## CHEAP MEALS.

The Useful Work of the Female Superintendent of the New York Cooking School -Cicap and Wholesome Food-Valuable Suggestions

The vital question in these days of reduced salaries, of lack of employment an l general shrinkage of incomes, is how to live, how to sustain life, how to keep up with the least outlay of money necessary. This question has been most satisfactorily answered by a little cook book entitled : "Fifteen Cont Dinners for by keeping them in air-tight tin cans, or Workingmen's Families," which has been issued by Miss Juliet Corson, Superintendent of the New York Cooking School, at No. 8 St. Mark's place, New York. The book is intended for gratuitous distribution, and is filled with valnable suggestions as to the proper and judicious selection of healthful, nourishing food at the lowest possible cost. The work contains useful hints regarding marketing, cooking, seasoning, and everything appertaining to the procuring, preparing and furnishing meals in a satisfactory and economic manner. The author attempts no ridiculous and impracticable efforts to limit the frugally disposed to an unvarying vegetable or farinaceous diet, bat shows by facts and figures that good blood and bone-making meals can be prepared by modest drafts upon the slenderest purse. In the preface Miss Carson says :

"The first food of nearly all living creatures is milk, the only entire natural food ; that is, the only food upon which health and strength can be sustained for any length of time, without using any other nourishment. For this reason it is the best food you can give the children if you must restrict their diet at all; and it also is a valuable addition to the food of grown persons. While this fact about milk is settled, it is generally acknowledged by people who study the subject that we thrive best on a variety. We get warmth and strength from fat meat, wheat, rye, barley, rice, milk, sugar, fuit, peas, beans, lentils, macaroni, and the roots of vegetables; we gain flesh from lean meat, unbolted flour, oatmeal, eggs, cheese, and green vegetables; and, if we want to think culture. An indication of the increasing clearly, we must use fish, poultry, the interest in the subject is the organizadifferent grains, and a good variety of tion of the Pomological Society, which, frait and vegetables."

In the chapter headed "How to Cook, Season and Measure," we find the following valuable suggestions :

Roasting or Baking .- The first is the most extravagant way of cooking meat, as it wastes nearly one-third of its substance in drippings and steam ; the socond is also very wasteful, unless the meat is surrounded with vegetables, or covered with a flour paste. When you do bake meat without a covering of paste, put it into a hot oven at the start, to crisp the outside and to keep in the valuable juices ; you can moderate the heat of the oven as soon as the meat is brown, and let it finish cooking slowly by the heat of the steam which is constantly forming inside of it. It generally takes twenty minutes to bake each pound of value of fruit products is : Apples, \$50,of meat.

