratio of value to cornmeal.

He strongly advises the feeding of surplus potatoes to stock and saving grain, which can easily be carried over, while potatoes cannot. For horses, sheep and cows potatoes should be sliced and fed raw. Milch cows may be fed 25 pounds a day, sheep from 3 to 4 and work horses from 10 to 12 pounds. Hogs and fowl should not be fed raw potatoes. They should be boiled and mixed with meal.

An Ohio correspondent of the Breeders' Gazette notices the slaughter of quite a number of horses bought at a mere nominal price of a dollar or two per head for their hides and tallow. This process has been going on in the West for the last year or two. While it is unusual, there is no great harm done to the horse interests. It is probably the best use that can be made of these useless animals, and the gypsy bands, from whom these are reported to have been bought, are doing a good service to the community in ridding the state of this kind of truck.

A Chicago firm puts $100,000 into a plant at the stock yards to convert into straw board the undigested hay in the paunches of the slaughtered cattle. They estimate thirty pounds of material per head and a profit of 100 per cent. If true, it is but another instance of making profit from waste.

A subscriber writes to the Orange Judd Farmer that he has fed silage successfully for four years. In cold weather it is a warm, nourishing feed. He has also fed shock fodder, cut on the same machine used for cutting ensilage. This feed, after being run through the machine, will be eaten up clean. If some of the poorest parts are rejected, mix with them a little bran or ground feed, and they will be eaten also.

The Redwood Falls, Minn., Co-Operative Creamery association report the cost of making butter, all expenses included and sinking fund, at $3.66 per hundred pounds. We notice some other creameries report the cost at a much less figure. Evidently there is a confusion existing among co-operative creameries, says Hoard's Dairyman, as to what is the real cost of making butter. One creamery we notice reports it as low as $1.70 per hundred pounds. It does not seem as if there ought to be any such difference in legitimate expense.

WEAR A BIBLE FACE.

Singular Phenomena Witnessed at the Famous Moody Meetings.

Northfield Cor. New York Tribune.

There is no doubt that the good people here have a rapt expression which may be best described as the Bible face; but, what is far better, they have the Bible heart as well. Their profound religious earnestness and their passionate devotion to the Bible cannot be questioned. When they walk about the grounds, even if only to get the air, they carry their Bibles with them. The favorite and, indeed the only edition in evidence is the flexibly bound marginal Bible. There is no glory in having a book which looks new, for that would indicate that Bible study has only been taken up lately. The Bibles of most people here show plainly, even on the outside, the daily usage of years, and if one could look at the inside, it would be seen that every page is covered with writing. A few have Bibles with blank pages interleaved, on which they write either comments of their own or appropriate quotations from great writers. Such a book is more than literature; more, even, than a divine revelation. It is the spiritual history of a soul—its hopes, its fears, its inspirations, its fierce conflicts with evil, and at last its final victory.

That is how the people here use the Bible. They do not study it as critics; they raise no questions as to its origin or authorship. They start out with the premise that it is verily and indeed the word of God, and on that they stand. No concessions are made to modern thought or scholarship. The verdict of the great critics is contemptuously ignored. Instead of being troubled by the demands which the Bible makes on their faith, they would like to believe more. They would consider it treason to God to smooth down the hard places in the Bible. Those who come here must accept it literallly from lid to lid —the story of Joshua and the sun, or Jonah and the whale, just as much as the story of Christ's resurrection. The whole Bible stands or falls together. This is Mr. Moody's faith; it is also the faith of this great conference he has created.

VICTORIA'S GENTLENESS.

She Is Not as Overbearing as Many Would Have the World Believe.

