The KITCHEN CABINET

IF YOU were busy being good,
And doing just the best you could,
You'd not have time to blame some man,
Who's doing just the best he can.

If you were busy being true
To what you know you ought to do,
You'd be so busy you'd forget
The blunders of the folks you've met.
—Rebecca Foresman.

FAMOUS HOTEL DISHES.

Codfish Bonnefemme.—Butter a long baking dish and place a half of a codfish, skin side down, in the dish, surround with potato balls, season with salt and pepper and put butter on top of the fish. Put into the oven to bake, baste frequently, cooking about fifteen minutes. Just before taking out, sprinkle with finely chopped parsley; baste once more and leave a few minutes until a beautiful brown color.

Almond Puddings.—Take sixteen eggs, and reserve the whites of eight. Take a pound of almonds, two ounces of which are bitter, one pound of powdered sugar and a little orange flower water. Blanch and chop the almonds, beat the eggs, then add the sugar gently and the chopped almonds; add the orange flower water and beat for a full hour. Bake in small round dishes, cover with buttered paper to keep them from getting too brown at the last.

Raspberries a la Astor.—Take two cups of raspberries, add a little lemon juice and powdered sugar in small proportions and a pinch of nutmeg. Mix thoroughly with whipped cream, flavor with maraschino. Sprinkle with pistachio nuts and place on ice for two hours before serving.

Squabs Mirabeau.—Prepare squabs as for roasting; boil five minutes in boiling broth and then remove them. Split down the back without breaking the breast bone. Season with salt and pepper, cover with egg and bread crumbs, and cook in butter for fifteen minutes. Garnish with small onions and potatoes browned in butter.

There are two stones we may not dare to cast:
The stone of stumbling in our brother's way,
The stone of judgment at our brother's past,
We, who ourselves, like sheep, have gone astray.
—Hamilton.

SOME ECONOMICAL DISHES.

Almost any cook, if she has unlimited means at her command, can prepare good and appetizing dishes; but the queen of cooks is she who looks carefully into the economy of her food, making every bit count for all it can.

Hamburg Steak.—Take a pound of chopped steak, put it into a dishpan, add a half cup of cooked oatmeal or any cereal or bread crumbs, a beaten egg, a stalk of celery finely minced, and seasonings of salt, pepper, a bit of nutmeg and allspice, a teaspoon of grated onion and a bit of chopped parsley. Make into a loaf, and place in a casserole or baking dish. Place six small onions and three small carrots around the meat, pour on boiling water and cover the dish closely, cooking for three hours. Remove the loaf after browning it the last half hour of cooking by removing the cover, and prepare the gravy. Surround the loaf with the vegetables and pour the gravy over the loaf.

Bean Chowder.—Soak a pint of white beans over night, in the morning parboil them, adding a pinch of soda. Then drain and add a half pound of salt pork and a slice of onion. Cover with water and simmer for three hours, then add a quart of tomatoes, a little pepper and salt, if necessary. Simmer for one hour longer, adding water as needed. Serve hot.

Fried Corn.—Corn left over from dinner may be cut from the cob and if fried carefully in butter and well seasoned, will make a most appetizing dish.

Scalloped Ham.—Cut four potatoes in thin slices and put a layer into a buttered baking dish. Chop fine one onion and two carrots with a bunch of parsley, sprinkle the potato with this mixture and a slice of ham cut in bits. Then put on another layer of potato, and repeat the seasonings. Pour over milk and bake in a slow oven an hour and a half.

Baked Apples.—Core six apples, Cream a tablespoonful of butter, add a cup of brown sugar, a tablespoonful of flour and half a teaspoon of cinnamon. Fill the centers and baste while baking with the rest of the sugar with water.

Loving words will cost but little,
Journeying up the hill of life;
But they make the weak and weary
Stronger, braver, for the strife.
Do you count them only trifles?
What to earth are sun and rain?
Never was a kind word wasted,
Never was one said in vain.

SALADS AND SANDWICHES.

The unusual always appeals to most people, and when a combination never before heard of is mentioned, we are all anxious to try it. Here is one which will at least excite remark:

Poppy Seed Salad.—Grate a little sage cheese over some freshly washed and well dried lettuce; add the finishing touch by sprinkling over it some freshly roasted poppy seed, which adds an unusual flavor. Serve with French dressing.

Olive and Celery Sandwiches.—Chop in a bowl equal quantities of tender heart celery and stuffed olives; moisten with salad dressing to spread easily, and spread on well buttered bread.

Mint Cucumber Sandwiches.—Place thinly sliced crisp cucumber dipped in French dressing, and sprinkle with mint finely chopped. Put together just before serving.

