

# The Kitchen Cabinet

**T**O ENRICH the mind, and purify the heart, to keep the tongue still and the arm active, to eat slowly and sleep quietly, this is true philosophy.

### Outing Days.

This is the time of the year when we look forward to outings of all kinds. There is no normal individual who does not need an occasional break from the steady routine of life. To the busy housewife this is just as important as it is to the business man. To get back to nature and through her "Look up to nature's God is needful to give us a new hold on life and a larger outlook." We need occasionally to change our viewpoint and learn what a big thing an earnest purposeful life is. In the hurry and bustle of our daily life we are so much with people and become so a part of all that individuality suffers. Those truly great people who have done noble things in life have been much alone. The hurly burly of every day may be educative in certain ways, but never does much in the development of the individuality which counts.

So the getting away from all these distractions into the quiet, restful country even for a day will have its effect.

The people who live in the country where there are plenty of trees and grass, need to be especially thankful for there are tens of thousands of children in our land that do not know the feeling of grass under the feet, and are like the child who had her first sight of the country and couldn't realize that she might walk and sit on the grass; but petted it with her hands as if it were something alive. In our city parks in many cities now we see the children allowed to play on the grass, so they get a little of Mother Nature and know how to appreciate her.

To many people the idea of a picnic is a burden and the discomforts of a few bugs take away all their enjoyment. In preparing for a day's outing, a few sandwiches and a little fruit with a pair for making coffee or a bottle of lemon juice for lemonade are quite sufficient for a hearty meal, and the pleasure is not spoiled by being overtaxed before starting by elaborate preparation.

Save the paper boxes that crackers of all kinds come in, wrap the sandwiches in the waxed paper and they keep moist much better.

**D**YSPEPSIA is the stronghold of depravity. An abused and impaired stomach is but another name for the eclipse of faith.

"A piece of undigested meat in the stomach of a man, will cause more trouble than all the cattle on a thousand hills."

### Picnic Ideas.

Plan to have a little picnic every week during the warm weather, if you can't do any better, have it on the porch or in the back yard; it is a change and rest. Many people have a screened porch and use it for a dining room all through the summer weather.

Don't clutter the picnic basket with berry dishes as the wooden or paper plates are so light and cheap that one may throw them away after using. Paper napkins will save work and are just the thing for such occasions. Carry silver that is not so choice, that if a piece were lost the day would be spoiled of its full measure of enjoyment.

Sandwiches were especially invented for lunches, and nothing is more appropriate for the picnic. They may be made of white, graham, rye, brown or whole wheat bread. A sandwich which is not strictly speaking, a sandwich, for it has no filling, may be made of whole wheat bread in which a cupful of nut meats of walnuts has been added when mixing. Cut in slices and buttered, it makes a most tasty sandwich.

There are fillings of all kinds, chopped olives, grated cheese, seasoned with sweet red peppers, chopped, green peppers with mayonnaise, lettuce, cucumber, meats of all kinds, and then the sweet sandwiches which the children all cry for, made of grated maple sugar, honey, or simply brown sugar with a few chopped nuts, makes a very good filling. These are always buttered as are most sandwiches before putting on the filling.

### Russell Sandwiches.

Take an equal amount of cold boiled chicken and boiled tongue, the meat of a dozen olives and six hard cooked eggs; mix all together and chop them as fine as possible. When about the consistency of powder add mayonnaise to make a paste, and spread on buttered bread.

### French Terms Used in Cookery.

Au lait means with milk. Coffee au lait, coffee with milk.  
Au gratin means with crumbs. Dishes finished with buttered crumbs.  
Coffee noir, black coffee.  
A casserole. A covered baking dish of stone ware.

**H**E THAT holds fast to golden mean,  
And lives contentedly between  
The little and the great,  
Feels not the wants that pinch the poor,  
Nor plagues that haunt the rich man's door  
Embittering all his state."

### Fillings for Cakes.

The different combinations that are used for cake fillings are legion. Fruits, nuts and frostings, with cooked mixtures of many kinds give a sufficient variety to satisfy the ordinary taste.

One of the nicest of these fillings is made by adding chopped nuts and raisins to a boiled frosting. A few figs and bits of dates added to a boiled frosting makes a change which is very good.

An especially rich and delicious filling is made by cooking together one cupful of cream and a cupful of brown sugar, adding a cup of hickory nuts at the last, stirring until smooth. Spread between the layers of and cover the top with the filling.

A good filling, nice for a simple cake for children is the cooked cream filling made by adding a little flour and butter to a custard mixture of one egg and a cupful of milk, flavor as desired, but add more sugar than for an ordinary custard.

