

The KITCHEN CABINET



SWERT is the pleasure itself cannot spoil! Is not true leisure one with true toil? Thou who wouldst taste it, still do thy best! Use it, not waste it—else 'tis no rest. Goethe.

RECIPES AND SUGGESTIONS.

Through the hot weather there is no centerpiece so attractive as fruit with fresh leaves. The attractive baskets that are on the market now make the prettiest of receptacles for both flowers and fruit.

When serving cream cheese of any kind, a plate covered with leaves instead of a doily is cool and inviting. When the autumn tints the leaves another gorgeous array of coloring is ready at hand. Salad plates and often desserts like pie can be wonderfully beautified by a beautiful leaf or two.

Green Tomato Mince Meat.—This is a recipe which is in great demand. Chop fine four quarts of green tomatoes. Drain off the juice, cover with cold water. Let come to a boil and scald thirty minutes; drain well. Add two pounds of brown sugar, one pound of seeded raisins, a half pound of chopped citron, a half cup of finely chopped suet, one tablespoonful of salt and the juice of half a dozen lemons. Stir well and cook slowly until thick. When cool, add a teaspoonful each of ground cinnamon, cloves and nutmeg.

Tomato Relish.—Peel, chop and drain a peck of fine ripe tomatoes. Add two cupsful of chopped celery, six onions and six green peppers, remove the seeds from the peppers before chopping them; one pound of brown sugar, two quarts of vinegar, one cup of salt two ounces of mustard seed and a little nutmeg. Mix thoroughly and put into well sterilized jars. This will keep indefinitely without cooking.

Egyptian Salad.—Cut corn from three or four ears of cooked corn, leaving the hulls on the corn and pressing out the kernels; add equal parts of cooked rice, a tablespoon of chopped red pepper, and mix the whole with mayonnaise dressing.

Put a tablespoonful into the heart leaves of head lettuce.

For those who find difficulty in digesting coconut, try grinding it twice through the meat chopper.

The archbishop of Cologne, being asked by Emperor Sigismund how to attain true happiness, replied: "Perform what thou promised when thou wast sick."

DISHES FOR TEA.

For the supper, or evening meal, a nice dish of cottage cheese is well liked, if nicely prepared. Two or three quarts of thick, sour milk will make a sufficient quantity for an ordinary family. Pour boiling water into the milk, stirring until the curds form. Do not let stand too long or it becomes tough. Drain in a sieve and season with cream, softened butter and salt. For those who like the flavor, a few chives cut fine are a good addition.

Blueberry Tea Cake.—This hot cake is especially good for tea. The cake may be baked in muffin pans, and by many is preferred in this form. Cream two tablespoonfuls of butter, add a cup of sugar, a beaten egg, three-fourths of a cup of milk, two and a half cups of flour sifted with two and a half teaspoonfuls of baking powder and a half teaspoonful of salt. At the last add a cup of blueberries.

Baked Peaches.—Scald the fruit and remove the skin. Place a layer of peaches in a pan and sprinkle generously with sugar; pour half a cup of water over them. Bake until tender and slightly brown, and serve with cream.

Georgia Broiled Ham.—Three hours before the meal, lay the ham in the following mixture: For two slices of ham, use two quarts of water, two tablespoonfuls of molasses, pepper, parsley and bits of butter. Let stand until ready to broil, then drain and broil.

Sally Lunn.—Sift together two cupsful of flour and a teaspoonful of salt. Beat an egg until light, add a half cup of warm milk, a half of a yeast cake dissolved in half a cup of water, a tablespoonful each of lard and butter and half a tablespoonful of sugar. Pour this on to the flour and beat well, then set to rise in a warm place. It will take about four hours. At the end of that time beat well again and pour into a well-buttered pan; let rise an hour, then bake a half hour in a moderate oven.

Sally Lunn with warm maple sirup is most delicious for an evening tea.

Looking Ahead.

Little Nora (aged eight, to Edith, aged ten)—What! A big girl like you playing with a Teddy bear?