Broiling.-This is another extrava- \$56,135,000; grapes, \$2,118,000; strawgant way of cooking meat, for a great berries, \$5,000,000; other fruits, \$10, deal of the fat runs into the fire, and 432,800; making a total of \$133,216,700, it to settle, a sediment will indicate adulsome nourishment escapes up the chim- or nearly equal to one-half of the value ney with the steam. If you must broil of our average wheat crop. California, meat, have your fire hot and clear, and in addition to her figs, oranges, olives liquor the sediment may be washed and weighed, or tested quantitatively. your gridiron perfectly clean; and, un-less it has a ledge to hold the drippings, tip it toward the back of the fire, so that the fat will burn there, and not blacken the meat as it would if the gridiron were vantage, and for which he must depend on seedsmen. There are many other haid flat, and the fat could burn under of gallons of wines. The wines of Miskinds which he can and should save, so the meat. Never stick a fork into broiled souri, Ohio and other States bring the as to be assured of their freshness and meat to turn it; and do not cut it to see | whole wine product up to fifteen millions if it is done; for if you do either you of gallons. A few illustrations will suffice to show will let out the juice. Study the following table, and then remember how near the immense quantities of fruits which are sent to market in addition to what is the time given in it comes to cooking consumed at home. Of strawberries, according to your taste. Fish will broil there were received in a single day in in from five to ten minutes ; birds and poultry in from three to fifteen minutes ; the New York market, at the height cf the last season, upward of 10,000 bush-els. The shipments from Norfolk this chops in from ten to fifteen minutes, and steak in from ten to twenty minutes. years have been over 3,000,000 quarts-Boiling and Stewing.-Boiling food slowly, or stewing it gently, saves all Boston alone receiving from that source its goodness. After the pot once boils more than 16,000 bushels. The peach you cannot make its contents cook any crop of 1875, in Delaware and Maryland alone, was estimated at between 7,000,faster if you have fire enough under it to run a steam engine ; so save your 000 and 8,000,000 baskets. California fuel, and add it to the fire, little, only sent East, in 1876, 334 car loads of fruit, of four hundred bushels each ; an inenough at a time to keep the pot boiling. Remember, if you boil meat hard and crease of more than one hundred per cent, over the previous year. Of the and fast it will be tough and tasteless, and most of its goodness will go up the strawberry, from San Jose, Cal., and chimney, or out of the window, with the steam. Boil the meat gently, and home consumption, forty tons; and in a keep it covered close to save the steam ; circuit of about five miles there are more it will condense on the inside of the than a thousand acres of this fruit under cover, and fall back in drops of moisture | cultivation. In Illinois, very little fruit upon the meat. The following table was raised, except for home use, until shows how much is wasted in the 1840; now there are 320,000 acres of ordifferent ways of cooking we have chards in that State. At the last exjust spoken of. Four pounds of beef hibition of the Georgia Horticultural waste in boiling or stewing, about one society the display included nearly two pound of substance, but you have it all hundred varieties of fruits, among them in the broth if you have kept the pot fifty-six varieties of peaches, upwards of covered tightly, in baking one pound and fifty of grapes, and forty of pears. The a quarter is almost entirely lost unless value of the apple product in a single you have plenty of vegetables in the county in New York is estimated, in dripping pan to absorb and preserve it ; good seasons, at a million dollars ; and in roasting before the fire you lose nearly in addition to those consumed at home one pound and a half. Do you think the State exports one and a half million you save the waste in the shape of drip- of barrels. Michigan also is a great pings; it is poor economy to buy fat at fruit-producing State, the annual value the price of meat merely for the pleasure of the crop being \$4,000,000. Reports from the Southern States and from Caliof trying it out. Frying .- This is a very good method fornia show immense growth in the culof cooking fish, and of warming cold tivation of oranges and other tropical meat and vegetables. To fry well put fruits, and it appears probable that all into your frying pan enough fat to cover that is needed for the consumption of what you mean to fry, and let it get the whole country can be supplied by smoking hot, but do not burn it; then these sections. put in your food, and it will not soak Train Robbers' Fate. fat, and will generally be done by the time it is nicely browned. To saute or Encamped in a shallow raviue upon half-fry any article, you should begin by putting in the pan enough fat to cover the bottom, and let it get smoking hot, but not burn, before you put in the county, Kansas, and thirteen United food. This also is a good way to warm States soldiers. Late in the afternoon across the plain came riding slowly, over meat, vegetables, oatmeal or pudapparently two Texas "Cow Boys." ding. A very good way to cook meat and Between their horses walked a pony laden with something, while not bulky, vegetables together is to put them in an earthen jar, cover it tightly, and cement seemed to try its strength. The sheriff the cover on with flour paste ; then bake started in pursuit, with the soldiers, for about four hours. and soon evertook the travelers, who, If you are going to use a piece of meat although seeing that they were pursued, cold do not cut it until it cools, and it made no attempt at flight. The sheriff will be more juicy. If the meat is salt said: "I have a description of some train let it cool in its own pot liquor, for the robbers which arswers well to your appearance. I want you and your partner Salt and Smoked Meats. - These to return with me to the station. You

leaves, cloves, mace, celery seed and onions. If you will plant the seed of any of these seven first mentioned in little boxes on your window sill, or in a sunny spot in the yard, you can gener-

ally raise all you need. Gather and dry them as follows : parsely and tarragon, should be dried in June and July, just before flowering ; mint in June and July ; thyme, majoram and savory in July and August : basil and sage in August and September ; all herbs should be gathered in the sunshine, and dried by artificial heat ; their flavor is best preserved on the brush, then dip it into powdered