A delicious caramel icing for a cake is made with one and three-fourths cups of brown sugar, one-half cup of milk and a tablespoonful of butter, melt the butter and sugar, stirring constantly over hot water, then boil all together over a flame until a drop on a cold plate will not stick to the finger. Spread quickly before it hardens, adding the vanilla at the last.

When frosting seems too hard to add to a cake or gets rough before it is well covered, add a teaspoonful of hot water to it, stirring it in well.

Chocolate fillings are always popular for cakes, as most people are fond of chocolate. Make a filling of two cupfuls of sugar, one-half cup of milk, two ounces of chocolate and a tablespoonful of butter. Melt in a dish then stir constantly over the heat.

When cool enough to spread add a teaspoonful of vanilla. To test this try on a cool dish as for the caramel filling.

**A**GE is opportunity no less than youth itself, though in another dress.  
And as the evening twilight fades away  
The sky is filled with stars, invisible by day."

### Salads.

During the warm weather with so many crisp, green vegetables in our markets, salads form a large part of our food. Sliced cucumbers and tomatoes with lettuce and French dressing are always cooling and refreshing.

Salads contain salts of different kinds, whose properties are cooling to the blood and furnish it with necessary material.

Green onions, celery and lettuce are known to have medicinal value and should be often on our tables.

The fruit salads make delicious desserts and much more wholesome than the heavy desserts of rich pastry.

Pineapple and strawberries make a delicious combination, if served with sponge cake or cookies. No better dessert could be prepared.

Potato salad may make the main dish for a luncheon. To three or four cooked potatoes sliced, add one minced green onion, a cupful of celery, half a cup of almonds, blanched and shredded, a cucumber chopped. With a boiled dressing this makes a very fine salad. The nuts may be omitted if expense is to be an item, but they add greatly to the flavor and also food value.

Another sweet salad liked by many is fresh muskmelon cut in cubes with a little lemon juice and sugar added. Some like a grating of nutmeg over the melon, but too much flavor detracts from the delicate flavor of the melon. Lemon juice seems to have the power of intensifying the flavors of fruits if a little is used.

The apple, celery and nut salad with dressing never loses its popularity, served either in apple cups or on lettuce leaves.

*Nellie Maxwell.*

### Ham Sandwiches.

Chop cold boiled ham very fine, fat and lean together, and to every cupful allow one tablespoonful of melted butter, the yolks of two hard boiled eggs, one teaspoonful of lemon juice, one-quarter teaspoonful of dry mustard and one-quarter teaspoonful of paprika or white pepper. Pound all to a paste.

### Liver and Bacon.

A new way of preparing liver and bacon is to scald the liver, peel off all outside skin, place in a baking pan, lay strips of bacon over each slice, and bake in quite a hot oven. The bacon bastes the meat and it is sweet, tender, and juicy. And it also does away with spluttering the stove.



## Midsummer Hats

**J**UST for the heads of youth and loveliness, one of that small company of designers who make Paris the top o' the world (in millinery), has given to us these three things of beauty for the summer girl. They look so simple! And they are in reality only broad-brimmed leghorn and hemp shapes with plumes and ribbon, or flowers and ribbon, for garniture. But their simplicity is only seeming. It is the result of a deep study of lines by a gifted artist. It is like the simplicity of a perfectly plain and perfectly fitted, tailored coat, a thing difficult of achievement.

These broad brims, droop and lift, flowing about the face and head in lines that make us wonder and envy, not at their own sweet will, but by the careful calculation of the mind that planned them. They are, indeed, fitted to the face and head. They compel us to note how they silhouette an exquisite profile, or point to the fine line of the eyebrows, or play up the depth of the eyes or veil half the pretty face in mystery.

On the broad brimmed leghorn with black velvet facing, a mass of delicate tulle roses and a curious lily in black velvet are banded against the crown. The brim, drooping gradually at the left, is so wide that it throws the entire profile, including the beautiful throat, and the neck, into high relief. The girl who chooses this must possess a profile worth while, because it will stand out like a stone cameo, with such a hat for a background.

The hemp hat covered with oddly mounted uncurled ostrich plumes is of a sort to carry off the honors at

the Grand Prix, where millinery and horses triumph—mostly millinery. It would surely hold its own in any meeting of those who make dress a study and vie with one another in display. Happy the bride or bridesmaid who may indulge herself in its counterpart. It is a hat for high occasion. There are four long, but not heavy, plumes, more like a soft mass of snow than anything else in nature. There is almost no curl in the long fibers. Such a hat never was and never will be out of style.

The third hat is more distinctly of the season. It has a bell-like brim with irregular edge and a fairly tall crown. Four long plumes are mounted at the right under a bow that is more than large. They fall completely over the crown, to the left brim. One half the face is in shadow from the sharp droop of the brim. This hat is almost universally becoming.

