

# The Kitchen Cabinet

**T**he thing that the world is asking: How far must he bend to break? How much can he give and not matter? How little how much can he take?

## COOKERY A FINE ART.

Cookery should be a fine art, but alas, in many kitchens it is thought of as drudgery, and put out of the way as soon as possible. The development and progress of cookery has gone hand in hand with civilization. The more enlightened and intelligent a people, the more attention they pay to cookery. It is an art as old as history and its evolution is as interesting a study as the evolution theory is to the scientist.

Did you ever think that more people are spending all or part of their time cooking than in any other occupation? The importance of food selection and preparation is the most important single factor on which rests the health, happiness and prosperity of mankind.

Cookery like all other arts, has its laws of proportion, or right values, its laws of harmony and contrast.

Cookery appeals to the sense of taste as music appeals to the hearing and as "Suns and skies and clouds of June" appeal to the sight.

An educated sense of taste is as highly gratifying as the indulgence of any of the senses and as necessary for good digestion and physical as well as mental well being.

The simple and fundamental study of cookery should be the aim of every young woman. She should know when she has given her family a well-balanced meal, how to feed the sick, the aged as well as the infants. She should know that climate, age, sex and health should enter into the arrangements for the menus.

To serve a meal that is attractive to the eye, satisfying to the taste and sufficiently nourishing to the body, food that is digestible and the cost of which is kept within reasonable limits, is an accomplishment that any young woman may be proud of attaining.

Such accomplishment comes only by hard work, study and application, but it is worth the price many times over.

**A**N IDLE soul dreamed half the day  
To see his Alpine heights away;  
All the broad views of earth, too him,  
Were mental of a loitering will.

**A** little window comfort brought  
To one by toil and trial taught;  
And in the sunlight shining through  
He saw the good that he could do.

—F. W. Hutt.

## OCTOBER BREAKFASTS.

The spicy mornings of the autumn makes one feel like eating a hearty breakfast. We will have the luscious grape for some time yet and pears and apples are in their prime.

In many homes cereals, that is, the cooked ones, are never served at all, because of the difficulty of getting them cooked properly. The inscription on the box generally reads, "Cook twenty minutes." This should be multiplied by eight to have a digestible and well-cooked food.

For those who possess a fireless cooker, the problem is solved, for the cereal may boil twenty minutes, then put it into the cooker and leave overnight. Reheat, and it is ready for the most delicate stomach.

For those who have no cooker, either home-made or manufactured, it is the custom to set the cereal cooking in a double boiler and allow it to cook all during the dinner hour. Then cover closely and set away to be reheated in the morning. Well-cooked cereal with good rich milk makes a sufficient meal for the growing child and will have sufficient staying power to keep the little ones from getting hungry before noon.

A bit of bacon is always appetizing for a cool morning breakfast, and with an egg and a piece of well-toasted bread or a muffin or two, grown-ups will be able to worry along until dinner time at noon.

Cocoa is a good drink for children occasionally, but too much is bad for the digestion. A glass of warm milk is easier digested than cold and on a cool morning it is very satisfactory.

An occasional morning of griddle cakes is appreciated and waffles once in a while go well these cool days, but it is yet a little early to eat much of such food.

## Neighborly Inference.

Stranger (to Mrs. Rooney)—What beautiful children you have, ma'am.  
Mrs. Hogan (from the floor above)—That's that slab sellin', Mrs. Rooney?—Puck.

## Marksmanship.

"That was a wild pitch," said one of the boys.  
"Mebbe it was," replied the other, "but it was a good shot. It hit the umpire."

## Etymology.

"Why do they call these dentists' offices dental parlors?" asked Smith of his friend.  
"Why, parlor is the old-fashioned name for drawing-rooms."—Presbyterian Standard.

## Extra Heavy.

"Bikins was hit with a cup yesterday and may not recover."  
"I don't see how an accident like that could prove fatal."  
"It was the kind of cup that is used in a 'barnery.'"

**A**MORNING glory at my window satisfies me more than all the paraphrases of books.  
—Walt Whitman.

Wisdom is oftentimes nearer when we stoop than when we soar.  
—Wordsworth.

## SMALL CAKES.

These little cakes are always seasonable to serve with a cup of tea or cocoa or an ice. The housewife who has a supply of these cakes is prepared to serve a light repast on short notice.