in tightly corked glass bottles. Measuring .- Be careful about measuring. Do not think you can guess just | ened in the same way. right every time ; you cannot do it. One day the dinner will be a great deal better than another, and you will wonder why; it will be because it is carefully seasoned and properly cooked. A good rule for seasoning soups and stews, is half an ounce, or a level tablespoonful rinse well with clean hot water, and rub of salt, and half a level tablespoonful of as dry as possible with a clean, dry pepper to each quart of water; try it, if it is right you will know how much to use ; if it is not right, alter it to suit your taste ; but settle the point for once, and then you will know what to depend upon. The following table will give you a week solution of chloride of lime some good hints about measuring ; there are four teaspoonfuls in one tablespoon ; one tablespoonful in one ounce; two carefully without touching the paper, ounces in one wineglassful ; two wineglassfuls in one gill ; two gills in one good-sized cupful; two cupfuls in one brush from the face of the picture. pint; two pints in one quart. One quart of sifted flour, thrown into the measure, and shaken down, but not pressed, weighs one pound; one quart of Indian corn meal, shaken down in the measure, weighs one pound and three dered borax to every pail of hot water ; ounces; one quart of fine sugar weighs use very little soap; after the first use one pound and a half.

## AMERICAN FRUIT CULTURE.

Interesting Pomological Statistics--Nearly Five Million Acres Devoted to Fruit Culture.

Few persons, probably, except those who are actively connected with pomological interests, have any idea of the rapid growth and present extent of fruit at the last session in Chicago, included representatives in person from twentyeight States, Territories and Provinces, with letters of correspondence in nine others, making a total of thirty-seven. When the Society first met, in 1848, the delegates present represented twelve States. More substantial indications of

According to the government statement, the number of acres under cultivation in orchards, vines and small fruits is estimated at 4,500,000. The ing such adulteration, according to Je- New York. number of trees is estimated as follows : Apples, 112,000,000 ; pears, 28,260,000 ; peaches, 112,270,000; grapes, 141,260,-000; total, 393,790,000. The estimated ally heavier than flour and lighter than

400,000; pears, \$14,130,000; peaches,

## FARM, GARDEN AND HOUSEHOLD.

Household Hints. FOR STARCHING LINEN.-Use one teaspoonful powdered borax to one quart boiling starch; it will improve the stiff- floor covered to an incalculable depth

ness and gloss. TO POLISH NICKEL PLATE. - Scour with pulverized borax; use hot water strongest kind of a horse. The guano and very little soap ; rinse in hot water, and rub dry with a clean cloth. To CLEANSE JEWELRY .- Use hot water and a clean brush ; rub a very little soap borax and scour well; rinse in hot water and rub dry with a clean towel, or cham-ois is better; silver bangles are bright-becoming heated, and how they manage

GREASE SPOTS FROM CABPETS, -First own masses is a question which only have the carpet well swept, then with a practical naturalists can solve. They pail of hot water, containing a table- manage to do it, though, without the pail of hot water, containing a tablespoonful of powdered borax, scrub the slightest apparent discomfort. And soiled or greasy spots well; use a clean scrubbing brush and a very little soap; house-cloth; then open the windows, and let in the air to dry quickly.

the engraving in a shallow dish or tray; up during its long career, not one has gained and retained such a large share of public favor, cover to the depth of one-half inch with (about a teaspoonful to a pint of spring water) for about six hours; pour off and dry in the sur ; afterward remove the deposit carefully with a camel's hair brush from the face of the picture. To SET THE COLOB IN STOCKINGS— When washed for the first time, use a little ox gall, (which can be procured at the druggist's) - mo it in the first material distribution and numerous other maladies arising from

general weakness and disorders of the stomach, the druggist's) ; use it in the first water liver and bowels. only; also have a teaspoonful of powdered borax to every pail of hot water; use very little soap; after the first use of ox gall, borax will answer every pur-pose; do not let the stockings remain long in any water; hang in the shade to dry These goods are the handssmest and most

to dry. TO CLEANSE THE WOODWORK AROUND Doors.-Take a pail of hot water ; put in two tablespoonfuls of pulverized borax; use a good coarse house cloth-an old coarse towel does splendidly-and

are to be found at all the leading dry goods stores in the country, Be particular to ask for Raritan Cloakings, and take no others. wash the painting ; do not use a brush ; "A Drowning Man Will Catch at a Straw." If he catch it, it will do him no good. Thou-sands of people, who having neglected colds and coughs until they have become dangerous, will rush to almost every nostrum for relief. This is when washing places that are extra yellow are stained, soap the cloth; then sprinkle it with the dry powdered borox, and rub the places well, using plenty of rinsing water; by washing the wood-work in this way you will not remove why so many experiments are tried by the suf-ferers. Go to to your druggist, buy a bottle of Wistar's Balsam of Wild Cherry, and use it with the paint, and the borax will soften and confidence. It will benefit you at once and ultimately cure. It is no straw, it is a cable well tried ; hold on to it and be saved. make the hands white-a fact well worth knowing. The uses of borax in domes-50 cts. and \$1 a bottle. Sold by all druggists. tic economy are numerous : and one of the most valuable is its employment to Physicians of high standing unhesitatingly give their indorsement to the use of the Greef-