When the queen was a young girl one of her chief characterisitcs was a certain imperiousness of disposition. Her word was law, and, as a distinguished officer, whom I must not name, once declared on leaving her after an official interview, "The queen did love to be mistress." It is a most lovable trait in her majesty' nature that with increasing years a mildness of manner and most considerate thoughtfulness for others have superseded the austerity of her younger days. She is, indeed, more inclined to err on the side of indulgence than of sternness. "Have it your own way," she will sometimes say in a grandmotherly discussion with one of the Battenburg babies. With her personal attendants the queen is equally gentle. The queen never by any chance shows haughtiness to a dependent.

Not long ago an Irish nurse, in charge of some little friends of the Duke of Connaught's children, went to tea (nursery tea, of course) at Osborne. The Irish nurse, a most naive creature, when the queen unexpectedly entered the nursery, went down on her knees, after making a profound courtesy, and when her majesty very nicely addressed various questions to her, replied grandiloquently: "Yes, O queen!" "No, O queen!" and commenced giving her a long account of her home and relations in Ireland. The queen was positively convulsed with laughter, which, turning away, she tried in vain to hide. Her sense of humor is at all times keen. Once in a crowd a poor man, gazing at her and Prince Albert as they passed by, began to laugh irresistibly, but there was no sort of offense in the laughter. The queen joined in, declaring she could not help herself. The more her humble subject laughed the more she enjoyed the fun, and wonders to this day what was the secret of his merriment.

To California on the "Maple Leaf."

Every Tuesday the Chicago Great Western Railway (Maple Leaf Route) run a Tourist Sleeper via the Santa Fe Route to Los Angeles—24 hours shorter than by any other line! Tickets at Maple Leaf Ticket Office, Robert and Fifth streets.

A Crushing Revenge.

Moments.

A man with a painful expression of countenance sat on a goods box.
"Are you ill?" some one asked.
"No."
"Have you lost anything?"
"Never had anything to lose."
"What's the matter, then?"
"I'm sittin' on a wasp."
"Why don't you get up?"
"Well, that wuz my first impulse, but I got to thinkin' that I was hurtin' the wasp as badly as he was hurtin' me and concluded to sit here awhile."

To California Without Change via "The Milwaukee."

On every Saturday during the winter, an elegant Pullman Tourist Sleeper will leave Minneapolis (8:25 a. m.), St. Paul (8:35 a. m.), and arrive Los Angeles, California, at 6:30 p. m. following Wednesday.

Via "The Milwaukee's" famous "Hedrick Route" to Kansas City, thence via the A., T. & S. F. Ry. through Southern California.

A most delightful winter route to the coast.

Quicker time is made via this route between St. Paul and Minneapolis and California than via any other line.

Rate per double berth, $6.00 through from St. Paul and Minneapolis.

Leave St. Paul and Minneapolis every Saturday morning, arriving Los Angeles every Wednesday afternoon.

For berths, complete information, and lowest rates, apply to "The Milwaukee" agents, St. Paul or Minneapolis, or address

—J. T. Conley,
Ass't Gen'l Pass. Agt.,
St. Paul, Minn.

Wire to Pike's Peak.

NEW YORK, Oct. 26.—Gen. Thomas T. Eckert, president of the Western Union Telegraph company, with Col. R. C. Clowry, vice president of the same company, were on Pike's Peak this afternoon with a party of friends. A direct wire circuit was made up, connecting the office at Pike's Peak and the general office of the company in this city. Thus the officials here had a half-hour's talk with their colleagues in what is said to be the highest telegraph office in the world.

Knew Him.

New York World.

Mrs. Gaylord (to friend at seashore) —Last year husband wrote me but once or twice a week; this season he writes me every day. (Sighs) I just wonder what deviltry he is up to.

DON'T STOP TOBACCO.

HOW TO CURE YOURSELF WHILE USING IT.