All these hats are set on the head in the proper position. It will be noticed that the pose is dignified—not rakish. The crowns are posed as they should be, directly on top of the head. It is the modeling of the brims that gives each hat its individuality and makes each extraordinary. As studies in midsummer high art millinery they must interest everyone. Those who would like fac-similes of any one of these must consider whether their features are of the same class or not, and remember that the rest of the toilette must play up to the hat. Such millinery is immensely useful for it is brimming over with good suggestions, which we will do well to follow—some of them at a discreet distance. **JULIA BOTTOMLEY.**

### PRETTY FOULARD WAIST



This simple waist is of dotted foulard, white ground, with blue dots. It is trimmed on each side of the front with a band of embroidery in colors, bordered with rolls of liberty.

The full front is of white silk voile; the collar and sleeve ruffles are of lace.

### Take Good Care of Your Gloves.

Gloves are another item about which many do not concern themselves sufficiently. A soiled glove looks as badly as a soiled collar, yet no one would think of wearing the latter, whereas gloves that reek with dirt and germs are worn with the greatest disregard for appearances and hygiene. Fastidious women find the chamois glove a delightful substitute for the regular kid, as it can be washed when soiled, wears as well as any other, and is much more comfortable. Gloves, like stockings, should be mended the moment they begin to show wear; in fact, every garment requires constant inspection to keep it in condition and always ready for use. —The Delineator.

### SUMMER BEDROOM IN COLORS

Soft Shade of Green One of the Most Appropriate That Can Be Devised.

A beautiful green room of a summer cottage has been produced with green woodwork in one of the restful sage-green tints, the walls papered in a plain cartridge paper, with a frieze of stray vines, all in different shades of the same cool color. The wicker furniture is finished in a forest green stain and the carpet is covered with a green and white rug of fine, jointless matting. Sheer white mull curtains hang at the windows with straight-falling draperies of liberty silk of the same color over them. A white porcelain bedroom candlestick four feet high stands at the head of the bed. It is a straight column resting on a square block base, the fluted finish outlined in green. It holds a large green wax candle, at the side of which is a little holder for a box of matches. Other fittings of the room carry out the green and white scheme, and as the apartment faces the south, the effect has been to temper its high light and contribute a restfully subdued tone.

### Black Jewelry to the Fore.

Black jewelry is threatening a return to extensive vogue. Whenever any calamity abroad brings a prominent part of the populace into mourning black jewelry is sure to come around again. Persons who remember the death of the prince consort tell interesting tales of the extent to which the craze went at that time. Everybody wore black ornaments, and jet. Jet is already in high esteem with the powers that direct the wardrobe and has been for a year or more, but the manufacturers are getting ready for a still greater demand for it than they have seen for two generations at least.

### Salt For Freckles.

If you are troubled with freckles try putting a teaspoonful of salt in a basin of water and bathing the face with it. Do this occasionally and see how quickly they will fade.

# NATIONAL CAPITAL AFFAIRS

## Camels Are the Freight Cars of Bagdad



**WASHINGTON**—Some of the weekly consular and trade reports received in Washington from representatives of the United States in foreign lands tell of interesting things in other countries. Among those recently received was a report on the use of camels as freighters. According to this report nearly 90,000 camels are used in the vilayet of Bagdad as beasts of burden and with donkeys they form the only means of carrying goods to the inland points.

Camel caravans go in "strings," seven camels to the string, with two men in charge. For a camel 450 pounds is a good load, the neck being divided into halves. A burdened camel travels two miles an hour; on long trips across the desert 12 miles a day is an average march, though swift messengers, like the mounted dromedary posts from Bagdad to Mosul and Damascus, make forty, fifty and even more miles at a stretch.

Freight between Bagdad and inland points in Mesopotamia is commonly packed in pairs of bales, each bale

weighing about 225 pounds, for the convenience of camel drivers in loading. The rates charged for carrying freight across the desert vary with conditions, being lowest when camels are cheap, labor and pasture plentiful and freight offerings none too numerous. For a common burden camel \$30 is a fair price, though the trotters or swift messenger camels are worth more. A young camel can sometimes be had about Bagdad for as little as three or four dollars.

Besides its use for riding and carrying purposes the Mesopotamian Arabs depend on the camel for milk. Shoes are made from its tough, caloused hide and in times of famine its brittle, strong tasting flesh is eaten. Condensed milk, made by boiling fresh camel milk until evaporation leaves only a hard chalky substance, is prized among the desert nomads. By rubbing this substance between the hands it reduces to powder and when mixed with warm water it makes a refreshing drink highly esteemed among the desert folk.

Camel calves are weaned in their eleventh or twelfth month. When a camel caravan is on the march the very young camels are often tied upon the back of the mother animals, since they cannot endure the fatigue of a long march. Valuable dogs and Arab desert hounds, called "slugeys," also ride in the same way.

