

## GOOD DINNER DISHES

OF MEAT OR FISH, AS THE FAMILY MAY PREFER.

**Best Method of Frying Chicken, American Style—Beef and Ham Pie—Mackerel, Creamed or Baked, Will Be Found Excellent.**

**Fried Chicken**—Cut the chicken into pieces for serving. Boil in flour, or, if preferred, in beaten egg and crumbs. Heat one cup nice dripping or lard, one teaspoon salt, and one saltspoon pepper; lay in the pieces and fry brown on each side, allowing not less than twenty minutes for the thickest pieces and ten for the thin ones. Lay on a hot platter, and make a gravy by adding one tablespoonful flour to the fat, stirring smooth, and adding slowly one cup boiling water or stock. Strain over the chicken. Milk or cream may be used instead of water.

**Stewed Oxtails**—Cut the tails in two-inch lengths and brown in butter, prepare a brown sauce, season it well and stew all slowly together for two hours. Garnish with tiny milk biscuits.

**Beef and Ham Pie**—Use raw ham and dice both meats, line the dish with a rich biscuit, fill with the meat and a high seasoning, about one-half cup chopped potato, small bits of the crust, and one cup rich gravy. Bake in a moderate oven, and just before serving pour in a cupful or more of piping hot gravy.

**Oyster Pie**—Line a vegetable dish with mashed potatoes. Brush it over with the white of an egg, and put it in the oven to brown lightly. Take two dozen oysters, half a pint of milk, one tablespoonful of butter, pepper and salt to taste. Let it come to a boil and thicken with a heaping teaspoonful of flour and put into the space left in the vegetable dish.

**Creamed Salt Mackerel**—Soak the fish overnight and wipe dry before using. Broil on a buttered gridiron over a clear fire. Lay on a hot dish and pour over it a cream sauce made as follows: Into one cupful of boiling water stir two teaspoonfuls of cornstarch, rubbed smooth with one tablespoonful of butter; cook until well thickened. Add a well-beaten egg, mixing carefully to prevent curdling. Cook a moment longer, season with a tablespoonful of chopped parsley and a saltspoonful of pepper.

**Baked Salt Mackerel**—Salt mackerel are neither so plentiful nor as cheap as they were twenty-five years ago, but occasionally a baked one fills the demand for something different. Soak the fish overnight in a large amount of cold water, with the flesh side turned down. Wipe dry, lay in a baking pan, add one cupful of milk and set in the oven. Bake about twenty-five minutes, put on a hot dish, butter lightly and garnish with sliced lemon.

**Country Pot Roast**—In a hot frying pan melt a lump of butter or fry out a small piece of pork. While very hot put in the roast, browning all sides. Roll it over. Do not insert the fork, so as to keep all the juice in. When browned put in a pot which has been heated, put water in the frying pan to get any juice that may have escaped and pour over the meat. Cover closely and cook slowly for three hours, turning occasionally. Keep about a cupful of water under the meat and sprinkle a little flour and salt over it 15 minutes before taking out. Turn several times.

**Dumas Sauce**—Place in a sauce bowl one heaping teaspoon salt, three-quarter teaspoon fresh-crushed very fine white pepper, one medium-sized sound shallot, peeled and very finely chopped, one heaping teaspoon very finely chopped chives, one-half teaspoon finely chopped parsley. Gently mix together, then pour in one-half teaspoon olive oil, six drops tabasco sauce, one light saltspoon good fresh mustard, lastly one light gill good vinegar. Mix well, send to the table, serve as required.

**Maple Frosting**—Here is a tested recipe for maple frosting: Break a half pound of soft maple sugar into small pieces and put into a saucepan with half a cupful of boiling water. Stir occasionally until the sugar is dissolved, and boil without stirring until the sirup will thread when dropped from the tip of a spoon. Pour gradually on the beaten whites of two eggs, beating constantly, and continue beating until the mixture is of the right consistency for spreading.—E. V. B.

**Cream of Chicken Soup**—Break up the chicken carcass left from the previous day, add bits of skin and barley, cover with cold water, cook slowly on the back of stove or simmering burner for an hour or more, then drain off liquor, add an equal amount of milk and thicken with flour and butter rubbed together. A little cooked rice or macaroni improves this economical and delicious soup.

