

Good Things for the Table---Offerings of the Market---Household Hints

How to Make the Kitchen Cabinet Spell Efficiency

"I simply couldn't keep house without my kitchen cabinet," incidentally remarked an efficiency expert to a group of young housekeepers who she was leading along the path of simplified housework. Her hearers listened eagerly. All were housekeepers with small means and, for the most part, with high ideals; and they had come together to learn something of this magical word "efficiency" of which they had heard so much. A few came to scout at the new method that aims to make a kitchen of the home. All remained to realize the pleasure that turn housework into a pleasure.

To the truly domestic woman there is something really fine in the homely tasks that are the wheels of the domestic machinery—tasks upon the smooth performance of which the whole organization of the home depends. Housework can frequently degenerate into a joyless round of tiresome duties in which the love of honest toil is forgotten. The efficiency expert is trying to make housework a joy to every woman who does her own work.

She urges women to equip their kitchen as scientifically as a laboratory and as conveniently as the most practical of workshops. She also asks that the kitchen be as pretty as ingenuity can invent and circumstances permit.

Three-fourths of all housework is done in the kitchen, therefore it behooves the servient housewife to see to it that her kitchen is everything the most ingenious mind can devise. To do this does not require the expenditure of a large sum of money, but the exercise of common sense. How to minimize time and strength by having the kitchen furniture placed in a convenient relation to the work, and the kitchen utensils hung where they are most needed, is the important thing.

The woman who does her own housework should invest in certain labor-saving devices, of which the kitchen cabinet is a good example. This very practical article is not new, but its value has recently been emphasized, owing to the complications of modern life. With the overcrowding of the suburbs, and the multiplying of social and club duties of women in the small towns, there is greater use than ever before for housekeepers to concentrate their efforts on simplifying housework. A big roll-top desk is the business man, the kitchen cabinet is to the servient housekeeper. A large part of culinary operations can be performed before it. So valuable is the cabinet considered by women who know its uses, the sobriquet of "automatic servant" has been bestowed upon it. In a small or undersized kitchen it plays an important role, since one-half of kitchen labor goes to the preparing of meals. It occupies a small area of not more than 60x50 inches, yet with its convenient divisions of space for dry ingredients as well as the necessary utensils close at hand, the modest kitchen cabinet is a joy and delight to the housekeeper who is learning to economize her time. It is a marvelous step-saver and lightener of labor.

The variety of kitchen cabinets on the market is fairly large, and the housewife must use discrimination in selecting the cabinet that will meet her own needs. There is wide range in prices. A cabinet may be purchased for \$15, but it is not economy to buy one as cheap as this. There are cabinets which are sold for \$115, but only those of unlimited means can afford them. A cabinet of good workmanship with sufficient room for the necessary paraphernalia will cost at least \$30. Such a cabinet will contain a sliding table top of zinc—a metal said to resist indentation better than other materials—bread board, flour bin, coffee jar, set of six metal-topped glass spice and cereal jars, and a measuring cup. Besides three shelves below, it has a partition drawer for cutlery, and bread and cake drawers with sliding covers. In addition, there is a wire shelf in the utensil cupboard, sliding bottom in the base, a rack for tin covers, and a card file for recipes. To the same model is added combinations of several interesting features. One of them includes a front door that drops down tambour-fashion and a sliding curtain over the flour bin that may be pushed up out of sight; another has a sliding curtain across the front which drops down when a small metal handle at the top is turned. The cost of these cabinets is \$31 and \$25.50, respectively.

In order to meet a certain demand, a cabinet has been put on the market for \$15 that is as roomy as others costing twice that sum. It has practically the same conveniences, too; but it is inferior in material and workmanship. The metal of the sliding table top indents easily, the drawers do not operate smoothly, the wood is coarse-grained and the varnish thin.

In a colonial house, where all the woodwork is white, there is a white enameled steel kitchen cabinet that will harmonize beautifully with the interior finish. The attraction of this kind of

kitchen furniture is so apparent that it never fails to make an instant appeal to housewives, whether they be domestically inclined or not.