## "Don't Smoke," Moral in Monkeys' Death



**"CHICO,"** the cigarette-smoking orangoutang, which died on the United States cruiser Wilmington from the tobacco habit, is held by Yeoman Harvey L. Miller of the navy department to be the nearest "almost human" creature he has seen in his wide travels in the navy.

"Chico" was four months old, and stood two feet nine in his bare feet, as all true soldiers are measured, when he came into the navy. He was purchased by Yeoman Miller at Tamatave, Madagascar, for two francs. The small animal looked and acted intelligent from the beginning, and soon had captivated the sailors and men-of-war's-men by his funny antics.

"Chico's" end was due to tobacco. One of the greatest pleasures of the sailors is to smoke, and it is said, the ones that do not are either saving up to buy a library or else it is a case of "my wife won't let me." Chico soon formed the habit of smuggling up against Yeoman Miller when he was reading or smoking. The monkey

would move right into the clouds of smoke and would sniff with evident relish.

One day Yeoman Miller was writing a letter and had just lighted his pipe. The bugle called "collision quarters," and he dropped his pipe and started to the station on the run. Miller, returning to his "ditty box," which had been doing duty as a writing desk, was surprised to find the pipe almost empty. It was full when he went to quarters. He took a look about and saw all the men had their pipes. When he looked at the monkey it did not look at him in the eye as it usually did, but turned its head in a guilty manner. Yeoman Miller examined the pipe and found the marks of little sharp teeth on the reed stem.

Next day, after catching the monkey smoking his pipe again, Yeoman Miller decided that "Chico" had to have a pipe, and so he made him one from an ivory nut, with a reed stem.

Some of the young apprentices thought it was cute to see "Chico" smoke cigarettes, and they taught him the use of the "cotton nail." From then until his death he was rarely seen without one.

"Be careful, young man," said the recruiting officer, as he espied a new recruit concealing a "home-made" behind his chair, after hearing the tale of "Chico," "or you will meet the same fate as he."

## Youth Suffers From Too Much Credit



**A** YOUTH in Washington is carrying around in his inside pocket a piece of paper upon which this is inscribed:

"For taxicab hire, \$189.90."

The youth is the son of—well, of course the conventions prohibit the use of names—but he is the son of a man useful to the nation in these parts. The useful father has just about enough funds decently to keep up his end. The son perforce insists upon extending his allowance. He has to come to dad every so often, occasioning much heartache and worry to his parent.

The other night the son was caught in the rain. He had taken a young woman and her mother to the theater and they were hastening to a street car. The rain became a downpour.

"I'll call a cab," said the young man.

The cab took them home.

"Just charge it to me," said the careless youth.

"Identification card, sir," said the chauffeur.

"What's that?"

"Our company always issues identification cards to its patrons."

"Well, I haven't one. Come to the office tomorrow and I'll pay you."

The youth scraped together the necessary 70 cents before the chauffeur appeared next day.

"By the way," he said, after he had paid, "tell your people to send me one of those identification cards, will you?"

In due time the card came. Bills were to be rendered at the end of each month, according to the polite note which accompanied the card. Forthwith the street cars lost one who had been a regular patron. Hence, the piece of paper, with the "For taxicab hire, \$189.90."

It is more than likely that walking will be good for him for some time to come; and it is more than likely, too, that one of those who idly fish in the Potomac may drag up on his hook a certain card of identification.

## Laundry Day for Uncle Sam's Money



**UNCLE SAM** now has a wash day. It isn't a laundry for soiled clothing, but for good United States paper money. When some of the bills find their way back to the bureau of engraving and printing in Washington whence they came bright, crisp and new, a credit to the engraving art, they are really and truly in the "filthy lucre" class.

Now your wise old Uncle Samuel proposes to wash the bills and use them over again instead of destroying them as has been the custom.

Director J. D. Ralph is on the job watching with interest the renovator of dirty bills do its duty. The machine on trial is one invented by Frank B. Churchill and was submit-

ted by him, along with others of different makes, for trial. It is now being demonstrated in the bureau.

The machine now in use takes bills and spreads them on a screen. This screen is revolved rapidly through a solution of soap and water, which takes off the grime. The next disc takes them through a strong solution of a disinfectant, which removes the germs. A third disc removes the traces of the other two waters and sends the bill out onto a plate ready for the "plater." The "plater" is the same roller used to press new money. It is this machine that gives new money its crispness. After the washed-out bills are run through the "plater" they are comparatively new—the ink colors having been brought out again and the dirt removed.

It is Mr. Ralph's idea that the life of a banknote will be extended about sixty per cent by the new method. The machine which he wants will cost between \$800 and \$1,000. It will save from \$500,000 to \$1,000,000 annually.