

The KITCHEN CABINET



NOBODY has a right to find life uninteresting or unrewarding who sees within the sphere of his own activity a wrong he can help to remedy, or within himself an evil he can hope to overcome. —Charles Elliot.

SOME WAYS WITH CHOCOLATE.

Chocolate is such a favorite with most people that one never tires of it in different combinations. Here are some new ones to try:

Chocolate Pudding.—Take a pint of milk, a quarter of a cup of sugar, one egg, a tablespoonful of flour mixed well with the sugar, a tablespoonful of chocolate and vanilla flavoring. Mix the flour and sugar, and add it to the well beaten egg; add the milk a little at a time, saving out a little to mix with the chocolate. Melt the chocolate over hot water. Add a little of the milk, and stir it into the first mixture. Stir constantly, and cook until smooth; put away to cool and serve in glasses with whipped cream on top.

Steamed Chocolate Pudding.—Melt a square and a half of chocolate over steam; add a half cup of sugar, half cup of milk, an egg well beaten, a cup of flour and a teaspoon of baking powder with a pinch of salt, one teaspoonful of melted butter. Steam one and a half hours. Serve with a sauce made of powdered sugar, butter and the yolks of two eggs.

Another Steamed Pudding.—Cream three tablespoonfuls of butter, add two-thirds of a cup of sugar gradually, and one egg well beaten. Mix and sift two and one-half cupfuls of flour, four teaspoonfuls of baking powder, a fourth of a teaspoonful of salt. Add to the creamed mixture, alternating with one cup of milk, then add two ounces of melted chocolate. Turn into a greased mold and steam two and a half hours. Serve with the following sauce: Cream a fourth of a cup of butter, add one cup of powdered sugar gradually, one-half teaspoon of vanilla and a fourth of a cup of heavy cream, beaten stiff.

Chocolate Caramel Cake.—Mix together the following ingredients: Two ounces of chocolate, one cup of sugar, one-half cup of milk, two cups of flour, a quarter of a cup of butter, two eggs, two teaspoonfuls of baking powder and a teaspoonful of vanilla. Bake in three layers. **Caramel Filling.**—One and a half cupfuls of sugar, a half cup of sweet milk, a teaspoonful of butter. Boil until it spins a thread, then when cool, add a teaspoonful of vanilla.

A dainty little cracker for afternoon tea is prepared by putting a spoonful of soft fudge on small butter thin crackers. Add a half of a nutmeat, and you have a delicious little cake with which to treat your friends.

"If we continue borrowing for work, the hours that are due to sleep, though we may postpone a settlement for years, the final inevitable result will be physical and mental bankruptcy."

SEASONABLE DISHES.

During the cold weather some good combinations of the cheap cuts of meat or the good, wholesome rabbit makes a good meal.

Barbecued Rabbit.—Lay the rabbit in salt water for half an hour; drain and dry, wash freely and lard with strips of bacon. Put into a baking pan and pour in a cupful of boiling water. Cover with another pan and steam until tender. Then uncover and baste with the following: Four teaspoonfuls of vinegar, two of mustard, one tablespoonful of currant jelly and two tablespoonfuls of butter. When nicely browned lay on a hot dish and butter generously.

Lamb's Liver en Casserole.—Wash and wipe a sliced liver, and lay aside to dry, while frying six slices of bacon. Strain out the bacon and return the fat to the pan. When it is hissing hot, return the liver to the pan and sear on both sides. If you desire to have the dish especially nice, add half a can of mushrooms and put them with the liver into the casserole. Cover with broth or, if that is not at hand, boiling water. Cover and cook in a slow oven for two hours.

Calif's Brains on Toast.—Scald the brains and throw at once into very cold water. This makes them firm and white, and the membrane can then be easily removed. When cold, beat to a paste and add three eggs well beaten. Season to taste and fry in a hot frying pan in a little butter. Line a platter with strips of buttered toast and pour the brains and egg over, and serve. Pigs' brains are as good as calves' brains.

Stronger than steel is the sword of the spirit; Swifter than arrows the light of the truth is. Greater than anger is love that subdueth. —H. W. Longfellow.

VEGETABLES THAT GO WITH MEATS.

There are reasons for the various combinations of vegetables with meats as to flavor and with fruits, acidity as well as flavor.

Red meats seem to call for white vegetables. Potatoes, onions, stewed celery with steaks and roasts.

Fricassee chicken with rice is a time-honored dish, and young onions go well also with chicken and pork, when roasted.

Peas with lamb, asparagus with mutton, and even with beef it is not to be overlooked.