**Quick Coffee Bread**—One quart of flour, one level teaspoonful of salt, two teaspoonfuls of baking powder, five eggs well beaten with two-tablespoonfuls of sugar, one pint of milk and two tablespoonfuls of softened butter. Beat well, spread in a pan and sprinkle sugar, a little cinnamon and bits of butter on top, and bake in a quick oven.

**To Keep Salt From Clogging**—If a little cornstarch is mixed with salt before being put into the shaker it will keep it from clogging.

## DEVIL DANCERS OF CEYLON

Natives Have Implicit Faith in Their Ability to Cure All Forms of Disease.

Despite the advance of medical knowledge throughout India, says a writer in the Wide World Magazine, devil dancers are still called into requisition in many parts of Ceylon for curing all kinds of sickness. When a native is taken ill his relatives first apply medical treatment. If, after some days, this appears to be ineffective, it is concluded that the sickness is one incapable of cure in this manner, but is caused by some inimical influence, and must therefore be due to either a glance of the evil eye, the action of a demon, or some evil planetary action. The soothsayer is then sent for, and this worthy, after examining the patient, names the demon or spirit responsible for the malady. An offering is then made to the demon in the form of food, a coin, or a piece of cloth. Then follows the professional dance, carried out by the devil dancers. Two men clad in gorgeous garments and wearing strange headresses and masks go through a number of grotesque and extraordinary evolutions to the beating of the tomtoms, making weird noises the while. This is kept up for hours, sometimes all night, and is always performed within sight of the sick person. In the complete ceremonies of the demon called Sammi Yaka, who causes convulsions, severe toothache, headache, etc., no fewer than 32 different masks are worn in turn by the dancers. Curiously enough, observers state these strange ceremonies usually have a favorable effect upon the patient's illness.

**Cornmeal**—According to the agricultural department at Washington, cornmeal constitutes a very nutritive and cheap food. In fact, for three cents one can get more nutriment out of cornmeal than he can out of five cents' worth of flour. That is, 60 cents' worth of meal will give a man more bone, muscle, nerve and brain than \$1 worth of flour will.

That is the commercial aspect of the case, but for joy, satisfaction, health and hope the cornmeal is as far ahead of flour as it is in the economic estimate. A good bowl of mush and milk—how good it sounds and how good it is! Take a great spoonful of it, and it twangs the strings of the harp of health till every little fiber and nerve falls into a beautiful melody of life. Exactly so, too, with corn bread, pone and dodger.

In these progressive days one can find bricks of cold cornmeal mush at the grocers, ready for slicing and frying, as much in a brick as will do for three or four persons, the finest, happiest, nutritious eating under the sun—for five cents a brick. It is said that the trouble these days is with the cost of high living. We deny it. Here is the highest kind of living at the very lowest cost.—Ohio State Journal.

**Dug With Wrong Kind of Tools**—The heirs of the reclusive who was supposed to have buried some money on his farm near Abilene did not find the money, although they made a systematic search over the place with picks and spades. "The great trouble with them was that they used the wrong tools," says the Lincoln Republican. "If they had taken a team of horses and a plow and had gone over the land first with that and then followed it up with another team and a drill containing wheat and had just had a little patience, by next fall they would have been able to realize something for their efforts. It has been demonstrated a number of times that there is no gold under the ground in Kansas, but there are plenty of rich farmers in this section of the state who can testify to the fact that there is gold in the land if the right kind of refining process is used and a little patience is exercised while the refinery is doing its work."—Kansas City Star.

**Right Spirit**—"The right Thanksgiving spirit," said Secretary Brayn, at a dinner in Washington, "was well exemplified one afternoon in the west. 'I was passing through a rich farming country, when a superb wheat field caused me to dismount with my camera. 'You must positively let me trespass on your property,' I said to the farmer, 'long enough to photograph that field of wheat. It's the finest I ever saw.' 'The farmer, as he opened the gate, gave a laugh that had the true Thanksgiving ring in it. 'You're welcome to photograph the field,' he said. 'You'll have to do it instantaneous, though—she's growing' so fast.'"

**Logical**—The Englishman and German were arguing about their different navies. "Oh," said the German, "there is always something the matter with your navy. Only yesterday a battleship was fast in the mud." "Well," said the Englishman, "if a battleship is fast in the mud it would be a record-breaker in the open sea."