The tobacco habit grows on a man until his nervous system is seriously affected, impairing health, comfort and happiness. To quit suddenly is too severe a shock to the system, as tobacco to an inveterate user becomes a stimulant that his system continually craves. "Baco-Curo" is a scientific cure for the tobacco habit, in all its forms, carefully compounded after the formula of an eminent Berlin physician who has used it in his private practice since 1872, without a failure. It is purely vegetable and guaranteed perfectly harmless. You can use all the tobacco you want while using "Baco-Curo." It will notify you when to stop. We give a written guarantee to cure permanently any case with three boxes, or refund the money with 10 per cent interest. "Baco-Curo" is not a substitute, but a scientific cure, that cures without the aid of will power and with no inconvenience. It leaves the system as pure and free from nicotine as the day you took your first chew or smoke. Sold by all druggists with our ironclad guarantee, at $1.00 per box; three boxes (thirty days' treatment), $2.50, and guaranteed cure; or sent direct upon receipt of price. Booklet and proofs free. Eureka Chemical & Mfg. Co., Mfg. Chemists, La Crosse, Wis.

Ladies feel that it is no effort to take a flying trip on the

CHICAGO GREAT WESTERN RAILWAY
"Maple Leaf Route."

To Chicago and the East and Kansas City and the South.

Everything is adjusted to suit the convenience and comfort of ladies. Private Chamber Sleeping Cars, Cafe Dining Cars serving coffee and rolls for 25 cents and delicious meals at moderate charges, comfortable airy Day Coaches, and considerate officials. "A Maple Leaf trip is a delight—and it's Quick!"

Ticket Offices: Robert and Fifth streets and Union Depot, St. Paul; or 7 Nicollet House Block and Chicago Great Western Depot, Minneapolis.

NORTHERN PACIFIC!

The Dining Car Line to Fargo, Winnipeg, Helena, Butte and the Pacific Northwest.

Dining Cars on Winnipeg and Pacific Coast Trains.	St. Paul Lve.	St. Paul Arr
Pacific Mail (Daily) for Fargo, Jamestown, Livingston, Helena, Butte, Missoula, Spokane, Tacoma, Seattle and Portland.	4:15 p. m.	5:55 p. m
Dakota and Manitoba Express (Daily) for Fergus Falls, Wahpeton, Crookston, Grand Forks, Grafton, Winnipeg, Moorhead and Fargo	8:00 p. m	7:10 p. m
Fargo Local (Daily except Sunday) for St. Cloud, Brainerd and Fargo	9:00 a. m	5:30 p. m

Pullman Sleepers Daily between St. Paul and Grand Forks, Grafton, Winnipeg, Fergus Falls, Wahpeton, Fargo, Helena, Butte and Spokane.

Pullman First-Class and Tourist Sleepers, also Free Colonist Sleepers are run daily on through Pacific Coast Trains.

C. E. STONE, City Ticket Agent, 162 East Third Street, St. Paul.

THE NORTH-WESTERN LINE C. St. P. M. & O. Ry.

TICKET OFFICES 395 Robert St., Cor. 6th, ('Phone 480) and Union Depot.

Leave.	†Ex.Sun. aEx.Mon. *Daily	Arrive
*8:10 am	CHICAGO TRAINS	*7:50 am
†6:35 pm		*11:55 am
*8:10 pm		†9:55 pm
10:55 am	Duluth, Superior.	*6:50 am
11:00 pm	.Ashland, Bayfield..	†5:50 pm
†8:40 am	..Omaha, Kansas City..	*7:25 am
†8:40 am	Su City, Su Falls, Pipest'e	†6:10 pm
†8:40 am	Sioux Falls and Mitchell	a7:25 am
12:25pm	Mankato N. Ulm, Tracy	†10:45 am
12:25 pm	Watertown Huron Pierre	†6:10 pm
*8:15 pm	Su City, Omaha, Kan. C'y	*7:25 am
*8:15 pm	Black Hills. PacificCoast	*7:25 am

