

TOUGH BILL OF FARE

MESSES THAT ARE SERVED ON BOARD
A "MEAN SHIP."

Queer Names the Sailors Give to the
Unpalatable Food—Dog Chowder,
By the Wind Soup, Topgallant Tea
and Cow Jipper.

Some ships are known as "mean ships" by sailors on account of the food that is served to the forecabin. They are chiefly deep water sailing ships and tramp steamers. Of course what a sailor shall have to eat is provided for by law, but the law sometimes gets badly mixed up on blue water. The strange dishes served to sailors on "mean ships" are no stranger than the names the sailors give them. One of the commonest of "mean ship" dishes is "by the wind soup." This delicacy is composed of well polished mutton bones, stale meat trimmings, a handful of potato parings and scraps from the captain's table. The mixture is boiled vigorously for two hours, at the end of which time the result is hot water of a light brown color with floating islands of grease on its surface. A little hardtack is added, and there you have your "by the wind soup."

When a "mean ship" gets well out to sea, one of the first dishes to appear is "dog chowder." It is a sort of resurrection pudding, made of scraps that the cook does not dare to serve up as they are, but which he shreds finely or pounds in a mortar until all semblance of their original state is lost. The mass is well mixed with grease and served hot.

Grease plays an important part in all the "mean ship" dishes. Another standard item on the bill of fare of these ships is "topgallant tea." It is served to the men in the dog watches, and the recipe for making it is this: Three times a week weak tea, made from fresh tea leaves, is served. The leaves are saved and mixed with the tea leaves from the captain's table. Brown sugar or molasses is added, and from the mixture is made a decoction which is served four days in the week and which the sailors call "topgallant tea."

"Cow jipper" is a common dish on all "mean ships." It is made by boiling beef bones for six or seven hours with all the scraps left over from former meals. The broth so obtained is well seasoned with salt and served out. Another dish is "jumping jenny," sometimes called "double belt pie," from the fact that the sailor has to take in a couple of holes in his belt after eating it in order to stay him until the next meal. It is the result of a week's leavings from the cabin table mixed with six or eight ship's biscuits and half an onion. It is not at all a nice dish, and a sailor with epicurean tastes always makes a row when the cook serves it.

On some of the "western ocean" tramps a dish is served known to the sailors as "hide stew," and the toughest old salt that ever was drunk on shore or mutinous at sea is subdued by it to a state of lamblike docility, for it is sure to double him up with indigestion and make him think of the hereafter. It is made from a collection of the skins of everything—pigs, potatoes, fowl (from the captain's table), bacon rind and well picked chicken legs. This is boiled for six hours and plenty of thick grease added.

The captain of a "mean ship" always says, of course, "at his men are well fed and that they only growl and grumble because they are a bad, ungrateful lot of abandoned wretches. In proof of it he will tell you that he gives them plum duff twice a week. The duff he gives them is known to the sailors as "bowline duff." It is made from the scrapings of pudding cloths that once held the puddings consumed in port—when the captain gave his men real duff, so that they might not know that they had shipped on a "mean ship" and make a "pierhead jump" for liberty. These scrapings are made bulky with biscuit paste and flavored with cloves. "Bowline duff" is the least unpopular of all the dishes on the bill of fare of the "mean ship," and its actual cost is 2 cents for every three men.

Shaking Hands.

At a duel the combatants discharged their pistols without effect, whereupon one of the seconds interfered and proposed that the duelists should shake hands.

To this the other second objected as unnecessary.

"Their hands," said he, "have been shaking this half hour."

The Return Trip.

Passenger (on steamer en route to Europe)—The steerage appears to be empty. Don't emigrants ever return to the old country?

Captain—Oh, yes; but they always go back in the first cabin.

A small damsel of twelve who disliked boys wrote an essay upon them, in which she said, "If I had my way, half the boys in the world would be girls and the other half would be dolls."

Hate hurts the hater most. Don't pinch yourself and expect others to feel the hurt.

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A HEARTY LAUGH.

The Wonderful Effects It Has Upon
the Human System.

"Laugh and grow fat" is a saying as old as the hills. It has long been an accepted fact that humor is a promoter of digestion and merry words the deadliest foes of disease. Dr. J. E. Kennedy, editor of the *Iowa Health Bulletin*, writes an interesting article on the value of laughter, in which he shows it is not only a remedial agent, but is also a valuable preventive against a host of diseases. The physical effects of laughter are thus put down by Dr. Kennedy:

Laughter increases the blood circulation.

It enlarges the heart.

It expands the lungs.

It jiggers the diaphragm.

It promotes the dioculation of the spleen.

In other words, laughter stirs up the vital regions of the body, gives them healthful exercise and produces a mental exhilaration which acts upon the system much as a brisk walk in a crisp atmosphere does upon the appetite. As strong allies to laughter Dr. Kennedy gives the following directions for mental peace of mind:

Beware of theologians who have no sense of mirth. They are not altogether human.

Keep your chin up.

Don't take your troubles to bed with you. Hang them on a chair with your trousers or drop them in a glass of water with your teeth.

Dr. Kennedy has surely hit the nail on the head. If his prescription and advice are followed, his own bills will be decidedly cut down.

Something Like One.

"Did you notice how she jabbered away when she sat there between those two men?" "Goodness, yes! It made me think of a tongue sandwich."

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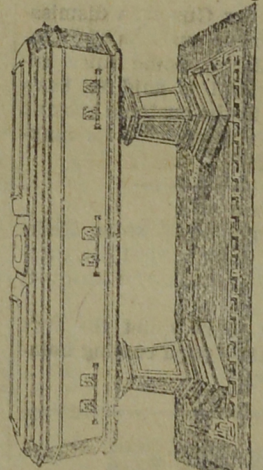
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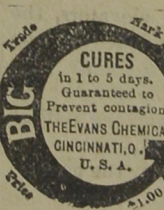
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