Without having a practical knowledge of the composition of food substances, we will all by some instinct combine foods, as for example, who thinks of corn beef without cabbage, or roast pork without apple sauce.

The vegetable acids are required to neutralize the natural oils. For these and other reasons we like mint sauce with lamb, orange salad with duck, and so on.

Cauliflower, brussels sprouts and cabbage are all of the same family, and each goes well with steaks, chops or ham.

Green corn and young chicken, in fact, any kind of meat will be enjoyed with the king of vegetables.

The tomato is one of our most cosmopolitan vegetables. It goes well anywhere, as does the succulent cucumber. Cucumber with fish seems to be a favorite combination, and as fish is rather hard to associate with it is not so often prepared as it deserves. The plebeian potato is omnipresent and always welcome. Macaroni is a good accompaniment to fish and will combine most acceptably with it in an escaloped dish.

Green vegetables are necessary for the welfare of our department of the interior, and should be found on our tables the year round, when possible. Fresh lettuce is now a daily commodity in our markets, and with a French dressing is a most wholesome salad.

String beans and spinach go well with veal in the digestive harmony.

Rice, beans and starchy foods should be accompanied with Swiss chard, buttered beets or beet greens and serve with lemon or vinegar.

Hominy or corn bread accompanies a roast of tenderloin pork, or the highly-prized piglet.

There is no arbitrary rule which is so iron-clad that one may not occasionally stray from the path of common usage in the serving of vegetables.

Real knowledge, like everything else of value, is not to be obtained easily. It must be worked for, studied for, thought for, and more than all, prayed for. —Thomas Arnold.

EASY HALF-HOUR DISHES.

For the busy woman who has much to do, it is a wise plan to have a list of recipes that may be quickly prepared on short notice.

Soups of various kinds which come in cans will, of course, be quickly served. But creamed soups, of potatoes, onions, carrots, asparagus and in fact almost any vegetable, can be prepared and served in half an hour, if the vegetable is finely cut before cooking.

Many kinds of fish, besides the fried variety, are easily cooked in half an hour.

Escalloped dishes, from cold fish or other foods, are ready to serve as soon as they are thoroughly hot.

A glance at the list of quick dishes will tell you if you have the materials at hand, and the regret will be saved that you might have had this or that if "I had only thought."

In the hurry of a quick meal getting one's memory is often faulty and not to be relied upon.

Tomato toast is a delicious quick lunch dish. Omelets of various and sundry kinds are always popular, and if you have a little cold meat which, with a hot sauce like the Mexican or Spanish, will serve as a good main dish.

Oyster stew is a simple dish and quickly made, quite filling, and almost always popular.

Cream toast is one of the staple good old-fashioned dishes. With the addition of cheese it raises its food value.

A dessert, in a hurry, of preserved or canned peaches with whipped cream, or none at all, with a piece of cake or a cookie, is a good finish to a meal.

Nellie Maxwell.

Good Rule for Right Living. Gentleness and cheerfulness, these come before all morality—they are the perfect duties. If your morals make you dreary, depend upon it they are wrong. I do not say "give them up," for they may be all you have; but conceal them, like a vice, lest they should spoil the lives of better men. —Robert Louis Stevenson.

Worship of the Serpent. The Apaches profess to be descended from a snake, and venerate it accordingly, and the most extraordinary prehistoric earthwork on the continent testifies to the power of the serpent on the imagination of primitive man. The tribes of central Australia, the most primitive people in contact with modern civilization, have in a mythical serpent of gigantic size and magical attributes their nearest approach to a deity.

Pork chops put into the oven with a small amount of hot water will bake nicely without drying.

Elaborate and Beautiful Evening Gown



THE Oriental influence is distinct enough in this elaborate evening gown, in which one thin fabric after another is draped over the silk foundation. There is first a skirt of silk veiled with chiffon. Six narrow ruffles are also veiled with chiffon with a border or tuck of this fabric extending below each ruffle.

Over this skirt a tunic of lace is worn, extending almost to the knees. One would think this quite enough in the way of draping, but over this a drape of gorgeously embroidered chiffon is gathered like a second tunic.

By way of further elaboration a wreath of scattered chiffon roses on a fuzzy stem extends from the bust to the hem of the embroidered chiffon, and a small bouquet at its upper end finishes the corsage.

The draped shoulder and opening at the neck are finished with a fine lace edging. There is a narrow crushed girde of chiffon.