It is pretty and sanitary, but the difference in price over those of oak, amounting to something like \$30, is usually sufficient to deter the thrifty and economical housewife from gratifying her wishes. For those who feel that they can afford it, there are two interesting enameled cabinets. The smaller, measuring thirty-one inches wide by sixty-three inches high, is \$25; and the larger, the same width, but thirty-five inches in height, is \$35. These sumptuous cabinets have the additional attraction of glass knobs, brass hinges, a glass rolling-pin and a nickeloid sliding top, besides the usual interior equipment.

For the woman in a small city home, but with comfortable income, there is a luxurious kitchenette combination that could easily take the place of a kitchen pantry. It is constructed on the unit system, and each section is removable. Padded noiseless doors, friction door catches, softly sliding working top of opal glass, a tilting flour bin holding one-quarter of a barrel of flour, are among the other attractive features. The price of this luxury is \$115.

Taken all in all, there is a sufficient variety of kitchen cabinets on the market to meet the demands of every class of housekeepers. A time-worn theory is that it is poor policy to buy a cheap article, whatever it may be. This rule holds good in the selection of a kitchen cabinet. Avoiding extremes, one can buy a well constructed, practical article for from \$30 to \$35. Such a cabinet looks well, has the necessary equipment and will last a long time.

The young housekeeper equipped with one of these cabinets may feel that she is well started on the road to efficiency. —Mothers' Magazine.

Fish and Lenten Dishes

Many people would be in better health were they to have a more varied diet with less meat included therein. Fish, with the exception of salmon, mackerel and eels, is more easily digested than meat, is just as nourishing as lean meat, and, if eaten with bread and potatoes, will supply all the nutriment required by the body.

Fish is cheaper than the majority of cuts of meat. Cod, on account of its cheapness and abundance, forms, from an economic standpoint, one of the most important fish foods. Haddock resembles cod more closely than any other fish and is in season throughout the year.

Owing to the difficulty in procuring fresh fish in the inland states, canned fish flakes will be found a very convenient substitute. These are on the market in a cod and haddock combination which is very palatable and nutritious. This is much better than the ordinary salt fish, inasmuch as it is cooked, requires no soaking and can be made ready for the table in a few minutes.

Fish Flakes Chowder—Two cupfuls potatoes, cut in thin slices; one small onion, cut in slices; one small slice salt pork; one cupful boiling water; two cups canned fish flakes; one pint milk; two tablespoonfuls flour; salt; two tablespoonfuls butter; pepper.

Boil the potatoes five minutes; drain and rinse in cold water. Meanwhile cook the onion in fat, tried out of the salt pork; add boiling water and let simmer ten minutes; drain this water upon the potatoes, pressing out all liquid possible, and let the potatoes cook till tender. Add canned fish flakes and milk thickened with flour cooked in butter. Add salt and pepper as needed.

Stuffed baked whitefish: Wash and clean as fresh fish, leaving on the

RARE CHINESE VASE HELD AT \$50,000—It may seem a ridiculous price, but when that particular piece of bric-a-brac is the big brother of a seven-inch specimen for which J. P. Morgan paid \$28,000, it must be admitted that the price is likely to be realized. An idea of the size may be obtained by comparing it with little Miss Ah Oy Chau.



