

The KITCHEN CABINET

BUT human bodies are also fools. For at their colleges and schools, that when one real life perplex them. They make know themselves to vex them. —Robert Burns.

A VARIETY OF PUDDING SAUCES.

In the making of pudding sauces, our cooks are as apt to get into ruts and serve the same sauce day after day, as in serving other dishes. A new sauce will change the character of a pudding and make it seem like an entirely new dish.

Cocunut Sauce.—To the milk of a cocunut add a cupful of sugar, a half cup of grated cocunut, two table-spoonfuls of butter, cooked together with a table-spoonful of flour. Mix all the ingredients together and serve hot.

The juices left from canned fruits are most delicious made into sauces, by adding a little cornstarch for thickening and a bit of butter for richness.

Duchess Sauce.—Boil two ounces of grated chocolate in one cupful of milk for five minutes, add the yolks of two eggs well beaten with half a cup of sugar and a quarter of a cup of cream; strain and return to the fire. Stir until thick as honey, then take from the fire and add a teaspoonful of vanilla.

Maple Sugar Sauce.—Put into a double boiler a cup and a half of grated maple sugar, four table-spoonfuls of butter, beat to a cream. Then add four table-spoonfuls of sweet cream and the juice of a lemon, set into boiling water until melted to a thick creamy froth.

Peach Sauce.—To a cupful of peach juice saved from canned peaches add an equal amount of water, sugar to taste and a quarter of a cup of raisins. Boil together ten minutes and just before serving add a few drops of almond extract. A little cornstarch may be added if liked with thickening and cooked well to remove the raw starch taste.

A nice hard sauce may be made by using a half cup each of butter and sugar, well creamed, and the yolks of two eggs added, with flavoring, and set on ice to become firm.

NOT all on books their criticisms waste. The genius of a dish some justly taste And eat their way to fame.

LET THE SUNSHINE IN.

"Clear the darkened windows, open wide the door, let the blessed sunshine in."

Did you ever notice a plant that had grown in a dark place? Was it beautiful, green and thrifty? New things that grow without sunshine are perfect or beautiful, and children as well as grown-ups need the purifying, life-giving and healing power of the sunlight.

The home that has the drawn curtains that exclude the light will be the home where nervousness, ill temper and general ill health are found. The sunlight is the best germicide known, and it should flood our homes. Keep the windows open in the day for the sun and at night for the pure sweet air. During the hot weather a house well aired in the morning and then closed through the heat of the day, will always be cool and comfortable.

Helpful Hints.

If you have occasion to use a very large roast, perhaps you don't know that it is a good idea to roast it rather rare the first day, then cut off what is wanted and roast it again.

When cooking bass, try this method—one used by a well-known chef: Thoroughly scrape and dry the fish, fill with several slices of bacon that have been dripped in chopped onion and parsley, then seasoned with pepper and salt. Wind the fish with a string, and fry or broil for 30 minutes. Serve with melted butter and lemon.

To keep greens fresh, wash and drain them and place in a large jar or kettle, which may be covered tightly, and if kept in a cool place until needed, the greens will keep crisp and fresh for several days.

Use white embroidery cotton to make buttonholes in thin white goods. They are much easier made, and wear as well as when thread is used.

White cotton crepe waists may be washed and dried over a clothes hanger and a fresh waist is always ready with no ironing.

LEXQUISITE music and beautiful flowers. Are the chief charms of these dinners of ours.

A PROGRESSIVE DINNER PARTY.

Here is an idea which is not new, but which has been tried most successfully by many hostesses. This arrangement relieves the hostess of the strain of entertaining to a great extent, and does away with the usual stiffness which is the particular horror of one entertaining.

Have several small tables; each may have a distinctly different decoration. At one small table the hostess sits, and she selects one of her friends to preside at each of the other tables. To these falls the duty to promote the enjoyment of the guests.

As the groups change, between each course, a delightful feeling of sociability follows each change.

Beside being an easier way of entertaining one's friends, the smaller tables lend themselves to decoration and make a prettier general effect than one long one.

The colors may be arranged in harmony, as a white, pink and green table, with flowers in keeping with the color.

RECIPES WORTH TRYING.

When an emergency soup is wanted, take a table-spoonful of peanut butter worked to a paste with milk. Scald a cup and a half of milk with a slice of onion. Melt a table-spoonful of butter, add two table-spoonfuls of flour. Pour the scalded milk slowly on this, and when smooth season with salt and pepper to taste. When serving pea soup, garnish with a table-spoonful of finely-chopped mint.