Edith—Yes, haven't you got one? Nora—Mine is locked up in the cupboard, where it shall stop until I am married, when I may bring it out for my children to play with.

Edith—What if you don't have any children?

Nora—Well, then, in that case it will do for my grandchildren.

SHORT NOTICE MEALS.

Every housekeeper is occasionally or often confronted with the unexpected guest, and finds it necessary to hurry up some kind of a meal.

She is wise who has on hand some things which are not perishable, and may be used in combination with other things in the preparation of a meal.

For a nourishing hot dish that may be prepared in twenty-five minutes, do not forget

Corn Chowder.—Cut two ounces of fat salt pork into dice and brown until crisp; add two small onions, and when lemon colored add a can of corn and four potatoes cut in dice. With a pint of boiling water cook until the potato is tender, then add a quart of milk, a generous seasoning of salt and pepper, and serve.

For a cool night this is an excellent supper dish.

Canned Cucumber Salad.—When cucumbers are plentiful, this salad may be canned for future emergencies: Peel and slice thin two dozen small cucumbers and six small onions. Spread in layers and sprinkle with salt; let stand over night, drain, add a tablespoonful of celery seed, a quart of vinegar and a gill of olive oil. Mix well and can in sterilized jars. Keep in a dark, cool place.

Summer Relish.—For those who are fond of onions, this will be a most appetizing dish: Cook as many eggs as there are persons to serve; when hard, remove the shells and cut up, seasoning with two tablespoonfuls of butter, salt and paprika to taste, with nine chopped green onions. Serve with bread and butter as a sandwich filling if so desired.

Lightning Cake.—Melt a fourth of a cup of butter in a measuring cup, break an egg into the melted butter and beat well; add milk to fill the cup. Mix with a cup of sugar, a cup of flour and a teaspoonful of baking powder, all sifted together. Flavor and beat for two or three minutes. Pour into a buttered pan and bake for twenty minutes.

For life is not as idle ore, But iron dug from central gloom, And heated in burning fears, And dipped in baths of blessing tears, And battered with the strokes of doom, To shape and use.

FOR EVENING PARTIES.

The new century salad is sliced red pepper and chopped olives with a few slices of cucumber. Pour over it a French dressing after placing the salad on lettuce leaves.

Normandy Salad.—Stew gently in their own liquor a can of very small peas. Season with salt and pepper and a dash of sugar. When the peas have absorbed all the liquor, cool and add a half pound of chopped walnut meats. Pour over a half cup of mayonnaise dressing.

Jellied Salmon Salad.—Drain and remove the skin and bones from a can of salmon. Mince fine, add a tablespoonful of lemon juice, a dash of pepper and a tablespoonful of chopped parsley, with salt to taste. Mix together any kind of salad dressing with a tablespoonful of gelatine dissolved in a quarter of a cup of cold water. Fill molds and set away in a cool place. Serve on lettuce leaves, garnish with olives.

Most attractive salads may be made and served in apple cups. The pretty red-cheeked apple is cut at the stem and scooped out. The apple and any combination liked, as celery and nuts with dressing make a nice filling.

Cocoanut Sandwiches.—Take a cupful of grated cocoanut, and half a cup of chopped cocoanut, a teaspoonful of lemon juice, two teaspoonfuls of powdered sugar and three tablespoonfuls of thick cream. Spread on wafers or between bread and butter.

Tartar Sandwiches.—Chop together three large sardines a cup of boiled ham three small sour cucumber pickles and a dash of mustard. If the pickles are not at hand a little chowchow does nicely. Mix to a paste, add a touch of catsup and spread on buttered bread.

Nellie Maxwell.

Froze His Nose.

Bill—Ever know a man to suffer from sticking his nose in another man's business?

Jill—Sure, I had a friend who went down to call on a man who had a cold-storage plant.

"Yes?"

"Well, he froze his nose."

Enemy of Rhetoric.

Another thing that depresses us slightly is to refer in our classical way to Jove's bolts and then have the line-type machine make us speak of 'em as Jones'.—Ohio State Journal.

Epitaph.