Salad of Nuts and Green Peas.—A delicious salad may be made by combining green peas with English walnuts in the proporotion of a third of nuts to two-thirds of peas, with any desired salad dressing. Serve on lettuce leaves with a slice or two of tomato for a garnish.

Summer Salad.—Cook a quart of shelled Lima beans in salted water. When done, drain the beans and chill them. Peel and cut into very small dice two crisp tart apples and chop fine two sweet green peppers, from which the seeds and ribs have been removed. Mix all together with mayonnaise flavored with onion juice.

Chestnuts and apples are a good combination, as are any nuts with good flavored apple.

Thanks to the human heart by which we live,
Thanks to its tenderness, its joys, its fears,
To me the meanest flower that blooms can give
Thoughts that do often lie too deep for tears.
—William Wordsworth.

PICKLING TIME.

A few varieties of pickles are always a necessity upon the cellar shelf, to be ready for use when occasion demands.

Sweet Tomato Pickle.—These, if carefully prepared, will keep until early summer of the following year: Wash and slice small sized green tomatoes to fill a two-gallon jar, with a dozen medium-sized onions also sliced. Let stand over night covered well with salt. In the morning drain and add to a pickle made of two pounds of brown sugar, a pint of vinegar, a handful each of cloves, cinnamon and allspice tied in bags; cook until tender, and when cool stir in a half cup of grated horseradish. Cover with a plate and keep in a cool, dark place.

Pickled Nasturtiums.—The pungeant flavor of the nasturtium seed is liked by many. To prepare them, soak in weak vinegar twenty-four hours, then drain. Heat the vinegar with mixed spices, a tablespoonful of sugar and a few pieces of ginger root; add salt, pack the seeds in jars and pour over the vinegar, and seal.

Spiced Pears.—Make a sirup of a quart of sugar and a cup of vinegar, with cloves and cinnamon and a few pieces of ginger. Peel the pears and cook a few at a time, so that they kep their shape. Put into jars and cover with the sirup.

Green Cucumber Pickles.—Fill quart jars with small green cucumbers washed and fresh from the vines; add a tablespoonful of salt, a teaspoon of sugar and a bag of spices, if liked. Fill the jar with cold vinegar, and seal. Put in a cold place, and they will keep indefinitely. The vinegar should not be so strongly acid that it eats the pickle. Vinegar may be reduced by adding a small amount of water to it, and it will be just as satisfactory and much more wholesome for the stomach.

Nellie Maxwell.

Decision Needed.

He—Do you really think it is raining enough to put up the umbrella?

She—Don't be so undecided. That's the third time you've asked that question. Now either put up or shut up.

Daily Thought.

Discretion is more necessary to women that eloquence, because they have less trouble to speak well than to speak little.—Father Du Bosc.

Weather Forecast.

When the horns of the moon are clearly discernible by the naked eye, it means that there is nothing in the atmosphere to obscure them. An atmosphere as clear as this generally indicates that it has been swept by the winds in the upper ether, and these winds will probably reach the earth before long.

Easily Reunited.

Every time a girl's heart is broken she saves the pieces.

Its Variety.

"There is an uncertain thing about this motor car speeding."

"What is that?"

"You can never be quite certain whether you are on a joy ride or on a trouble wagon."

Copper Sulphate to Destroy Bacilli.

A method involving the use of copper sulphate has been perfected in Surinam for destroying bacilli which injure tobacco plants through the twigs.

Coiffures Adapted to the Small Hat.

THE small hat is launched upon one more season of popularity and hair dressing must be adapted to it. But the very simple coiffures which have prevailed during the past year have become too tiresomely popular to suit women of fashion, or women who strive for individuality in dress. They want something new. Therefore, those divinities that shape our ends (so far as the arrangement of hair is concerned) have developed some lovely new coiffures.

These truly remarkable and beautiful styles accommodate the new hat shapes, and at the same time answer the demand for more dignified and elaborate hair dressing than the passing mode displayed.

There are three different styles to be featured. One shows the hair dressed high—on top of the head—in another, it is coiled low on the crown, and in a third the regulation Psyche knot is worn. In several of the new styles a higher and slightly curled fringe appears across the forehead.

In all the new styles the hair is not much waved, and in all of them the ears are covered. In the majority of coiffures three very short, tiny curls nestle somewhere, either at neck or peeping out from the knot, or displaying themselves resting on the hair just above the ear. They are just about the prettiest little finishing touches that can be imagined. Women call them "cunning" and perhaps they are; for these little curls appear to rivet the attention of the masculine mind with extraordinary force.