Breakfast Dish.—Toast six slices of bread in a slow oven until a golden brown. Butter and dip into a little hot cream or milk, just long enough to moisten. Peel half a dozen bananas and put them through a ricer. Place a generous table-spoonful on each slice. This makes a nice luncheon dish also.

Rhubarb Sponge.—Line a mold with pieces of sponge cake; pour over stewed rhubarb, then put another layer of cake. Put a plate with a weight on top, and after a few hours turn out on a plate and serve with custard.

CAKE is acceptable at every kind of luncheon. Cakes were invented for that meal, for five o'clock tea, weddings and for school boys only.

DIET FOR CONSUMPTION.

Doctor Osler, the great medical authority says: "The cure for consumption or tuberculosis is a question of nutrition; make a person grow fat and the local disease may be left to take care of itself."

To force the body to take on fat is the great problem, then, as the weight is increased the strength and vitality is also increased.

A method tried and proven more than satisfactory is that of drinking the last milk or strippings from the cow. Of course, choice of a cow is most important; one that gives milk rich in cream and wholly free from tuberculosis taint.

The method of taking the milk is simple, but must be carefully followed in order to reap the reward. The last quart is milked into a dish which is surrounded by hot water in order to insure the milk from cooling. The froth is blown back and the milk drunk without straining, as that will cool it too much.

At first it is not easy to drink a quart, but after a week or two it is easily done, and patients after a short treatment gain nearly a pound a day. This milk taken warm into the empty stomach is absorbed in a very short time. The patient will then take the regular meals in addition to the milk, those foods which agree.

Such treatment may be taken at home. The price of a good cow is not to be mentioned with expensive trips to sanitariums or a change of climate.

Those who object to milk will take it as a medicine, and later grow fond of it. The prescribed treatment is a quart night and morning.

It is easy on a farm to take this treatment; but many have tried it and found it most satisfactory even in a city.

This same diet is equally efficacious in increasing the weight and strength when debilitated from other causes.

It is well to remember that milk is not a beverage, but a food, and should be taken in sips, a little at a time, to avoid making hard indigestible curds in the stomach.

Nellie Maxwell.

Too Few Elopements in England.

"What we want in England is more elopements. If people would only get married they would, in nine cases out of ten, live happily ever after, whereas if they wait they end in parting."

This unusual point of view is taken by Mrs. York-Miller, the Anglo-American authoress.

She was discussing a recently decided case in which a girl sued a man for breach of promise after being engaged to him for six years. Nearly all that time they were happy and then came a breaking off of the engagement, with subsequent damages against the defendant.

"They should elope and get married," she said, "it is the way to be happy. And people should not have long engagements. The time of the engagement is a trying period that wears out the patience and results in boredom and separation. Yet, probably, had they married their union would have been happy."—London Mirror.

For Vacation Time



NOW that vacation time approaches the heart begins to long for a little journey and the mind busies itself with preparing the way. Traveling in America ought to be a pleasure, and is, to those who know how to make the most of all our modern traveling conveniences, writes Julia Bottomley in the Illustrated Milliner.

What with parlor cars, dining cars and sleeping cars, good ventilation, dust-shielded windows, comfortable chairs and competent service, a journey is a recreation and rest. People no longer burden themselves with a lot of luggage, but think out how they may get along with as little as possible. This is especially true if the trip is to be a long one and sight-seeing its object.

The first thing that engages the mind of the feminine traveler is, of course, the matter of her traveling costume and this article will concern itself with something of that.

Although we can't garb ourselves like Miss Phoebe Snow, "all clad in white, etc." we can count upon a little dust on our journey as on the average shopping excursion. Our millinery is thoroughly protected, because paper bags are provided by the porter and hats consigned to the rack from start to finish of the average trip. No dust can reach them.

For traveling, a plain, well-tailored cloth gown of serge, mohair, covert cloth, fancy suiting or other hard-

finished fabric, is the proper garb. It cannot be too plainly made and must be well tailored—that is it must have good lining and interlining and be correctly fitted and finished. Such a gown cannot be outclassed. The fabric should be shrunk before it is made up and it is obviously better to select a waterproofed material than any other when buying. If circumstances compel you to economize on your outfit, remember that it is economy to buy good material for your tailored dress and to have it made right.

It goes without saying that the hat should be pretty because all millinery should be that. It should be large enough to shade the eyes and small enough to keep out of other people's way. It need not be severely plain, and may even indulge in the charm of flowers for a moderate amount of traveling. It must have style. Three fine examples are given here of street hats suited to this purpose.

Street shoes and gloves made for service and well fitted are in keeping with gown and hat. Tan is the best color and one may wear a veil to match and carry a bag of the same useful and bright color.