**Just the Man**—"I understand you got into jail," said the warden, "on account of a glowing mining prospectus." "I was quite optimistic," admitted the gentlemanly prisoner. "Well, the governor wants a report on conditions in my jail. I want you to write it."

# ZANZIBAR "JEWEL of the EAST"

ZANZIBAR! Isn't there magic in that name? It calls up to me a vision of Eastern splendor, of nabobs, of gold and myrrh and frankincense, of stately palaces, of harems peopled by dark-eyed Georgian and Circassian girls in silken trousers and jeweled turbans, loiling beside fountains whose water ever plashed and made music in their ears; of gorgeous tropical nights, of heavens "thick inlaid with patines of bright gold," of gentle breezes laden with all the perfumes of Araby the blest.

But the "many changing years," have made their difference here as elsewhere, writes A. W. Weddell in Los Angeles Times. And it is a far cry from now to the time when Vasco de Gama's victorious galleons swept around the Cape of Good Hope and planted the Portuguese standard along these shores.

After 300 Years. But even after 300 years of contact, more or less frequent, with the Western world, the country presents today much of charm and beauty, "a land where it is always afternoon," with every by-path leading to peaceful yesterday.

No longer do strangely-garbed Europeans gaze from the decks of stranger vessels over an alien land, yet still the harbor is peopled with dhows from Maskat and Lamu and the shores of India, peopled by dark, swarthy natives, who bring down shawls, and rugs and corded bales of Persian and Arabian and Indian products, and bear away cloves and ivory and copra.

Prior to the building of the Uganda Railway, which pierces the heart of the continent from Mombasa, Zanzibar Town was the great entrepot for this whole coast and the hardy merchant or explorer who desired to gain the interior must perforce come to this place for his porters, and also to gain the influence of the powerful Sultan in placating the many savage tribes lying between him and his destined goal.

The entire island is eloquent of the names of great explorers and travelers—Mungo Park, Livingstone, Stanley, Emin Pasha, Burton and a host of others. The house which Livingstone occupied on his several visits here is

## DISHES FOR SUNDAY SUPPER SUCH KIND NEIGHBORS

Something New That the Family and the Guests Will Be Sure to Appreciate.

For a change on Sunday night try this salad: Marinate with your favorite thin salad dressing three-quarters of a pint of any cold meat or fish (never mix meat and fish) two tablespoonfuls of capers, one egg boiled hard and chopped, one tablespoonful each of olives, dill pickles and pimentos, two dashes of paprika, celery salt to taste; stir well. Serve cold in two hours on lettuce leaves garnished around the edges with slices of hard boiled egg, sprigs of parsley and thin slices of Swiss cheese.

Another supper dish is made of one pint of macaroni measured after boiling, which is about one-third of a package, one-half pint of stewed tomatoes, to which are added two bouillon cubes, one gill of grated rich cheese, two tablespoonfuls of chipped bacon and one of bacon fat, one tablespoonful of minced onion, one tablespoonful of chopped parsley; salt and pepper to taste. Rub a baking dish with bacon fat. Mix all ingredients thoroughly, put them into the baking dish, brown in a hot oven.

Both dishes are satisfactory served with graham toast.

### PROPER WASHING OF TOWELS

Those Used in the Kitchen Require Especial Treatment to Be of Good Service.

Towels used in the kitchen should always be rinsed in moderately cool water and then washed in hot, soapy water. They should be rinsed and then dried in the open air. If time is at premium they need not be ironed. Probably this laxity would shock many careful housewives, but a clean towel, dried in the open air, is quite as useful for drying dishes as one that is ironed smooth.

One clever woman always saves the coarse sacks that sugar and salt come in—the big ones. She rips the side seams and hems the ends and uses them for towels for pots and pans.

A doll's clothesline, which comes with half a dozen tiny clothespins and two small pulleys, is a convenience for drying kitchen towels. It can be fastened from the kitchen porch to a nearby tree, and extra clothespins can be bought for a small price. The pulleys, rope and six pins are sold for ten cents.

**Stewed Apples**—In cooking apples it may not be known generally that the more quickly they are cooked after paring the richer and better they are. An apple begins to be discolored as soon as the skin is removed; and this discoloration continues in the cooking. As quickly after paring as possible, put half a dozen apples, sliced, into a pan with two-thirds as much water as the bulk of the apples. Cover them and let them cook as rapidly as possible. Watch them closely to prevent burning, and just as they are falling to pieces put into them two-thirds of a cup of sugar, stirring it quickly. They are delicious also served cold.

