

## OFFICIAL VIEW OF EGGS.

THEIR VALUE AS FOOD DISCUSSED IN A FARMERS' BULLETIN.

Tests for Fresh Eggs—The Color of the Shell Immature—Method of Cooking Eggs—Setting Eggs by Weight Recommended—When Cheaper Than Meat.

The United States department of agriculture, believing that the people of these United States do not know how good for them are eggs as food, has issued Farmers Bulletin No. 128, entitled "Eggs and Their Uses as Food." It is by C. F. Langworthy, Ph. D.

Mr. Langworthy in his introduction enumerates the sorts of eggs from those eggs to shad roe, states the New York Sun. Attention is called to the fact that there are two broad subdivisions into which eggs may be divided; those from which the infant bird comes partly fledged and to a degree able to care for itself, as do chicks of a common hen, and those from which the babies issue naked and helpless against the assaults of hunger and cold, except as they are protected by their parents, as in the case of quail and most of the smaller birds of the air.

More nutritive material is needed in the first sort of eggs than in the second, of course, because a great deal of the yolk is used in the development of the young bird's life is developed inside the eggs.

According to the best information available, there is very little difference between the eggs of different breeds of chickens. The color of the eggshell, notwithstanding a decided inclination to the contrary, has nothing whatever to do with the contents. In any experiment stations there have been careful analyses to show that white and brown shelled eggs have the same nutritive qualities, if the hens which laid them have been equally well fed.

Eggs are classed as among the most nutritious of food stuffs. They contain more water than cheese, but are more concentrated than milk or oysters. It is true that the flavor of eggs is affected by the food of the hens, some such degree as the flavor of milk is affected by the pasturage. That the reason why eggs that are perfectly fresh may not seem fit to be used for any other purpose than the polishing of the soles of shoes in factories.

Experiments in the digestibility of eggs show that hard boiled and fried eggs require 3-4 hours for digestion, soft boiled eggs required 3 hours, steamed eggs, 2-4 hours, raw eggs, not whipped, 2 hours and raw eggs, whipped, 1-2 hours. It has also been established that from 93 to 97 percent of an egg that is eaten is digested. Hard boiled eggs will almost always produce more disturbance of the even tenor of the way of the digestive organs than soft boiled eggs. Coffee and cocoa retard the digestion of eggs, but coffee retards the process less than the others.

The bulletin the following directions are given as to the preparation of eggs as food:

The following methods of preparation—soft cooked and medium cooked—have been found to give uniform results in laboratory tests at the University of Illinois: Using a granite stewpan of one quart capacity, a pint of water was heated over a flame; when the water boiled the water was turned off and an egg which had been kept in a refrigerator was dropped into the water. Without disturbing the vessel it was covered and the egg allowed to remain in the water six minutes. It was then cooked. As shown by tests when the egg was dropped into the water, the temperature fell almost at once to 170 degrees Fahrenheit, and then slowly to 170-171 degrees Fahrenheit. If the egg remained eight minutes it was fully cooked. In this case the temperature of the water at the end of the cooking period had fallen to 162-164 degrees.

Soft cooked or dropped eggs are removed from the shell and then cooked in water. Thudichum recommends the use of salted water to which a very little vinegar has been added. The reason for this is perhaps that acetic acid (vinegar) tends to precipitate albumen; that is, to prevent a loss due to the breaking of the egg being dissolved in water. Flavor may also be one of the objects sought.

Fried eggs are generally cooked in a pan in a little hot fat, oil or butter, and may be either soft or hard, depending to the length of time employed in the process. Eggs are also occasionally baked in much the same manner that they are fried.

The omelet is generally regarded as one of the most appetizing forms in which eggs can be served. It consists of the beaten egg with a little water or cream or melted butter added, quickly cooked in a little hot butter in a suitable pan and turned over so that it may be turned over the pan in a half round form. Cooks insist that the best omelets are made by using hot water instead of milk or cream. The hot water is stirred into the egg-yolk in the proportion of one tablespoon to an

egg. Generally speaking, lightness is desired in the omelet and thorough mixing in scrambled eggs. The former is secured by beating, the latter by stirring. Omelets are also made by the addition of various materials, such as parsley, jam, etc.