The shirtwaist or blouse may be either of silk or a wash material. A light-weight silk is most economical for long journeys. Fresh jabots and stock collars make it possible to look immaculate at the end of the journey.

SIMPLE LITTLE WAIST.



This simple waist is of light blue armure silk, trimmed with bands of white silk set on with fagoting and ornamented with little gold buttons and loops of cord.

The collar and cuffs are of embroidered linen finished with little ruffles of the same.

Millinery Help.

To rejuvenate last year's violets, shake all the dust out of the discarded bunches which adorned last year's hats, and even the most forlorn and faded will respond to the magic touch of the paint brush. Separate them and apply a touch of water color to each petal. The result is highly satisfactory. When dry mass them together with several green leaves, which also have been "touched up," tie with a strand of tulle or a cord of purple silk and the violets are as good as new.

Old Night Gowns for Dress Covers.

I have for a long time used old muslin night gowns as covers for my best dresses when they hang in the closet. They are easier to get off and on than bags, and cover the gown quite as well. Hang the dress first on a coat or skirt hanger, then cover it with the night gown, buttoning the latter to keep it from falling. —Chicago Inter Ocean.

TO WEAR ON TAILORED HAT

Quill Trimming, Arranged Artistically, is Sure to Find Favor With Smart Drovers.

Coming back into prominence and feminine again after an absence of several seasons, is the quill or feather trimming. It is very stunning when properly used on tailored chapeaux and gives its wearer a very trim and jaunty appearance.

One stunning model noted recently was of rough black straw, with the fashionable high crown and the equally fashionable rolling brim. It was quite plain and bare of any adornment, save two great quills which slanted upright, starting from the back. These were of the new coral shade, changing from a vivid coral in the center to deeper, almost black hue on the edge. And they gave just the note of color and air of jauntness which the hat needed to make it distinctly chic.

Use Men's Shirt Sets.

Girls are turning to account the smart shirt buttons in colored enamels that come for men's shirts. They are usually six sold to a set. These buttons have a link to thrust through the eyelet and are held by a patent fastener. When a girl uses them she works eyelets instead of button-holes in front of her waist and in the cuffs. Sometimes the buttons are all used at the back.

Some have colored enamel centers with a rim of striped two-toned gold; others of solid enamel in delicate tones with a design of gold; again there are centers of barred enamel with a plain rim in a deeper tone or of a deep ecru enamel with a colored rim.

The Mannish Blouse.

The mannish blouse is not to be dispensed with in the wardrobe of the well-dressed girl. It is well to have some of silk, and remember that it is economy in the end to get a good quality. Get a china silk that is really good and it will outlast three shirts in an inferior quality. There is an excellent variety that comes at \$1.25 in a thirty-six-inch width. It is light and cool and yet of enough substance not to be transparent.

STORIES OF CAMP AND WAR

CARTER IS A FIGHTING MAN

As Boy in Civil War, Army Commander Won Recognition for Carrying Message Under Fire.

The official army record of Maj. Gen. William H. Carter, who was picked by President Taft to command the army division assembled at Fort Sam Houston, Tex., gives him the unique distinction among the major generals of the army of never having served as a volunteer. That record does General Carter an injustice, however, for before he was thirteen years old he joined the Army of the Cumberland as a volunteer and won recognition for gallantry in action by carrying a message across the front of the line of fire. The recognition for that hazardous undertaking came to him in 1865, when he was old enough to take it, in the form of an appointment to West Point. But because he was only a schoolboy and not enlisted in the army, General Carter is denied official record of his service in the Civil war.

General Carter was born in Tennessee and lived there until he joined the army. When the opportunity came to see a little of war, young Carter slipped out of school one day and marched off with the Army of the Cumberland. He was too young for a soldier, but he did the best he could by carrying messages for the officers and grabbing a musket whenever he could and peppering away at the Confederates.

The taste of fighting that he had there gave him a desire to follow a military life and when his gallantry in action was brought to the notice of the war department he immediately was offered an appointment to West Point. He was graduated in 1873, served for a time in the Eighth infantry and then transferred to the



Not a Member Was Hit.

cavalry, which was more to his liking. He joined the Sixth, which was then stationed in Arizona. There he had plenty of opportunity to show that fearlessness which had won him a commission, and that he was fully equal to the occasion is attested by the fact that he wears a medal of honor bestowed by congress for a heroic exploit in the Apache campaign, where Gen. Leonard Wood, then a young army surgeon, won similar recognition.