aid the detergent properties of soap. TESTING FLOUR. - The rise in the price of bread caused by the declaration of war by Russia against Turkey may lead unprincipled men men to imitate the derful relief from a constant use of this valuadulteration of flour practiced in foreign

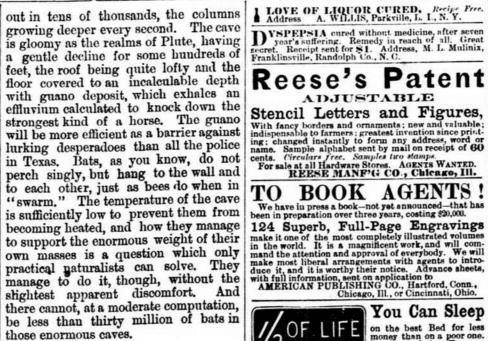
Saving Garden Seed.

There are, of course, many kinds of

seeds which a farmer cannot grow to ad-

germinating powers. As earliness is a

countries. An easy method of detectis to mix the flour with chloroform. The chloroform exerts no chemical ac-tion upon the flour; but being specific-ally heavier than flour and lighter than the earthy adulterants, the former floats upon the chloroform and the adulterant sinks. On shaking up a sample of flour in a test tube of chloroform and allowing it to settle, a sediment will indicate edul.



A OF LIFE OF LIFE IN BED It will save more than its cost in the less granting of the less out of the less of th Of the host of rival tonics that have cropped



Published at the border metropolis. Of independen Republican risws, but tied to the behests of no clique man or party-a live, newsy, spirited and able journa and an accepted exponent of the best Southern senti able remedy. Sold by all druggists. \$1.50 per







\$5 to \$20 per day at home. Samples worth \$5



point of great importance nowadays, whether the vegetables be desired for home consumption or market, only the very earliest plants should be saved for seed, as well as the very finest. In tomatoes, I have found a material difference in earliness from seed saved from the first setting. I de not think it is of much importance whet. ar the seed tomatoes are taken from the early patch or from the late patch, provided the first setting is taken. However, we generally take from the early patches of all kinds of vegetables, so, if there is any advantage, we will be sure to get it.

In saving seed sweet corn it should be the practice to wholly reserve one or more rows of the earliest ripening, and when it has ripened, select only the finest ears. Too many are apt to take for seed what is left in the patch after cutting, and the consequence is far more serious than is generally supposed. The best seed is none too good, and those who use only the best are most successful, other things being equal. With potatoes, we have found, with both the white or Irish and the sweet, that the medium or small sized tubers produce equally as well as the first or large size, and there is not so much waste, provided, of course, that they had ripened before being harvested. With sweet potatoes it is especially desirable to use the second size, for they are worth less than the large ones, and they will, when put in the bed to be sprouted in the spring, produce far more "sprouts" for the same extent of bed room than will the larger ones.

In selecting beets, carrots, parsnips turnips, etc., for seed, choose only the finest. Take the tops off carefully and not too closely, so as to leave the crowns unimpaired or uninjured, and do not cut off any of the roots or rootlets. Pack them away in the dark in the cellar, in sand, so they will not dry out while in winter quarters, and in the spring they will be found in most excellent condition, and should be planted out in some rich, well-tilled spot just as soon as you possibly can when the ground is dry

enough. With cabbages, the very best and solidest heads, snd best-kept ones are selected and put out in rich soil early in the spring. Onions intended for seed should be put out early and in rich,. loamy soil. In putting out vegetables intended for seed, remember that they require rich, well-worked soil, and unless this be supplied, the seed will neither be very plentiful or of extra quality.