"The uses of eggs for other purposes than food are numerous. Large quantities of egg white are used in the manufacture of albumen paper for photographic purposes, and the egg white and yolk and products made from them are very important in the manufacture of many different articles."

The washing of new laid eggs greatly impairs their keeping qualities. According to Seibel a new laid egg placed in brine made in the proportion of two ounces of salt to each pint of water will at once sink to the bottom, while an egg three days old will swim just immersed in the liquid. If more than three days old the egg will float on the surface and if more than two weeks old the shell will barely dip in the water.

As to the methods of preserving eggs the only one that the department seems to think worthy of any great attention is that of coating the eggs with water glass. Water glass is the popular name for potassium or sodium silicate. It is a thick syrup, in the form for which it is sold for commercial uses. It is sold wholesale for as little as 1 3-4 cents a pound in carboy lots. One part of the syrup is dissolved in 10 parts of water. The eggs are coated with this solution. There is also a water glass powder soluble in water. One gallon of the solution is sufficient for 50 dozen eggs if they are properly packed.

The statement so frequently made by housekeepers that eggs at 25 cents a dozen are cheaper than meat is true in one sense. Not, of course, with reference to the total amount of nutrients obtained for the money expended, but because a smaller amount of money is needed to furnish the meal. That is to say, whereas at least 1 1-4 pounds of beefsteak, costing 25 cents, at 20 cents a pound, would be necessary to serve five adults, in many families five eggs, costing 10 cents, at 25 cents a dozen, would serve the same number and probably satisfy them equally well. If the appetites of the family are such as to demand two eggs per person, doubling the cost, it is still 20 percent less than the steak. Many persons eat more than two eggs at a meal, but the average number per person, it is believed, does not generally exceed two in most families. A hotel chef is authority for the statement that at least one-half the orders he receives are for one egg. Frequently when omelets, souffles, creamed eggs and other similar dishes are served in place of fried, poached or boiled eggs or meat less than one egg per person is used.

It is suggested that the most needed reform in the egg business is that the eggs should be sold by weight and not by number. Eggs vary so much in size that the numerical terms of sale often are unjust to either the merchant or to the consumer.

### Consider the Under Dog.

There is a man in New York City who is a real human. His name is Griffiths—Dr. H. C. Griffiths. Two boys stole a diamond pin, which was his property, and to secure its return he had them arrested. Now he has his pin back—he isn't going to prosecute the small thieves.

"Why not?" asks Justice, stern, cold, stony. "They are enemies of society. They have robbed. They may rob again. Punishment would deter others from following in their steps. Remember, 'An eye for an eye, a tooth for a tooth.'"

Remember, also," says Mercy, speaking through the man whose diamond was stolen. "let him who is without sin cast the first stone." Remember what a course in a penal institution means to a young man. It sends him in defiant and it brings him out depraved. If, by showing leniency, the under dog may be made to become the top dog, show leniency."

The respective adherents of Justice and Mercy, are requested to make choice of the varying views.—New York Telegram.

### Great Demand for Victorian Coins.

There is a great demand in England for Victorian coins during the present year. In the dockyard cashier's offices at Woolwich Arsenal and elsewhere large quantities are being put in circulation, and it is believed that the men employed in government establishments will make a profitable bargain by selling the coins received in payment for their services to the bidders.—New York Sun.

### Many Governors in Her Family.

The mother of Governor Beckham of Kentucky has a remarkable record. She has the unprecedented distinction of having been the mother of a governor, the daughter of a governor, the sister of a governor and the cousin of a governor.

### The Vanity of Man.

When some men make money, their first evidence of it is a visit to their old home town wearing a stovepipe hat.—Atchison Globe.