**Lady Fingers**—Beat the yolks of six eggs until thick, add three-fourths of a cup of powdered sugar and continue beating. Add the grated rind of a lemon and the whites of the eggs stiffly beaten. Cut and fold in a cup of flour sifted with a half teaspoon of salt. Drop on a buttered sheet, using a tablespoon and spreading two lightly together to form a finger.

**Cream Puffs** or eclairs are not difficult to make and the fillings may be varied, giving a variety of cakes.

**Cream Puffs**—Melt a half cup of butter in a cup of boiling water. Let it boil, then add a cup of flour, all at once. Stir and cook until it leaves the sides of the pan. Take from the fire, cool and add three eggs, one at a time, beating hard after adding each egg. Drop by spoonfuls on a buttered sheet and bake thirty to forty minutes. Test them by lifting from the pan. If they seem light they are done. When cool split at the side and remove the soft doughy mixture before filling. Sweetened whipped cream is used for filling or a chocolate sauce and the top is then brushed with chocolate.

**Sand Tarts**—Cream a half cup of sugar and egg, two cups of flour, two teaspoons of baking powder, a fourth of a teaspoon of salt. Roll and cut with a doughnut cutter, sprinkle with sugar mixed with cinnamon and decorate with three halves of almonds, placed equal distances on the tart. Bake eight minutes.

**Crolets**—Beat three eggs and a half of brown sugar, a half teaspoonful of salt and three-fourths of a cup of flour, a few grains of cayenne and a cup and a half of pecan nuts. Fill small fluted patty pans half full and decorate with a pecan. Bake twelve to fifteen minutes.

**A** MODERATE excess of food is probably harmless if not actually beneficial. It is not safe to sail too near the wind in matters of diet.  
—Hutchinson.

## FOR THE FRUIT CELLAR.

**Corn Relish**—Before the sweet corn is gone do not fail to prepare corn relish. Cut the corn from two dozen ears, chop fine one head of cabbage, four large onions, four green peppers and add a quart of vinegar. Boil all together. Mix three cups of sugar, three-fourths of a cup of flour, half a cup of salt, a fourth of a cup of mustard and a teaspoon of tumeric. When well mixed add to the vinegar and vegetables and boil half an hour; add two teaspoonfuls of celery seed and put away for winter use in sealed glass jars.

Quinces come late in the season. Grate and cook with equal parts of sugar for a delicious concoction called quince honey. It may be served any time as a garnish for plain ice cream or for dainty pudding garnish.

Pears are so much more delicious canned in the following manner than in the way so many put them up for winter: Pare and prepare them in quarters or eighths. Put them with half their weight in sugar in a stone crock and let stand overnight. In the morning cook slowly on the back of the stove until perfectly done, then can as usual. Lemon may be added if desired, but the fruit is much better flavored than when canned quickly.

The thrifty housewife has been packing her eggs for winter use while they are cheap. Either water glass or lime water makes a good preparation to keep them.

Make a list of all fruit vegetables, preserves and relishes that are in the store room and cellar. Then a glance will tell you what to choose without losing the time to look over several dozen jars.

Have everything labeled, for no memory is good for several months, and it saves many disappointments in opening the wrong jar.

If one can make their sausage at home, keep it in corn husks and smoke it. You will find a delicious flavor never before experienced. Some do not care for the smoking, but dip it after being wrapped in the husks and well tied, into hot fat, which will seal it, and it may then be packed in layers in a box. Keep cool, and it will keep for several years.

**Nellie Maxwell.**  
Truth or Repose.  
God offers to every man his choice between truth and repose.—Ralph Waldo Emerson.

**The Methods.**  
"The financier I told you of is trying to float a loan among the fashionable set."  
"Ah! That is why he has been trying to get his wife and daughter in the swim."

**Way They Picture 'Em.**  
First Illustrator—Great Scott, man! You're painting that apple an awful size!  
Second Ditto—I know it. It's to be used in a nursery stock catalogue.—Judge.

## OLD INDIAN IS ALL ALONE

Ishi, the Wild Man Recently Captured. Has Voice Tricks to Snare Animals.

Washington, D. C.—Officials of the Indian bureau here are wondering what they shall do with the lone survivor of the Yana tribe of Indians, popularly known as the Nogi, who was captured near Oroville, Cal., recently. A report was received from Charles L. Davis, one of the agents of the bureau, in which he recommended that the lone Yana be cared for by some member of an allied tribe. This, it was said, probably would be the course adopted.