A Cave Containing Millions of Bats. A San Antonio (Texas) correspondent

writes: Our objective point was the same reason. great bat cave some ten miles northeast A MARKET USE. Removes and reacting the construction of the periodic provides and drast forsement in the seasing for spraines. Harres or saddle the state words and forse form sease of saddle the state words of solitones. Stretches, Swellines, Construction, Stretches, Stretches, Stretches, Stretches, Swellines, Construction, Stretches, Swellines, Construction, Stretches, S of the little town of Selma, a place selmeats are best when they are put over need fear nothing if you are innocent, dom visited by northern tourists. When the fire in cold water, brought gradually and if you are the men I want, then I to a boil, and then set back from the am \$10,000 better off." "You are mis- within less than a mile of the cave, fierce heat of the fire, so as to keep taken in your men," one of the riders which is situated on the crest of a high scalding hot without boiling ; they take | said, "but of course we will go back and | bluff that may called an irregular table A positive remedy for all diseases of the Kidneys. longer to cook this way, but they are have the mistake explained." They land, General Ord directed my attention Bladder and Urinary Organs; also good in Droptender and delicious, and very little fat then turned their tired horses toward to an immense dark shadow in the horisical Complaints. It never produces sickness, is the station, but had not gone lfar zon, extending from the ground line rtain and speedy in its action. It is fast superseding is wasted. Scasoning Food .- Many people have when the man who had answered the high up into the heavens. It had all the BRIGHTON, MASS. all other remedies. Sixty capsules cure in six or eigh days. No other medicine can do this. Beware, of Imitations, for, owing to its great you have untainted meat, or sound vege- game." He then drew a revolver and ocean steamer. "It looks like smoke," Hogs..... success, many have been offered ; some are most danger-WATERTOWN, MASS. tables, or even Indian meal, to begin his companion did likewise, but before said the general, "but it is simply a Beef Cattle-Poor to Choice..... 5 50 @ 6 50 with, you can make it delicious with either could fire the soldiers had riddled cloud of bats issuing from the cave." On ous, causing piles, etc. proper seasoning. One reason why them with bullets and both were killed. approaching nearer I could distinctly French cooking is much nicer than any Tied up in a pair of old trousers, on the make out the flying vermin which were, DUNDAS DICK & CO.'S Genuine Soft Capsules, containing Oil of Sandalwood, sold at all drug EMPLOYMENT! A Permanent Situation offered in every Town and City in the U. S. Address W. A. BURNHAM & CO., Irvington-on-Hudson, N. Y. other is that it is seasoned with a great pony's back, were \$25,000 in \$20 gold truly, thicker than the densest swarm of stores. Ask for circular, or send for one to 35 and 37 variety of herbs and spices ; these cost pieces-part of the \$60,000 in gold taken bees I have ever seen, and there ap-very little ; if you would buy a few by the men who robbed the Union Pacific peared to be no end of them. We soon Wooster Street, New Fork. NYNU No 40 cents' worth at a time you would soon railroad train at Big Springs, Neb., a reached the cave, which dips into a cents. worth at a time you would soon railroad train at Big Springs, Neb., a reached the cave, which dips into a have a good assortment. The best kinds week previously. The man who replied to the sheriff was the leader of the rob-are sage, thyme, sweet majoram, tarm-gon, mint, sweet basil, parsley, bay bers. and Europe. HISTORY and Uses of Poud's Extract, in pamphie form, sent free on application to POND'S EXTRACT COMPANY, 98 Maider Lans, New York: WHEN WRITING TO ADVERTISERS, please say that you saw the advertises ment in this paper.

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## The Markets.

BUFFALO. Flour...... 7 75 @ 8 25

1	Wheat-No. 1 Milwaukee	1 21	6	123	
	Corn-Mixed	5 13	10	51	
1	Oats	25	ē	30	
	Rye	98	ø	98	
	Devlay	82	õ	.83	
	Barley Malt	1 00	0	1 10	
1	PHILADELPHIA.				
1	Beef Cattle-Extra	06	۲	061	
1	Sheep	05	6	05%	
	Hogs_Dressed	08	6	085	
1	Flour-Pennsylva via Extra	7 12	6	7 25	
1	Wheat-Red Western	1 52		1 53	2
1	Bye	65	6	67	
1	Corn-Yeliow	60	ē	67	
ł	Mixed	60	6	¢1	
	Oats_Mixed	85	6	88	
1	Petroleum-Orude10 @10%	Refin	ed,	15%	
1	Wool-Colorado	23		25	
1		04	a	90	