The natural lines of the figure are followed in this wonderful gown, and we must concede to the French designer a masterful handling of the drapery. It is modest, but is meant to be conspicuous. It is original and sticks to beautiful lines, so that there is no straining after novel effect at the expense of taste.

The headdress is in keeping with the character of the gown. It is made of rhinestones and a magnificent spray of costly feathers. The hair is peculiarly dressed but suits the type of face of the model in the illustration, which is pure French.

Altogether the gown, coiffure, and hair ornament suit this type incomparably well, so that the ensemble is full of fascination. One could hardly be other than charming with a toilette so complete and so beautiful. And it is the knowledge that she is making a charming appearance which lends charm to those wonderful French women, to whom the world owes a debt of gratitude. They are preserving charm; they take care to be charming. —JULIA BOTTOMLEY.

NETS AND SHADOW LACES USED FOR THE LATEST BLOUSE

THE last step in the direction of thin materials for blouses is said. There isn't anything thinner than nets and shadow laces.

An underblouse with sleeve caps, (finished with lace) is made of the same net as that used over it, in the waist model shown here. A broad band of ribbon is tacked to it below the bust and finished with a bow at the left side. The blouse with long sleeves is placed over this. The shoulder seams and under arm seams are in one.

A double frill of net encircles the neck and extends down the front with round pearl buttons for fastening.



The sleeves are finished at the wrist with two single frills.

Sometimes two kinds of net are used, but often shadow lace makes the outside waist, over plain net. Heavier all-over laces are used as well.

In any of these the waist is so sheer that a fancy corset cover must be worn under the blouse. These are of lace, chiffon, net or thin silk. They are trimmed with ribbon and small

chiffon or ribbon flowers, and are very pretty.

Using a plain net waist as a foundation, more beautiful effects are made by draping lace or chiffon veils over them and supplying a wide crushed girde of silk or velvet. Lace veils in colors are used for the same purpose, and tinted nets and laces make possible an unending variety in these thin, soft garments.

Three such blouses take up so little room that they may be carried in a small box or a bag. They are very convenient for the southern tourist, and they are indispensable with the season's suits. —JULIA BOTTOMLEY.

SEASON'S COLOR IS YELLOW

Skillfully Handled, as It Must Be, It is Becoming to the Average Wearer.

Yellow is much seen in these days. Last spring yellow was first extensively used in lingerie. Ribbons of yellow were run into all sorts of underwear and negligees. Then yellow and crepe de chine were used for the making of rest robes and petticoats and chemises and night gowns. Yellow waists of chiffon and crepe de chine were next worn. And then evening frocks and afternoon frocks of yellow appeared. There are even some yellow tweed street suits. Yellow is usually a becoming color, if it is skillfully handled. But there are not many skins that are improved by coming into direct contact with yellow. This fact is now understood by most dressmakers. In almost all the gowns and blouses of yellow there is a generous use of cream of white tulle at the throat. There is usually a touch of black somewhere on these yellow garments. A little black velvet at the wrist or elbow or belt, or a knot of black in the drapery of the skirt, gives character to the color that might otherwise seem monotonous.

Hooped Coats. The hooped coats are very smart. They are made of velvet, broche satin, velours de laine, fine faced cloth and many other materials, says the New York Press. The genuine leg of mutton sleeve is seen, and, as a rule, these coats are generously trimmed with fur.

Highway Improvement

NORTH CAROLINA GOOD ROADS

Improved Thoroughfares Tend to Prosperity of Farmers and Saving of Time is Considerable.

(By N. HUCKNER.)

Throughout the mountain region of western North Carolina the good roads sentiment has attained proportions and gathered such impetus as to sweep aside objections to expenditures for good roads, which is usually the case in all progressive movements of great moment. The movement had its inception in Asheville, North Carolina, when the Asheville and Buncombe County Good Roads association was organized by a few public spirited men who realized the loss to this beautiful mountain country by reason of lack of good roads which made it impossible for not only the people of this section, but the tourists and visitors from going from one point to another.

Immediately after the organization of this association, it raised \$5,000 by subscription and regraded and macadamized the road from Asheville to Biltmore, a distance of a little more than two miles. This one piece of work in itself demonstrated to the



Bad Road in North Carolina.

citizens that good roads could be built in the mountains and it stimulated all thinking citizens to further effort.

At the present time, macadam and sand clay roads have been and are being actively constructed throughout the entire "Land of the Sky" region in western North Carolina, there already being hundreds of miles of splendid hard surfaced roads winding about the mountains, across hills and valleys from one section to another. The immediate territory surrounding Asheville is covered with a veritable network of good roads which are of the greatest benefit to the farmers of the country and to the business people of the city, and of especial delight to the throngs of visitors both winter and summer to this most delightful all the year around resort.