A peculiarly appropriate inscription on the tomb of a captain in the cemetery of Montparnasse reads: "Carry arms! Present arms! In place! Rest!"

WITH POPULAR GAUZE BUTTERFLY



NOW that it is a little too late to want a straw hat, and considerably too early to buy a velvet or winter felt, a between-seasons idea has been launched in that dear Paris. It is the black or white satin hat and it is trimmed with a gauze butterfly. The "gauze" is fine mulline, of course, but "gauze" goes better with "butterfly."

The satin hat and the gauze butterfly have made an instantaneous success. Already the manufacturers are getting daily telegrams from all points of the compass, and are laying wagers with each other as to which particular satin hat with a butterfly is ordered in said telegram.

These hats usually have soft crowns and somewhat flexible brims. They fit close to the head and are worn without a hat pin.

The liking for black is a reaction after the riotous vogue of riotous colors which is passing with the summer.

JULIA BOTTOMLEY.

PRETTY IDEA FOR MILLINERY

Hand-Painted Effects Are Among the Season's Novelties and Have Been Received With Favor.

The application of aniline dyes in hand-painted effects to millinery of the season is an entirely new device, and the result is unique. White ostrich feathers, long and thick, are decorated in flower designs in natural colors. The design runs upward with the quill and spreads out on the flues.

Another fancy is to paint the straw hat directly, just in the design the flowers would make, or fruit, were it placed upon it. On the brim or on the crown, or partly under the brim, or on its upturned edge. Here the pattern is traced in brilliant tones. White straw and "natural" straw are the only shades so decorated. Any surface or quality may be used. Garden hats are really pretty done in this way. A design of cherries in red with green leaves and gray twigs of stems is, for instance, especially odd.

NEW STREET GOWN



Model of Rose-Colored Charmeuse, Showing a New Arrangement of Pleats—Trimmed with White Tulle.

Suede Belts.

Wide suede belts of soft color to match the predominant shade in the printed design are worn with children's frocks of figured muslin. A usual trimming for such frocks takes the form of frills of white lawn scalloped in the color of the belt with mercerized cotton. These frills sometimes extend from neck to hem on each side of a tucked panel of white muslin. The belt buckles over the frills and the panel, and is held in place by narrow straps of the printed muslin.

Gloves Held Up.

I was considerably annoyed by my long gloves slipping down my arm after they had been washed once, writes a contributor to Good Housekeeping. But I have relieved the trouble by ripping a short place in the hems and running in narrow elastic and hemming down again.

WHY SERVE CAKE WITH TEA?

Writer Criticizes Hostesses for Their Punctant for Serving Inappropriate Combinations.

Anyone who serves wafers with tea is lacking in gastronomic imagination. Drinking tea and eating a wafer is like having a picnic in the woods, or wearing an Easter hat with gossamer, declares a writer in the Atlantic Monthly.

It is a useless compromise where there might be a vivid delight. Many otherwise excellent hostesses fail to perceive the relation between afternoon tea and its edible accompaniments. They will serve you a hard, obstinate biscuit that you break, red-faced, on the rim of your saucer, sending, as likely as not, your cup bouncing over the other edge, and your tea splashing into your neighbor's lap; or they generously provide you with a huge, gelatinous cube of cake that adheres to your saucer, and renders you temporarily web-fingered, the while you attempt to formulate an epigram on Henry James, or discourse glibly as to why women like men.

There is yet another type of hostess who passes with your tea a dribbling sandwich, oozing salad dressing at every pore and containing, half concealed, a malicious, indigestible lettuce leaf. People who thus fail of maintaining the fitness of things at the tea hour have no genuine appreciation of the drink which they dispense.

Upward Strokes of Beauty.