## THE TRAMP OF OTHER DAYS.

When Washington was signing bills  
And all the land was new,  
Did tramps roam o'er the countryside  
As modern wanderers do?  
If so, how hard it must have been  
To tramp in olden days,  
Before inventions came to aid  
The tramp in divers ways!

No graded railroad mile on mile,  
Was his to pace at ease,  
With even ties and gentle slopes,—  
Soft balm to weary knees;  
But over pike and stony path  
He sought his aimless way;  
Forsooth, no joke it was to be  
A tramp in other days!

The luxury of modern tramps  
By him was never known;  
He never called a whirling truck  
Or empty freight his own.  
The meals he got were far apart,  
Because in days gone by  
The towns were scarce, the dwellings few,  
And people kept their pie.

So, raise a song of hearty thanks  
Ye tramps, a-tramping now;  
For tramping is not half as hard  
As once it was, I vow.  
And when a brakeman flings you off  
From some half-laden car,  
Be thankful then and fancy how  
Much better off you are.

—Harry Hamilton, in Puck.

## JINGLES AND JESTS.

"Look here, str, who gave you permission to kiss my daughter?" "It wasn't necessary, sir."—Detroit Free Press.

"Singer's quarrel with the soprano seems to have disturbed the even tenor of his way." "Yes, he's clear off his base."—Indianapolis News.

Tourist—"How long does the sheriff hold office in this county?" Native (of Bloody Gulch)—"Just as long as he continues to draw first."—Puck.

Householder (to suspicious character)—"What do you want?" Suspicious Character (thoughtfully)—"Well, I dunno; what yer got?"—Harlem Life.

He was a very fresh young man;  
Yet when he told a tale  
It seemed a paradox that it  
Should be so very stale.

—Philadelphia Record.

"How did Dabster become famous as an artist?" "He did a painting so cleverly that none of the critics could tell what it was."—Ohio State Journal.

"See that magnate over there?" "Yes. What of him?" "Well, twenty years ago, that man arrived in New York with only a million dollars in his pocket."—Life.

She—"I wonder, Harry, if you would marry again if I should die?" He—"You little silly, don't you see that I couldn't marry again unless you did die?"—Boston Transcript.

An cleaning house from year to year  
A woman's ways are wondrous queer;  
She wails o'er rubbish; then, clack,  
'Tis dusted and put safely back.

—Chicago Record-Herald.

Big Sister—"Dick, I think it is time little folks were in bed." Little Dick (on Mr. Nicefellow's knee)—"Oh, it's all right. Mamma said I was to stay here until she came downstairs."—Tit-Bits.

"Did they make you feel at home over at Mrs. Smith's, Johnny?" "Yes, ma, Mrs. Smith told me 't' wipe m' feet 'n' not muss the tidies, 'n' didn't give me but one piece o' pie."—Philadelphia Evening Telegraph.

Men's interests show a difference wide,  
By some eccentric trick.  
If half the world is satisfied  
The other half must kick.

—Washington Star.

Mike (opening his pay envelope)—"Faith, that's the stingiest man I ever worked for." Pat—"Phwat's the matter wid ye; didn't ye git as much as ye expected?" Mike—"Yes, but I was countin' on gittin' more than I expected."—Tit-Bits.

"Reynolds," said the old member of the firm, "how do you spel 'which'?" "W h i c h," responded the other. "That's what I thought," rejoined the older member, covertly scratching a "4" out of the word he had written.—Chicago Tribune.

The Young Man—"I suppose, sir, that when I become formally engaged to your daughter you will admit me as a member of the firm." The Father—"Well, I don't know. I don't feel as if I could afford the expense of both of these things just now."—Detroit Free Press.