**Creamed Cod in Potato Cass.**—Boil and mash six good sized potatoes, add one egg, a gill of milk, salt and pepper to taste and beat until light. Pick and scald one pound of boneless salt cod, drain and scald again. Now press fish until dry. Put one large tablespoon butter in a frying pan and add two tablespoons flour. Mix and add one pint of milk. Stir till it thickens and add pepper to taste. Grease a pudding mold and line bottom and sides with the potato. Add the cod to the cream and fill the center. Cover the top with potato and bake a nice brown. It may be served in the dish it was baked in or turned out.

**Baking Powder Biscuit**—Into a mixing bowl put two cups sifted flour, one level teaspoon salt, four level teaspoons baking powder. Mix and sift several times, rub in two level tablespoons butter or one of butter and one of lard, till fine and mealy. Wet with one cup of milk and mix into a stiff dough. Toss onto a well-floured board and pat out with rolling pin, using flour enough on board to prevent sticking. Bake in hot oven from 10 to 15 minutes.

**English Tea Biscuits**—To one cup hot mashed potato add half cup sugar and one yeastcake, dissolved in half cup lukewarm water. Cover and let rise; then add half a cup each of butter and sugar, two eggs well beaten, one teaspoon salt and three and one-quarter cups of flour. Knead, again let rise, shape, let rise again. Brush over with sugar and bake in modern oven. And, if liked, half cup of raisins, cut in pieces or currants.

**Simple Jelly Bag Strainer**—Another old method of straining jelly by hanging the bag on a broom handle between two chairs might be banished from the efficient kitchen by using a new strainer with a bag which sits on a stand on the table. A large iron ring suspends the bag, which drips into a bowl on the table. All juices can thus be strained without attention, and the muslin bag may be easily cleaned, and the strainer packed away when not in use.

**Keeping Pickles in Glass**—Pickles should always be kept in glass—never in glazed ware, as the action of the vinegar on the glazing is liable to form a poisonous compound.

## THEY WERE REALLY SORRY FOR POOR MR. YOUNGWIFE.

"And What Could You Expect, With Such a Frivolous Wife as That?"—But Somehow Things Turned Out Differently.

To breakfast with her husband, Mrs. Conscientious Youngwife arose betimes, mornings.

The husband must needs hasten down town at an early hour, for there were affairs of moment that required his attention while the day was yet young.

When she had kissed her other self good-by, Mrs. Youngwife turned to and cleaned up her not too big house; for she felt that she could afford but one maid. The Youngwives were just starting out in the world, you know.

When the house was set to rights, Mrs. Youngwife washed and dressed her child and escorted the small one to the kindergarten.

Then she fared forth into the marketplace and, in person, purchased what the inner Youngwife would need for the next 24 hours.

Then she went home and stitched up the child's frock.

Then she went out and brought her child home from the kindergarten.

Then she sat on the back porch and worked the buttonholes in the little frock, while the child played in the sand pile, under its mother's eye.

Then she washed and dressed the child again and sent it out with the one maid (when the luncheon dishes were out of the way).

Then she arrayed herself in gay garments and fared forth to card parties and such women's doings as pleased her fancy. Mrs. Grundy, living across the street, watched all these comings and goings. She shook her head and said:

"That Mrs. Youngwife is forever on the street. No wonder the young husbands of today can never raise their noses from the grindstone!"

And she ran in to ask the next door neighbor if she had noticed the sad case of the Youngwives.

The next door neighbor had. It transpired that all the women in the neighborhood had and were very sad over it—so sad that they could not leave talking of it, and freely predicted what the outcome would be. Afterward they told these predictions for the truth, and it became rumored that Mr. Youngwife was sadly tied up in a business way because his wife was forever on the street.

And so Mr. Youngwife found it very hard to get some business accommodation that he needed, because men who could furnish such accommodation said among themselves that it was better to beware of a young man with a foolish wife.

The lack of money hampered the young man very much for a time; but when his wife saw that he was troubled, she told him not to mind, that she could get up a little earlier and stay up a little later, and let the maid go and only have a woman come in for the heavy cleaning, till business was better and they called into smoother waters.