When my little girl was born the old colored nurse I got for her told me that if I brushed her hair the wrong way it would make it curly, writes a correspondent of the Pittsburgh Dispatch. Whether that was what did it or not I do not know, but her hair, while it never really curled, has always stood away from her head in a soft, pretty way. Mammy's instructions set me to thinking. I realized that all faces fall as they grew old, and I wondered why it wouldn't be wise to wash and dry the face up instead of down. I not only taught my little daughter to do this—she always wipes upward—but I began on myself. Today, at forty-seven, not a muscle in my face has fallen; there are no droopy lines in it, and no sagging shows at my chin. My eyelashes are always noticed because they curl upward so prettily (they didn't before I began the upward treatment), and my daughter's are just like them.

Best Use of Scent.

The best way to use scent, if you care to use it at all, is to put a delicate extract in an atomizer and spray yourself with it. Strong scents are offensive and the most subtle and elusive odor is that obtained from a generous use of sachet bags laid among one's lingerie, in the drawers with one's handkerchiefs, gloves and veils, and possibly fastened in the front of one's stays or in some inner fold of the bodice. One can buy many different kinds of powder for sachets, but whatever you choose, heliotrope, violet, rose or carnation, remember that the addition of a little orris powder will add to its strength and make it more lasting.

Touch of Black.

The black lorgnette ribbon is a feature of this season's dress. The narrow black ribbon of molre silk has tiny gold or jeweled slides, and from it may depend, in lieu of a lorgnette or monocle, a locket, watch or any other trinket. The narrow line of black against a white bodice is particularly smart and effective. These ribbons are seen in navy blue, crimson, even in green and pink; but black is the correct monocle hue, and a sautoir ribbon of any other color is not correct form.

STATE OF NICARAGUA

Has Greatest Area of Any in Central America.

Facts About Character, Resources and History of the Country for Which a United States Protectorate Is Proposed.

New York.—Of all the Central American states, Nicaragua has the greatest area. The country is almost exactly as large as New York state.

The population of Nicaragua is about 600,000; that would give about twelve inhabitants to each square mile. There are few Europeans in Nicaragua. The great mass of its population consists of Indians, negroes, mulattoes and mixed races. The population descends chiefly from the native Indians, from their Spanish conquerors and from the slaves introduced during the colonial period. Inter-marriage with other South Americans, and also with Europeans, has further complicated the race situation. Hence in Nicaragua we find half-castes with European features and Indians with fair hair and blue eyes.

Despite the fact that there is hardly any immigration the population is increasing with great rapidity. Among the Europeans in Nicaragua the Spanish element is naturally the most prominent.

The capital of Nicaragua is Managua, a city of some 35,000 people. It is situated on the Lake of Managua. The largest city in the republic, however, is Leon, with about 63,000 people. The chief ports are San Juan del Sur on the Pacific, and Bluefields and Greytown—the latter known to the Nicaraguans as San Juan del Norte—on the Gulf of Mexico.

Nicaragua is a typically tropical country. It is a very rich country naturally. Its three main sources of wealth are agriculture, timber and mining. In agriculture the chief prod-



Facade of National Palace, Managua.

uct is coffee. The coffee estates are largely in American and German hands. Another important agricultural product is cocoa. It is grown chiefly in the south along the Pacific coast. Sugar is also widely cultivated. Tobacco is also grown; the leaf is good, but as it is not well cured it is not exported. Like many another region bordering the Caribbean sea, Nicaragua finds a profitable export in bananas, which are grown in large quantities, especially near Bluefields on the Gulf of Mexico.

As to timber, the Nicaraguan forests contain splendid mahogany and cedar trees, the wood from which is largely exported. The forests also contain many valuable dye woods, gums and medicinal plants. Rubber is also grown there.

As to mining, the gold mines are very important and are worked by American and British companies. The gold export averages a million dollars a year.

Nicaragua trades with the outside world, but the volume of commerce might be greatly extended. Of the exports about a third come to this country; the rest go chiefly to Great Britain, Germany and France. Of the imports more than half come from this country, and the remainder mostly from the three countries above mentioned.

At Corinto the steamers of four shipping companies, two American and two German, now regularly visit the port. The only railway in Nicaragua is the so-called National railway, an American concern having a total length of about 170 miles. The line runs from Corinto to Leon, Managua, and other cities. On the various lakes steamers ply as well as on the San Juan river. These lakes furnish, from end to end, about a hundred and fifty miles of navigation. There are, unfortunately, few good wagon roads in Nicaragua.—The Outlook.