Chicago, Milwaukee & St. Paul Railroad

	Lv—St. Paul	—Ar
Chicago "Day" Express..	†8:05 am	*10:10 pm
Chicago "Atlantic" Ex...	*2:55 pm	*11:55 am
Chicago "Fast Mail".....	*3:55 pm	*2:00 pm
Chicago "Vestibule" Lim.	*8:10 pm	*7:50 am
Chicago via Dubuque ...	†4:10 pm	†11:00 am
Dubuque via La Crosse...	†8:05 am	10:10 pm
Peoria via Mason City...	*4:10 pm	*11:00 am
St. Louis & Kansas City..	*8:35 am	*3:25 pm
Milbank and Way.......	†8:20 am	†3:30 pm
Milbank, †Fargo and Aberdeen..............	*6:15 pm	*8:10 am

*Daily, †Ex. Sun., ‡Ex. Sat., ¶Ex Mon. For full information call at ticket office.

GREAT NORTHERN RAILWAY

Trains leave for Montana and Pacific Coast *7:45 p. m.; Winnipeg, *7:45 p. m.; Breckenridge Division and branches, *8:05 a. m.; Fergus Falls Division and branches, *8:30 a. m.; Osseo Line, †4:00 p. m.; Hutchinson Line, †4:30 p. m.; Willmar Local, †1:50 p. m. Ample service to Minnesota and Dakota points. Frequent trains to and from Minnetonka Beach.

*Daily. †Except Sunday.

Trains arrive from Pacific Coast and Montana points, *6:00 p. m.; from Winnipeg, Fergus Falls Division and branches, *7:15 a. m.; Breckenridge Division and branches, *7:00 p. m.; Osseo Line, †11:55 a. m; Hutchinson Line, †11:55 a. m.; Willmar Local, †9:30 a. m.

Tickets, 199 East Third Street and Union Depot.

EASTERN MINNESOTA RY. TO DULUTH and WEST SUPERIOR.

Via Anoka, Elk River and Hinckley, leave Union Depot .....a8:50 am and 11:20 pm

Buffet Parlor Car days, Sleeper nights.

Tickets: 199 East Third Street and Union Depot. aDaily except Sunday.

SOO LINE

Trains leave St. Paul Union Depot daily as follows: 6:00 p. m. for New York, Boston, Montreal and all seaside resorts; 9:05 a. m. for Seattle Tacoma, Portland and Pacific Coast points. (Dining car attached to both trains. Through sleeper to Boston attached to 6:00 p. m. train. 9:05 a. m. for Rhinelander Through sleeper to Seattle and Tacoma attached to 9:05 a. m. train. Leave daily except Sunday. Glenwood accom. 6:45 p. m. from Minneapolis. St. Croix accom. 5:30 p. m. Broadway and Fourth streets.

Burlington Route

Leave Union Depot for Chicago, St. Louis and down-river points 7:30 a. m.; Arrives from Chicago 2:15 p. m., except Sunday. Leaves Union Depot for Chicago and St. Louis 7:40 p. m.; Arrives from same points 7:45 a. m., daily.

CHICAGO GREAT WESTERN

MAPLE LEAF ROUTE. Ticket Offices: Cor. Robert & Fifth Sts. and Union Depot. Trains leave Union Depot, St. Paul, at 7:30 P. m. Daily, and 8:00 A. m. Except Sunday, for Dubuque, CHICAGO, Waterloo, Cedar Falls, Marshalltown, Des Moines, St. Joseph, Leavenworth and KANSAS CITY.

Dodge Center Local leaves at 3:35 Daily.

Trains from Kansas City arrive at 7:35 A. m. Daily, and 10:50 P. m. except Sunday, and from Chicago at 7:35 A. m. and 3:30 P. m. Daily, and 10:50 P. m. except Sunday.

WISCONSIN CENTRAL LINES

Trains leave St. Paul 12:35 p. m. and 7:40 p. m. daily for Milwaukee, Chicago and intermediate points. Arrive from Chicago 8:15 a. m. and 3:45 p. m. daily. City ticket office, 373 Robert street.

THE PEOPLE'S WANTS