In a fight on Cibola creek the soldiers, leaving several badly wounded men on the ground behind them, had been driven along to a place of shelter by the Apaches. No sooner were the troops safely lodged than volunteers were called to bring in the wounded men. Lieutenant Carter was one of those who volunteered, and in the face of a galling fire from the Indians, who were protected behind the rocks on the hillside, he went forth with two companions, and one by one brought in the wounded.

Not long after the Cibola creek fight the White Mountain Apaches, who were supposedly friendly, left the reservation and took to the warpath. Fort Apache, an isolated post, was cut off by the Indians, and for a week the members of the garrison, of whom Carter was one, fought heroically to hold off the swarming foe.

Death was the least thing feared. There were women in the garrison, and this leaves nothing to be said in further explanation of the horrors that would follow capture. During the siege Lieutenant Carter bore his share of the vigil and the fighting. For a week the command managed to hold off the Apaches, and then aid came and the troops were relieved.

The arduous service which Captain Carter had gone through in the field brought him a staff appointment in 1897, when he was appointed major and assistant adjutant general. He served in the adjutant general's department until 1902, when he was appointed a brigadier general in the regular army. Two years before that he had been appointed a brigadier general of volunteers and in the Philippine insurrection he saw his share of the fighting in the field. Since then he has served on command of various departments of the army.

SHE SUFFERED FIVE YEARS

Finally Cured by Lydia E. Pinkham's Vegetable Compound.

Erie, Pa.—"I suffered for five years from female troubles and at last was almost helpless. I went to three doctors and they did me no good, so my sister advised me to try Lydia E. Pinkham's Vegetable Compound, and when I had taken only two bottles I could see a big change, so I took six bottles and I am now strong and well again. I don't know how to express my thanks for the good it has done me and I hope all suffering women will give Lydia E. Pinkham's Vegetable Compound a trial. It was worth its weight in gold."—Mrs. J. P. ENGLISH, R. F. D. No. 7, Erie, Pa.

Lydia E. Pinkham's Vegetable Compound, made from native roots and herbs, contains no narcotic or harmful drugs, and to-day holds the record for the largest number of actual cures of female diseases we know of, and thousands of voluntary testimonials are on file in the Pinkham Laboratory at Lynn, Mass., from women who have been cured from almost every form of female complaints, such as inflammation, ulceration, displacements, fibroid tumors, irregularities, periodic pains, backache, indigestion and nervous prostration. Every suffering woman owes it to herself to give Lydia E. Pinkham's Vegetable Compound a trial.

If you want special advice write Mrs. Pinkham, Lynn, Mass., for it. It is free and always helpful.

DAISY FLY KILLER

Send orders for this and all other household necessities to the following address: DAISY FLY KILLER, 110 So. Main St., Erie, Pa.

NATURAL EVIDENCE.



Adelaide—Why, Cornelia, your hair is all mussed up.
Cornelia—Yes, dear; you—you see, George stole up and snatched a dozen kisses before I could scream.
Adelaide—But why don't you step in front of the mirror and rearrange your hair?
Cornelia—Gracious! Why, I wouldn't do it for the world. Why, none of the girls would believe he kissed me.

With One Exception.

Harduppe—Every man should marry. Everything I have in the world I owe to my wife.
Wigwag—Don't forget that ten spot you owe me.—Philadelphia Record.

Ever notice how many people there are in the world who say: "You just wait, I'll get even with you!"

FEED YOU MONEY

Feed Your Brain, and it Will Feed You Money and Fame.

"Ever since boyhood I have been especially fond of meats, and I am convinced I ate too rapidly, and failed to masticate my food properly.

"The result was that I found myself, a few years ago, afflicted with ailments of the stomach, and kidneys, which interfered seriously with my business.

"At last I took the advice of friends and began to eat Grape-Nuts instead of the heavy meats, etc., that had constituted my former diet.

"I found that I was at once benefited by the change, that I was soon relieved from the heartburn and indigestion that used to follow my meals, that the pains in my back from my kidney affection had ceased.

"My nerves, which used to be unsteady, and my brain, which was slow and lethargic from a heavy diet of meats and greasy foods, had, not in a moment, but gradually, and none the less surely, been restored to normal efficiency.

"Now every nerve is steady and my brain and thinking faculties are quicker and more acute than for years past.

"After my old style breakfasts I used to suffer during the forenoon from a feeling of weakness which hindered me seriously in my work, but since I began to use Grape-Nuts food I can work till dinner time with all ease and comfort." Name given by Postum Co., Battle Creek, Mich.

"There's a reason."
Read the little book, "The Road to Wellville," in pkgs.

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.