Lawn Parties in Cemetery.

St. Louis, Mo.—Lawn parties in a cemetery are the newest society diversion here. The young folk frolic in the subdued light of Japanese lanterns and occasionally stroll among the white and ghostly monuments of the dead.

HE CARRIED AN UMBRELLA.

A dear old lady who was very "set" in her prejudices was asked just why she didn't like a certain man. She had no particular reason that she could think of at the instant, but she had been so emphatic in her expression of dislike that she knew she would have to find some excuse—at once. Just at that moment she happened to glance out of the window and saw him passing by. He carried a neatly rolled umbrella though it hardly threatened rain.

Quick as a flash she answered her questioner, "He carries an umbrella whether it's raining or not—he is a 'sot'!"

"But," said her friend, also looking out of the window, "here comes your son William, and he is carrying an umbrella."

This did not stump the old lady. "But that's another matter—I don't like him anyhow—and besides, it all depends on who carries the umbrella," she replied triumphantly.

That is the position some people have taken regarding the wholesome and refreshing beverage Coca-Cola. They have said a good many unkind things about it and in each instance have had it proved to them that their tales were not true.

Finally they seized upon the fact that Coca-Cola gets much of its refreshing deliciousness from the small bit of caffeine that it contains. They looked upon that as a splendid argument against it. Then, like the old lady who was reminded of son William, they were reminded that it is the caffeine in their favorite beverages, tea and coffee, (even more than in Coca-Cola) that gives them their refreshing and sustaining qualities.

But does that stop their criticism of Coca-Cola for containing caffeine? No—their answer is similar to the old lady's—they say "But that's another matter"—what they mean is "Being prejudiced against Coca-Cola and liking tea or coffee, it all depends on what carries the caffeine."

We think the joke is on them—for caffeine is caffeine, and if it is not harmful in one it can't be harmful in another. We all know that it is not harmful in tea or coffee—that it is really helpful in whatever it is—this is bound to include Coca-Cola.

Of course, the truth is, that having started an attack on false premises and having had what they thought were good reasons for criticism proved to be no reasons at all, they are grasping at an excuse which does not exist, to explain a prejudice. So you see, after all, it all depends on who carries the umbrella to people who are determined to be unfair. Let us be fair—Adv.

Hearth-Hunger.

Beyond the need for bread, a woman's needs are two; deeper than all cravings save the mother's passion, firm-rooted in our endless past, is the hearth-hunger. The trees that sweep my chimney have their roots at the world's core! The flowers in my doorway have grown there for a thousand years! What millenniums have done, shall decades undo? We are not so shallow, so plastic as that! We will go into the mills, the shops, the offices, if we must, but we know we are off the track of life. Neither our desire nor our power is there.—Cornelia A. P. Comer, in Atlantic.

Then What Did Papa Do?

When one dish was passed, mamma said she just loved to eat of it, but that the food would not agree with her. Paxton said he liked bananas, but he didn't dare eat them.

Then Jean, the five-year-old, said: "I love watermelon, but I can't eat it." "Why can't you eat watermelon?" said papa.

"Because you don't buy me any," she said.

Conjugated.

Inquisitive Friend—Don't you find that your wife is very subject to moods?

Enpeck—No; she has only one mood, the imperative, and I'm the one that's subject to that!—Judge.

Ever notice how much fuss men make about their honor—on the stage?

Never judge the cook by her references; you can't eat them.

Like a Pleasant Thought of an old friend—

Post Toasties

with cream.

Sweet, crisp bits of white Indian corn, toasted to an appetizing, golden brown.

A delightful food for breakfast, lunch or supper—always ready to serve instantly from the package.

"The Memory Lingers"

For a pleasing variation sprinkle some Grape-Nuts over a saucer of Post Toasties, then add cream. The combined flavour is something to remember.

Postum Cereal Company, Limited
Battle Creek, Michigan