"After a year or two," said Mr. Davis, "he doubtless would be able



Ishi, the Wild Man.

to look after himself, become a member of the band and live as they do." This lone Yana, Mr. Davis believes, is the last of a group of four or five Indians who for years had lived in the virtually inaccessible haunts of canyons along the Feather river.

Several years ago a party of surveyors from this section, and in the attempt to find another hiding place all of them perished, save the old man taken a few days ago. "He is an expert," Mr. Davis says, "in imitating the calls of wild animals, showing he has preserved the wiles of the savage to allure the wild game to him."

The capture of this man is of the utmost importance to anthropologists, says Professor Kroeber of the University of California. "He represents a dialect that we supposed was extinct. He is more of an aborigine than any of the Indians we have been studying for the last ten years."

Ishi is so densely ignorant that he does not know what money is, for money has been of as much use to him as it was to Robinson Crusoe.

Ishi is not very strong; his muscles are not well developed, and when he grips the testing machine as hard as he can he makes a low creak. He talks in high keyed musical tones, which have something of the plaintiveness of a child. When he sits he squats on his ankles. He dips up his soup with three fingers, which he crooks, and uses only two fingers for thick soup.

## A PECULIAR NEW AEROPLANE

Its Unusual Shape is Expected to Obviate Present Difficulties—Inventor Claims Stability.

Paterson, N. J.—W. A. Gary, of Paterson, has built an aeroplane which looks as though it might easily "make a noise like a hoop and roll away." But it really can't. Moreover, Mr. Gary thinks it has solved the problem of stability, and that is the chief problem before the flying machine today.

Mr. Gary thinks his aeroplane has met the Wright patents and avoided any infringement of them, while all the other successful flying machines,



A Queer Aeroplane.

It is claimed, must pay the Wrights royalty.

The Wright and other flyers meet changed conditions, caused by gusts of wind on one side or the other, by warping the main planes of intermediate planes. If they didn't their machines would skid sideways into the first air pocket and be wrecked. Mr. Gary's machine presents a side riding at the bottom of the hoop in which his three planes are enclosed, brings the center of gravity of the machine so low that it can't tip over. It is now awaiting the building of a heavy motor to have its final trial.

## AGED LOVERS PART AT ALTAR

Kansas Couple Quarrel Over Property Within an Hour of Time for Wedding.

Lawrence, Kan.—Instead of wedding bells for James W. Faxon, sixty-nine, and Mrs. L. J. Speary, sixty-five years old, there is to be a suit for breach of promise. An hour before they were to be married the preacher was notified he was not wanted.

The couple fell out over a pre-nuptial contract. Each is well-to-do and their comfortable homes are on opposite sides of the street. Mrs. Speary went east when the wedding was declared off and her attorney has just filed suit for her and has asked an injunction restraining Faxon from disposing of his property. Mrs. Speary estimates the damages to her heart at \$10,000.

## DEMAND FOR HEAVY DRAFT HORSES STILL CONTINUES BIG

No Mechanical Contrivance or Motor Vehicle Has Yet Been Discovered to Replace This Magnificent Animal—Most Valuable Asset the Farmer Has Who Breeds Him Properly.



One of Clydesdale Geldings That Bring High Prices for Six-Horse Team.

(By CAPTAIN A. H. WADDELL.)  
Never in the history of this country, or any other, for that matter, has the heavy draught horse been in such demand or so valuable as he is today. Indeed, he is the most valuable asset the farmer has who breeds him right.

No mechanical contrivance or motor vehicle has been discovered that will fill the place of this magnificent, animate creature of flesh and blood, or will any contrivance of any kind be perfected for many a long day, that will accomplish what he can, and do the work as well and so thoroughly, as well as, as cheaply as he can.

Motor trucks have failed not only to cope with the heavy loads imposed upon the brewers dray for instance, and the hauling of lumber and heavy machinery, but have been unable to handle them in the narrow and congested thoroughfares of the great cities, where backing and twisting and turning is absolutely necessary. Besides the great service and imperative use of these mighty animals in the large towns and cities of the country where their demand and value is increasing day by day, they are a power that cannot possibly be done without in the agriculture districts where the farm produce requires great hauling power; and in those sections of the country which

have as yet not yielded to the plow they are a pre requisite that cannot be done without.