That cheered up Mr. Youngwife so much that he dug down into his brain deeper than he had ever been before and brought up something much more valuable than borrowed money, and made a great business success, and bought an electric runabout.

And the neighbors said: "At last that foolish young woman has her man on the last lap toward ruin!"

And they wagged their heads sorrowfully and were secretly glad.

But the Youngwives flourished as a green bay tree—in spite of the neighbors.

N. B.—Mrs. Youngwife was a very pretty woman.—Hattie Lee Macalister.

**Good Medicine**—While shouting corruption charges at one another till they were hoarse, the various candidates paused occasionally and, to rest their raw, strained throats, told a story in easy, conversational tones. Thus a leader said one evening:

"A political contract could no more be free from graft than Old Hoss Tartar's sulphur medicine was free from alcohol.

"Old Hoss Tartar walked into the druggist's one morning with an immense black bottle that he wanted filled with sulphur and whisky.

"'This is the way I allers have it fixed,' said Old Hoss to the druggist. 'I have sulphur up to thar—'

"'He put his finger about half an inch from the bottom of the bottle.

"'And the rest I have all whisky. And this here's the way I use it. When I want a dose of sulphur, why, I jes' shake her up afore I drink, and when I don't want no sulphur, why, I don't shake her. See?'"

**Looked Suspicious**—Mayor Mitchel of New York was talking about an attack that had been made upon him during the campaign.

"My accuser," he said, "reminds me of Hi Doolittle. Hi was the champion liar of his native village.

"One day Hi was arrested and brought before the local justice for chicken stealing. He pleaded guilty.

"'Yes, judge, yer honor,' he said, 'I plead guilty on the advice of my lawyer.'

"But the local justice rubbed his chin dubiously.

"'I dunno—I'm afraid,' he stammered—I guess—wall, Hiram, I guess I'll have to have more evidence afore I sentence ya.'



NATIVE WOMEN IN FETICH CEREMONY

still pointed out, and it is said that the older Swahills never pass it without salaaming in memory of the dauntless soul which once dwelt there. One of the very last links between Livingstone and the Zanzibar of today is the venerable Father Etienne Baur of the Roman Catholic Mission. He has been at Zanzibar or on this coast for close to a half-century. It was he who, when the body of Livingstone reached the coast after its long trip on the shoulders of the faithful native servants, prepared the remains for burial.

**Tippoo Tib's Palace**—The palace of Tippoo Tib is also pointed out, a huge pile, with a superb door of which a picture gives but a faint idea.

In 1833 America negotiated a treaty with the Sultan of Maskat, who at that time ruled over the Dominions of Zanzibar as well. In 1838 our first consul was named, and from that time on the trade between America and the Sultanate was active, our thrifty New England manufacturers and explorers sending out the cloth known to every native as "American," and receiving in return cloves, and gums and ivory.

It will surprise many to know that the Sultanate produces perhaps nine-tenths of the cloves of the world. In climate and soil the two islands of Zanzibar and Pemba seem peculiarly adapted to the growing of this plant, though it is really a native of the Moluccas, having been brought over by the Sultan Syeed Said, nearly a hundred years ago. Many of the trees

every house. These have generally an elaborate carved border, with verses from the Koran introduced. The two wings of the doors which are about four inches thick, are studded with brass, which gives back the rays of the brilliant tropical sun.

Approached from the ocean the town presents a beautiful picture; the snow-white Arab houses are set against a background of soft tropical green; lying close to the shore are the hundreds of native dhows with their quaint sails, while farther out, in the deep waters, are the foreign ships. A prominent building on the water-front is the palace of the Sultan, which suggests a hotel at one of our Atlantic watering places, with its wide verandas and square lantern. Back of the palace are the remains of the old fort erected by the Portuguese, and here and there are to be seen the flags of the consulates of the various powers, conspicuous among them being the Stars and Stripes.

**Snort From Old Timer**—An old timer on the Wichita board of trade, when a young lady appeared wearing one of those cutaway coats, remarked: "I never did admire those coats. I was here during the grasshopper visitation in 1874, and every time I see a woman wearing one of those cutaway coats I think about a doggone Rocky mountain grasshopper standing on its hind feet. That coat is just the shape of a grasshopper's wings."—Kansas City Star.