### Our Trade With Europe.

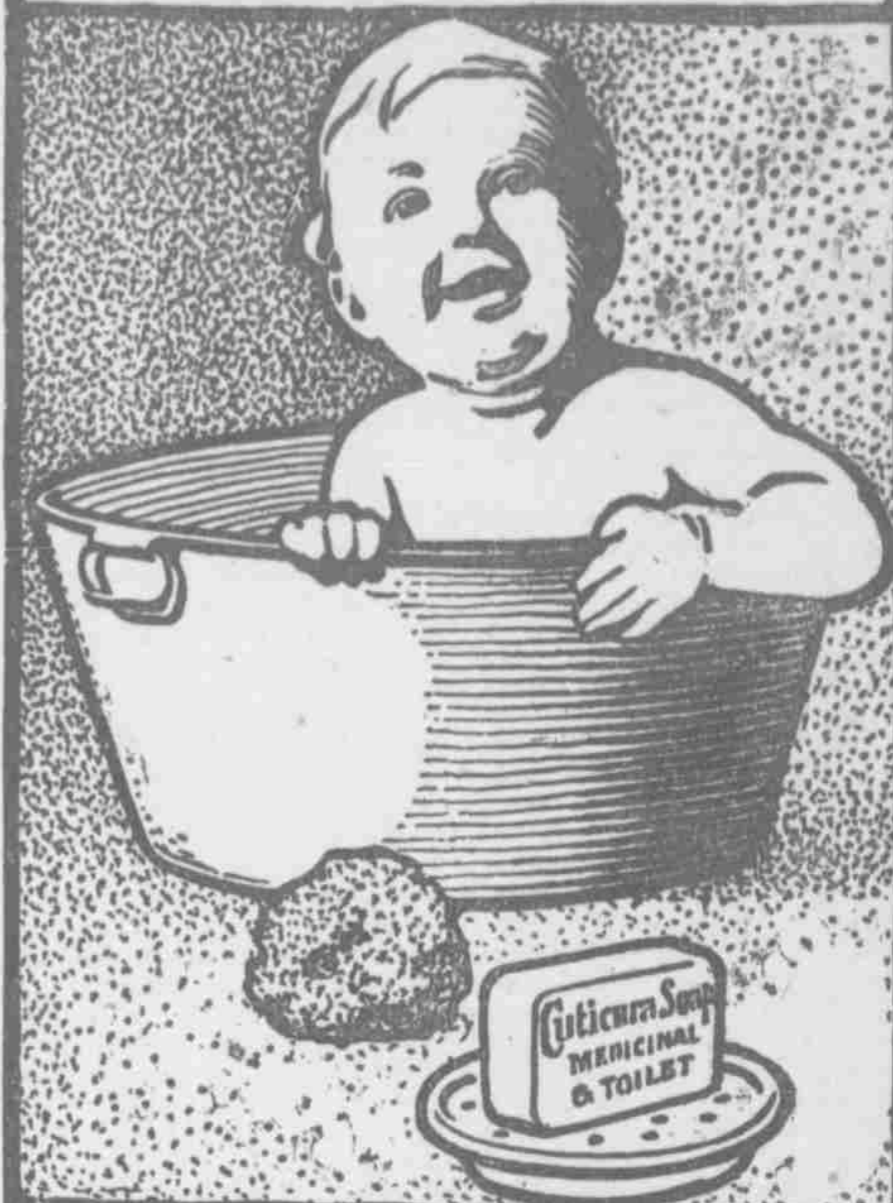
In strong contrast with the almost stationary condition of our commerce with the Central and South American States for the past ten years is the great growth of our commerce with Europe during the same period.

Within that decade our total exports of merchandise to all European countries increased from \$704,798,047 to \$1,040,167,763. The total of our imports from all European countries is another story. It actually diminished from \$459,305,372 in 1891 to \$440,567,314 in 1900. It is our export trade only with Europe that has increased. The exact net increase, including both imports and exports, of our European commerce was \$316,631,658 during the same ten years in which our trade with all the States of Central and South America has remained at a standstill. Mexico alone of all the American countries to the south of us shows an increase in her commerce with the United States in the same period, amounting in round figures to \$21,500,000.—New York World.

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