The farmer who purchases one or more of the biggest, best, and most suitable individuals of the western grade mares, and breeds them to one or other of the great imported stallions of the Clydesdale, Shire, Suffolk, Percheron or Belgian breeds, will, in three years from the time of foaling have a youngster that is worth from \$300 to \$400, or if more mares have been bred, pairs that are worth from \$500 to \$800, and which he would have no difficulty, whatever, in selling.

Being able to work his mares up to within a short time of their foaling, he is making good and certain money at both ends, for the young stock cost him comparatively little to keep, and if he has been careful in his selections and wise in his breeding, there is no telling what he might not produce in valuable heavy draught horses. Look for instance at the geldings that go to make the great six-horse teams of the country, the horses that constitute the teams of the great packers. These animals fetch great prices. The heavier, the stronger, the better boned, and more active they are, the better they are for such work, and the more money will they fetch in the market.

## MUCH PROFIT IN BASKET Willow

American Crown Rods are of Good Quality When Proper Care is Taken in Their Culture.

(By WILLIAM F. HUBBARD.)  
Willow growing gives an uncommonly high margin of profit. A large demand for willow is now supplied by import, and as American crown rods are of good quality when proper care is taken of their culture, there is no reason why the further development of the industry should not be possible.



Machine for Budding Willows.

If more American farmers can be convinced of its practicability. Of late years willow furniture has sprung into fashion, and to-day no minor industry is more prosperous than that devoted to its supply. The wages are good and the manufacturers demand a steady supply of superior willow.

This is now almost entirely received from France at a price which will give the entire trade to the American if he can equal the quality.

## FARM ANIMALS IN BIG DEMAND

Every Farmer Should Have Number of Horses Growing and Coming on for Use and Sale.

(By J. BAILEY BRUCE.)  
In spite of the electric car, the automobile and other motive power, horses have increased in price commensurate with other farm animals. Every farmer should have a number of young horses growing and coming on for home use and for sale.

A colt can be grown as easily and cheaply as a calf, and at the same time the mare which mothers it will work. The writer has a team of young mares of nearly the same size and age. During the past season one of them has raised a colt now worth at least \$75 while the other mare working by her side has raised none. The mare with the colt has done exactly the same work as the mare which has no colt and now at the

## QUEER CHINESE BUG

Tenodera Sinensis Has Appeared in This Country.

Curiosity From the Orient Said to Have Been Imported by Greenhouse Owners to Destroy Insects.

Philadelphia, Pa.—The Tenodera Sinensis or Chinese Mantis is in our midst nowadays and the insect experts at the Academy of Natural Sciences on Logan Square have been kept busy recently answering questions as to what the queer-looking insects are and where they come from.

Philadelphia is about the only American city that is the home of the Chinese Mantis. About 10 years ago a number of the insects were brought to this city from China on some plants that had been imported by the Meehan Nurseries, in Germantown. Gradually the mantis spread through Germantown, and are now rather abundant north of Market street. That they will in time spread throughout the city and suburbs, and, perhaps, in time throughout the country, seems probable.

The mantis, according to Dr. Henry Skinner, of the Academy of Natural Sciences, has no sting, but has a rather large mouth and will bite if annoyed. Several weeks ago a woman living in Germantown became terrified when one of the insects flew against her arm. She declared that the bug stung her and that her arm was badly swollen for several days.

Not a day has passed that several persons with the insects in bottles have not come to the Academy to have their pets examined. The mantis lives on smaller insects, such as flies, mosquitoes and gnats. According to Dr. Skinner, the bug is really valuable. The eggs of the mantis are laid in autumn and hatch in spring. About the last of August the mantis becomes full grown and lives until



The Chinese Mantis.

cold weather. In size the bugs range from two to six inches long. They are very peculiar in appearance and are sometimes called Praying Mantis, Soothsayers and the Prophet Bugs.

It is said the Chinese tell their fortunes from the actions of the insects. The name Praying Mantis comes from the fact that the insects hold their two front legs, which are very short, in a praying position, and often work them rapidly back and forth. The most peculiar parts of the bug are its eyes and long neck. The eyes are like miniature shoe buttons on the outside of the insect's head, and in proportion to its size are very large. The neck shoots out from the body and forms about one-third the length of the bug, ranging from one to two inches. The mantis can fly, has green wings, a brown glossy back and long feelers protruding from its head. All together it is not a friendly looking beast. Recently, it is said, the owners of greenhouses in this country have imported the insects to use in destroying insects in their greenhouses.