\$50,000 VASE AND MISS AH OY CHAU. © INTL. FILM SERVICE.

head. Cut open and remove entrails. To bone the fish, begin at the neck, on the inner side of the fish, and cut with a sharp knife the bones on one side close to the backbone, so the fish will lie flat on the board. Scrape the flesh from the bone with back of knife, removing in one piece the backbone and bones attached to one side. Remove bones from other side with knife and pick out remaining small bones. Take care not to break the outer skin. Stuff the fish and sew up the opening. Score on each side, and in the spaces place very thin slices of salt pork. Dredge with flour and bake on a greased fish sheet. If this is not convenient, two strips of muslin placed under the fish will answer the purpose. This will enable you to lift the fish unbroken from the pan. Bake in a moderate oven and baste occasionally with a little stock. When thoroughly cooked, place on a platter, remove the strings with which it was sewed, and garnish with parsley and sliced lemon. Tomato

sauce may be served with the fish if desired. **Stuffing for baked fish:** One tablespoonful chopped onions, one and a half cupfuls stale bread, one tablespoonful chopped parsley, one tablespoonful chopped suet, one tablespoonful chopped celery, one-quarter teaspoonful salt, one-quarter teaspoonful pepper, dash powdered thyme, one egg, one tablespoonful butter. Fry onion in butter. Add

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Household Hints

Installation of a vacuum cleaner is essential.

These are but a few of the essential hints of ideal housekeeping. They may require money at first, but they are truly economical in the end.

Every woman ought to know at least the fundamental principles of health and economy in the home. That the cellar and walls of a house should be dry, easily aired, with windows going high toward the ceiling and opening without difficulty at the top, for bad air is better air and rises as does steam, that is why ventilation should be made at the top of a room.

The arrangement of the kitchen, pantry and workrooms of the house should be so arranged as to require the fewest steps for the work to be done, and the serving rooms and dishwashing conveniences should be out of view of persons in the dining room. The kitchen sink should come out from the wall, with a swinging seat to come from beneath it, and no unget-atable places and spaces should be around it. The bath tub, too, should be removed, away from the wall.

In the care of the house, bed room floors should be wiped, not swept, and the stairs should likewise be wiped and not swept—this, of course, refers to polished, stained, painted or hardwood floors. Sweeping is not efficient in cleaning them, except on heavy dust falls, as well as light carpets. Dampened or dustless dusters should be always used. The crockery of the bedroom should be washed in hot soap-suds. Rinsing the jars is not enough. Have plenty of hot water, with the simplest but best plumbing. Lights and fixtures should be in good condition.

bread which has been soaked in hot water and then pressed dry. Add parsley, suet, celery and seasonings. When well mixed, remove from the fire and add the egg.

Fish flakes with bacon: Two cupfuls potatoes cut in pieces, two cupfuls canned fish flakes, one-quarter teaspoonful pepper, one egg, bacon. Boil potatoes in salted water until tender; drain and wash. Add canned fish flakes, pepper and bacon egg. Take up by the rounding table-spoonful, shape slightly and fry in deep fat to a delicate amber color. Roll slices of bacon into cylindrical shapes and run a toothpick through each to hold it in shape. Fry in deep fat until crisp and well cooked. Serve a roll of bacon with each fish ball.—Josephine Bessems in Mothers' Magazine.

Know How to Buy

Know a bargain when you see it and do not be dependent upon a salesman's word, is the advice which Miss M. Jane Newcomb, extension assistant in home economics at the Pennsylvania State School of Agriculture, offers to women as a means to more intelligent buying of clothing material.

"The high cost of living," says Miss Newcomb, "confronts the housewife not only in the buying of food but also in the purchase of clothing."

"In the first place, one should be able to recognize the quality of fibre used in the manufacture of different fabrics. A knowledge of weaves, qualities of dyes, adulterations and hygienic properties of textiles is also essential. The relation of

price to quality and appropriateness for use are other vital points which the housewife should be familiar with in buying dress goods. Armed with such knowledge, women will be able not only to demand the right material, but to know when the demands were met.

SEVEN MOVIE SHOW MEN GET SUSPENDED SENTENCES

Albert Olsen, L. E. Elder, A. Arnsen, A. R. Pranes, S. H. Goldberg, C. A. Vail and Steve Aches were arraigned in police court and fined \$25 and costs each, with suspended sentences, for allowing children under 12 years of age to patronize their motion picture establishments. All of the men asserted that they have observed the order to the letter since it was upheld in court.

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