By the way, few people realize how much men admire pretty styles of hair dressing and good grooming in the women they know.

JULIA BOTTOMLEY.

SHIRTWAISTS FOR THE FALL

Washable Materials Will Be Favored, With Linen, Duck and Gingham Most Popular.

The chic shirtwaist this fall will be washable.

"No starch" is the verdict for the fashionable shirtwaist.

Many waists of chiffon will be worn.

Chiffon waists may be washed if stiffened with a somewhat stronger gum water, two teaspoonfuls of the stock solution to a cupful of water.

Plain shirtwaists will be worn this fall—linen, duck and gingham being popular.

Extremely simple cuts are the rules in shirtwaists.

Very close to the man's shirt is the fall waist for women, elongated shoulder line and short yoke being the rule.

Cotton crepe, voile, satin and brocaded waists must all have the short yoke.

For a plain tailored waist of linen, madras, pongee or wash silk the yoke may be omitted and the plaits at both front and back run to the shoulder.

Stitching will be made prominent on tailored waists.

"Round stitch" will be used on many of the tailored waists.

FOR THE AFTERNOON.

Model of creme charmeuse and tulle, trimmed with edgings of pink ribbon. Lace fichua.

NET WAIST ALWAYS BECOMING

Fashion Had Good Reason for Its Popularity, Which Is Almost Certina to Continue.

There is no doubt that the transparent waist of cotton net was the leader in the race for popularity. The model in it which sold by the hundreds and is still in fashion has a long shoulder seam, slightly gathered, and a loose sleeve that hangs above the waist with two box pleatings of lace. The long V shaped neck is outlined, and there is a lining, also of net, which is trimmed across its top edges with a smaller lace pleating.

On the majority of these waists there is ribbon attached to the lining. It is done more or less well. Sometimes there are three bands around the figure ending in stiff bows in front; again the top of the lining is gathered into a two-inch ribbon band which is finished with a large flat bow in front.

The whole blouse is loose and appears to fall from the figure, and the corset cover that goes with it is of chiffon in flesh color trimmed with tiny button roses. Now if the blouse is still selling wherever you are, buy it. It is unusually becoming. If you don't like the ribbon, take it out, or adjust it to suit your taste.—Washington Star.

Dainty Flowered Hatpins.

The methods of making flowered ornamental hatpins is easy. An ordinary hatpin, with a round or pear-shaped top, such as is bought for a penny or two, is utilized. The head of the pin is first swathed in wadding, and then covered with colored silk or satin, on which should be embroidered colored beads to represent the center of the flower. Pieces of ribbon are next taken to form the petals. Such flowers as poppies, daisies and roses are particularly becoming. The result when finished is eminently satisfactory, and often adds a pleasing dash of color to the general effect.

Flower Muff.

Have you seen the huge summer muffs made of artificial flowers? They are exceedingly decorative, and are composed of many different kinds of blossoms, such as roses, Parma violets and orchids. Some of them are finished with long hanging branches of the same flowers. Of course, they have come from Paris, where they were fashioned for evening fetes and gay dinners.

Novel Hosiery.

Wonderful ingenuity is exercised in the matter of smart hosiery, and for women who like novelties in any form there is plenty to choose from. Curious effects are contrived with stripes in lace or silk stockings, varying from about an eighth of an inch to a fine hairline. These are so cunningly wrought that they give elegance to the ungainly ankle.

ALL WANT TO NAME THE BABY

Advice Heaped in Profusion on Keepers of Big City's Zoological Gardens.

"The arrival of a baby animal or bird of any kind from a hippopotamus to a canary at either of the city zoos gives people all over town a chance to spread themselves in the matter of names," said a New York park keeper.

"Everybody wants the honor of naming the baby. Letters come from all parts of the city, and from the surrounding country suggesting names that the writers think appropriate. Patriotism runs high among our correspondents. If they had their way half the animals in the park would be called 'Abe' Lincoln, and a large part of the other half 'Teddy' Roosevelt. Regardless of the sex of the youngster, these two presidential appellations are urged upon us.

"Classical and Scriptural names also have their advocates. Hercules and Plato in particular are proposed.

"Of all the ladies of antiquity Niobe seems to have first call. Once in a while a writer of a sentimental turn of mind suggests a more modern romantic name. Out of consideration for the animal fancy names are taboo to start with. To call a beast of the jungle Violet or Queenie is enough to shame the most docile of infants into a reversion to type."

Mrs. Winslow's Soothing Syrup for Children teething, softens the gums, reduces inflammation, allays pain, cures wind colic. 25c a bottle. Adv.

Evening Things Up.