Where it Belonged.  
"Where are you going?"  
"To fetch some water, sorr."  
"What, in those disreputable trousers?"  
"No, sorr, in this 'ere pall."—London Opinion.

Glad to Get Rid of Her.  
"Did she get her divorce?"  
"Oh, yes, but she was terribly disappointed in a way. You know he didn't contest it."

## RUNS MULE BY ELECTRICITY

Owner Has Device to Hurry Beast When He Shows Symptoms of Hookworm.

Forrest City, Ark.—Friends of Superintendent Chlner of the city water and light plant are at a loss whether to class him as the meanest man in Arkansas or the most ingenious one. The water department has a Mission mule which possessed the reputation of being the laziest quadruped ever harnessed until Mr. Chlner rigged a patent starter on the wagon to be drawn by it. He put a small electric battery with a switch convenient to the driver's hand, and attached an insulated wire to the head-stall of the mule, thence to the ring on the bit, and then back to its tail.

Now when the gang is ready to start there is no cranking nor horse-whipping to be done. The device was resorted to after his muleship threatened to bankrupt the plant buying whips. Mr. Chlner has applied for patents.

Molasses Kills Many Fish.  
New Orleans.—Dead shrimp by the million and thousands of fish are floating on the surface of Lake Pontchartrain as a result of their feeding on molasses. The sweet diet found its way into the lake from the city sewers when 600,000 gallons flowed in the streets by the bursting of a storage tank. The molasses contained about 2 1/2 per cent of potash.

## Relieves Backache Instantly

Sloan's Liniment is a great remedy for backache. It penetrates and relieves the pain instantly—no rubbing necessary—just lay it on lightly.

**Here's Proof.**  
"I had my back hurt in the Boer War and in San Francisco two years ago I was hit by a street car in the same place. I tried all kinds of dope without success. Two weeks ago I saw your liniment in a drug store and got a little to try. The first application caused instant relief, and now except for a little stiffness, I am almost well."  
FLETCHER NORMAN, Waiter, Calif.

## SLOAN'S LINIMENT

is the best remedy for rheumatism, neuralgia, sore throat and sprains.

Miss E. Rm. of Brooklyn, N.Y., writes: "Sloan's Liniment is the best for rheumatism. I have used six bottles of it and it is grand."

Sold by all Dealers.  
Price, 25c, 50c., and \$1.00.



CURSORY, AS IT WERE.



The Owl—What do you think of Mr. Robin's new home?  
The Sparrow—it looks very nice, but I've only taken a bird's-eye view of it.

The Universal Franciscan.  
A small number of men sympathizers took part in the suffragist parade in New York city, among them several members of the faculty of Teachers' college. One of these professors had the honor of leading the male contingent and of carrying a banner.

"Did you notice," he asked a friend afterward, "what the inscription was on that banner they gave me to carry?"  
"No," replied his friend, "you carried it as if you were afraid some one would decipher it."  
"It read," chuckled the professor, "The men vote—why not we?"—Success Magazine.

Aerial Scout Work.  
As an example of what German military airmen are already able to do, the performance of Lieutenant Mackentun recently is cited. In a space of 35 minutes Lieutenant Mackentun, who was acting for the Red force, rose and flew along the enemy's front and was back on the ground at his headquarters ready to report. To obtain the same results would have taken a strong force of cavalry four hours.

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## FROM TEXAS

Some Coffee Facts From the Lone Star State.

From a beautiful farm down in Texas, where gushing springs unite to form babbling brooks that wind their sparkling way through flowery meads, comes a note of gratitude for delivery from the coffee habit.

"When my baby boy came to me five years ago, I began to drink Postum, having a feeling that it would be better for him and me than the old kind of drug-laden coffee. I was not disappointed in it, for it enabled me, a small, delicate woman, to nurse a bouncing, healthy baby 14 months.

"I have since continued the use of Postum for I have grown fond of it, and have discovered to my joy that it has entirely relieved me of a bilious habit which used to prostrate me two or three times a year, causing much discomfort to my family and suffering to myself.

"My brother-in-law was cured of chronic constipation by leaving off coffee and using Postum. He has become even more fond of it than he was of the old coffee.

"In fact, the entire family, from the latest arrival (a 2-year-old who always calls for his 'pottie' first thing in the morning), up to the head of the house, think there is no drink so good or so wholesome as Postum." Name given by Postum Co., Battle Creek, Mich.