Adjoining counties have caught the spirit and forces may be found building macadam and sand clay roads in all sections. To the south Buncombe county has just completed macadamizing the highway to the Henderson county line, connecting at that point with a most splendidly graded road to Hendersonville, a



Same Road After Improvement.

charming and delightful summer resort, and from that point south to the Polk county line across Saluda mountain to Spartanburg, South Carolina, connecting with the national highway to Atlanta. This road is the inlet and outlet for automobiles visiting in the "Land of the Sky," many hundreds of which are here during the year. The enterprising citizens of Polk and Henderson counties are regrading and rebuilding the road up Saluda mountain, giving a much easier grade than the present road, which, however, is easily negotiable

MOTHER! LOOK AT CHILD'S TONGUE

If cross, feverish, constipated, give "California Syrup of Figs"

A laxative today saves a sick child tomorrow. Children simply will not take the time from play to empty their bowels, which become clogged up with waste, liver gets sluggish; stomach sour.

Look at the tongue, mother! If coated, or your child is listless, cross, feverish, breath bad, restless, doesn't eat heartily, full of cold or has sore throat or any other children's ailment, give a teaspoonful of "California Syrup of Figs," then don't worry, because it is perfectly harmless, and in a few hours all this constipation poison, sour bile and fermenting waste will gently move out of the bowels, and you have a well, playful child again. A thorough "inside cleansing" is oftentimes all that is necessary. It should be the first treatment given in any sickness.

Beware of counterfeit fig syrups. Ask at the store for a 50-cent bottle of "California Syrup of Figs," which has full directions for babies, children of all ages and for grown-ups plainly printed on the bottle. Adv.

One of Many. Briggs—Rogers claims to be an agnostic, doesn't he? Briggs—Only as to religion; as to everything else he knows it all.

All in the Family. "Then you don't think Banks is fond of his wife?" "Not so fond as he is of her husband."

Putnam Fadeless Dyes do not stain the hands. Adv.

A great deal of what passes for dignity is nothing but genuine laziness.

Rheumatism Is Torture

Many pains that pass as rheumatism are due to weak kidneys—to the failure of the kidneys to drive off uric acid thoroughly.

When you suffer achy, bad joints, backache too, dizziness and some urinary disturbances, get Doan's Kidney Pills, the remedy that is recommended by over 150,000 people in many different lands.

Doan's Kidney Pills help weak kidneys to drive out the uric acid which is the cause of backache, rheumatism and lumbago.

Here's proof. A SOUTH DAKOTA CASE

W. R. Smart, Belle Fourche, S. D., says: "Rheumatism caused me terrible suffering. I had to give up work. I had to be lifted around and was perfectly helpless. Doan's Kidney Pills acted like magic in driving away the rheumatism. It soon left me entirely and I haven't had an attack since."

Get Doan's at Any Store, 50c a Box. DOAN'S KIDNEY PILLS. FOSTER-MILBURN CO., BUFFALO, N. Y.

PAXTON'S GAS ROASTED COFFEE

The Great Morning Tonic

Red Cans At Your Grocer's

Read This: 3 lbs. Gas Roasted equals 4 lbs. of the same coffee roasted any other way. Because it is roasted so much quicker and the strength and flavor are not roasted out. Gas roasted means quickly roasted in the flames and not slowly baked as when roasted any other way.

Your Grocer Has It. Paxton's Gas Roasted Coffee

35 BUSHEL PER ACRE was the yield of WHEAT

160 ACRES FARM IN WESTERN CANADA FREE

on many farms in Western Canada in 1913, some yields being reported as high as 50 bushels per acre. As high as 100 bushels were recorded in some districts for oats.

50 bushels for barley and from 10 to 20 bus. for flax.

J. Keys arrived in the country 5 years ago from Denmark with very little means. He homesteaded, worked hard, is now the owner of 320 acres of land. In 1913 had a crop of 200 acres, which will realize him about \$4,000. His wheat weighed 68 lbs. to the bushel and averaged over 35 bushels to the acre.

Thousands of similar instances might be related of the homesteaders in Manitoba, Saskatchewan and Alberta.

The crop of 1913 was an abundant one everywhere in Western Canada.

Ask for descriptive literature and reduced railway rates. Apply to Superintendent of Immigration, Ottawa, Canada, or

W. V. BENNETT, 300 Building, Ottawa, Neb. Canadian Government Agent