"Mamma," said four-year-old Thelma, "Harry wants the biggest piece of pie and I think I ought to have it."

"Why, dear?" queried the mother.

"'Cause," replied Thelma, "he was eating pie two years before I was born."—National Food Magazine.

Red Cross Ball Blue gives double value for your money, goes twice as far as any other. Ask your grocer. Adv.

Worth Keeping, Anyhow.

"You have some remarkable paintings."

"Yes," replied Mrs. Cumrox, "the art dealer said they were old masters, but to my eye some of them look as good as new."

A man never gets over his spanking days. About the time his mother quits his wife starts in.

Foley Kidney Pills Succeed because they are a good honest medicine that cannot help but heal kidney and bladder ailments and urinary irregularities, if they are once taken into the system. Try them now for positive and permanent help.

SUFFERED AWFUL PAINS

For Sixteen Years. Restored To Health by Lydia E. Pinkham's Vegetable Compound.

Moretown, Vermont.—"I was troubled with pains and irregularities for sixteen years, and was thin, weak and nervous. When I would lie down it would seem as if I was going right down out of sight into some dark hole, and the window curtains had faces that would peek out at me, and when I was out of doors it would seem as if something was going to happen. My blood was poor, my circulation was so bad I would be like a dead person at times. I had female weakness badly, my abdomen was sore and I had awful pains.

"I took Lydia E. Pinkham's Vegetable Compound and used the Sanative Wash and they certainly did wonders for me. My troubles disappeared and I am able to work hard every day."—Mrs. W. F. SAWYER, River View Farm, Moretown, Vermont.

Another Case.

Gifford, Iowa.—"I was troubled with female weakness, also with displacement. I had very severe and steady headache, also pain in back and was very thin and tired all the time. I commenced taking Lydia E. Pinkham's Vegetable Compound and I am cured of these troubles. I cannot praise your medicine too highly."—Mrs. INA MILLSLAGLE, Gifford, Iowa.

THE NEW FRENCH REMEDY. No.1. No.2. No.3. **THERAPION** Used in French Hospitals with great success, CURES CHRONIC WEAKNESS, LOST VIGOR & VIM, KIDNEY, BLADDER, DISEASES, BLOOD POISON, PILES, EITHER No. DRUGGISTS or MAIL $1. POST 4 CTS FOUGERA Co. 90, BEEKMAN ST. NEW YORK or LYMAN BROS TORONTO. WRITE FOR FREE BOOK TO DR. LE CLERC MED. Co. HAVERSTOCK RD. HAMPSTEAD, LONDON, ENG. TRY NEW DRAGEE (TASTELESS) FORMOF EASY TO TAKE **THERAPION** SAFE AND LASTING CURE. SEE THAT TRADE MARKED WORD 'THERAPION' IS ON BRIT. GOVT. STAMP AFFIXED TO ALL GENUINE PACKETS.

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A toilet preparation of merit. Helps to eradicate dandruff.
For Restoring Color and Beauty to Gray or Faded Hair.
50c. and $1.00 at Druggists.

COLONIZING fertile Arkansas lands in a healthful country, well drained, near good mkt., $25. Some excellent investments. Agts. wanted. Southern Land Co., Helena, Ark.

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The time of all others when reliable cartridges are invaluable is in big-game hunting. A miss-fire, an inaccurate cartridge, or one having poor penetration may mean the loss of a coveted trophy or even injury to the hunter. Winchester, the W brand of cartridges, smokeless or black powder, can always be relied on to be sure fire, accurate, and to have speed and penetration. You can help

MAKE YOUR HUNT A SUCCESS BY USING THEM.

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FOR MEN AND WOMEN
Best Boys' Shoes in the World $2.00, $2.50 and $3.00

BEGAN BUSINESS IN 1876 ON $875 CAPITAL. NOW THE LARGEST MAKER OF $3.50 & $4.00 SHOES IN THE WORLD

Ask your dealer to show you W. L. Douglas $3.50, $4.00 and $4.50 shoes. Just as good in style, fit and wear as other makes costing $5.00 to $7.00—the only difference is the price. Shoes in all leathers, styles and shapes to suit everybody. If you could visit W. L. Douglas large factories at Brockton, Mass., and see for yourself how carefully W. L. Douglas shoes are made, you would then understand why they are warranted to fit better, look better, hold their shape and wear longer than any other make for the price.

If W. L. Douglas shoes are not for sale in your vicinity, order direct from the factory. Shoes for every member of the family, at all prices, by Parcel Post, postage free. Write for Illustrated Catalog. It will show you how to order by mail, and why you can save money on your footwear.

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