

The KITCHEN CABINET

SET yourself earnestly to see what you were made to do, and then set yourself earnestly to do it; and the loftier your purpose is the more sure you will be to make the world richer with every enrichment of yourself.

—Phillips Brooks.

COMMON EVERY DAY FOODS.

The common dishes which are prepared every day are those which we delight to vary, in order to appeal to the appetite.

Cheese is so common upon our tables, but I wonder if we realize its food value. Nearly every one has an idea that cheese is indigestible, but the government reports, which are based upon many experiments, show us that it is not, as supposed, hard to digest, for it is proved to be as easily digested as meat and has twice its muscle-making value.

An ounce of cheese is equivalent in nutritive value to one egg, two ounces of meat or a glass of milk.

Cheese is admirably adapted for all races, all climates and conditions, and with a hard cracker and a bit of fruit will supply all the sustenance needed to give a well balanced ration.

Cheese is at its best uncooked, though we like the variety which it gives in combination with other foods.

One needs to remember that cheese is a very rich, condensed food, and in planning dishes in which it is used the fat of other foods should be eliminated.

Corn and Cheese Souffle.—Into a tablespoonful of melted butter turn two cups of grated cheese, then add a fourth of a cup of fresh grated corn, or the canned will do; stir for a moment and add two egg yolks and a half cup of tomato which has been put through a sieve; add a chopped red pepper, salt and paprika. Toast bread on one side, rub the untoasted side with the cut side of a clove of garlic. Pour the cooked mixture over the untoasted side of the bread, and serve at once.

Nut and Cheese Salad.—Cook together a tablespoonful of grated onion with a tablespoonful of butter; add a little water and cook until the onion is tender. Mix well a cupful each of bread crumbs, grated cheese and nuts—walnuts, or any kind desired. Add the cooked onion, moisten with more water if needed, and put into a baking dish to brown.

Cheese with macaroni is an excellent dish is another very good way of serving cheese. It is also good combined with rice.

When making a brown betty, use cheese instead of butter with the bread crumbs.

It is generally the man who doesn't know any better who does the thing that can't be done. You see the blamed fool doesn't know that it can't be done, so he goes ahead and does it.

—Chas. Austin Bates.

Soup rejoices the stomach and disposes it to receive and digest food.

—Brillat Savarin.

SOUPS, HOT AND COLD.

The following is a favorite German soup which can be taken hot in winter and cold in summer.

Bread Soup.—Take crusts of rye bread, cover with water and, when soft, strain and put the liquid back over the fire with a little butter, a handful of dried currants, sugar to taste, a piece of stick cinnamon and a dash of salt. A little vinegar or lemon juice is often added. The soup should be slightly thickened.

Almond Soup.—Scald and blanch a quarter of a pound of almonds, pound until fine and add them to a pint of fresh milk; press through a sieve, reheat, sweeten, add the juice of an orange and serve cold.

Carrot Soup.—Scrape and slice thin a pint of carrots, cook until tender with a stalk of celery and a sliced green pepper. Remove the peppers and put the carrots through a sieve. Mix together two tablespoonfuls of butter and two of flour, cook and add to a pint of milk. Cook until smooth. Add the carrot, season with salt, pepper and nutmeg, and add a little cream.

Corn and Pea Soup.—Take one cupful each of corn and peas, the canned variety will do. Rub the peas through a sieve and heat the corn until thoroughly hot. Take three tablespoonfuls of nut butter, add gradually to a cupful of boiling water, season to taste and add to the corn and peas.

Peach Puree.—Press canned or ripe peaches through a sieve, measure, and to each pint add a pint of water, the juice of a lemon and a half teaspoonful of almond extract. Bring to the boiling point and thicken with a tea-

spoon of arrow root or cornstarch moistened in a half cupful of water. Stir until smooth and thick, then set aside to cool. Serve with cracked ice in glasses.

A frivolous word, a sharp retort, A flash from a passing cloud, Two hearts are scathed to their inmost core, Are ashes and lust forever more

Two faces turn to the crowd Masked with pride with a life-long lie To hide the scars of that agony.

DISHES WORTH TRYING.

When there is a little stewed corn or creamed corn left from dinner, a good supper or breakfast dish may be made of it. Toast slices of bread, butter well and pour over the seasoned corn. Serve very hot. Peas may be served the same way.

Custard Pudding.—Line a baking dish with slices of sponge cake, make a custard of a quart of milk and the yolks of four eggs, one-half a cup of sugar and flavoring to taste. Pour the custard into the baking dish over the cake. Beat the whites of the eggs stiff and sweeten with four tablespoonfuls of powdered sugar; spread over the top of the custard when it is nearly baked. Brown the meringue and serve cold. If the custard is cooked before putting into the dish the browning of the meringue is all the heat needed.

Beef en Casserole.—Broil a two-inch slice of steak until brown on both sides, then lay in a casserole with two cups of rich brown sauce; add three onions cut in halves, two tablespoonfuls of melted butter and a tablespoonful of lemon juice. Put on the casserole, cover and set in a moderate oven for two or three hours. Serve from the casserole. Season the meat with salt, pepper and a bay leaf while cooking.

Orange Pudding.—Moisten a cup of bread crumbs with as much milk as they will absorb. Beat the yolks of four eggs with the whites of two, add four tablespoonfuls of sugar and the grated yellow rind of an orange. Stir all together, then fold in the beaten whites of the eggs, and steam in a well buttered mold two hours. Serve with

Chocolate Fudge With Raisins.—Two cupfuls of sugar, a half cup of milk, a third of a cup of sirup, a square of chocolate and two tablespoonfuls of butter. Cook together until a soft ball is formed in cold water; add a half cupful of chopped raisins and a few pecans, broken in bits. Stir until thick, pour out into a greased pan and mark off in squares.

Today is the best day for commencing to improve. Each day makes the task harder. Cicero spoke truthfully when he declared: "Men are like wine; age scars the bad and improves the good."

MEALS FOR A DAY.

For a good breakfast there is nothing more wholesome than a bit of fruit; a half of a grape fruit or orange or an apple to make a good beginning.

During the cold weather, after a small dish of oatmeal well cooked and served with good top milk or thin cream, two or three griddle cakes, a piece of bacon or a small ball of sausage and a cup of coffee will make a satisfying meal for a busy, active person.

If the noonday meal is a dinner, we will have a good soup of some kind, either a clear broth with rice or a vegetable soup. For the meat dish try a pot roast with prunes. It is very common, but it is very good.

Add a pound of well washed prunes to the meat while cooking, and remove them and add a little seasoned vinegar to them, and serve with the meat.

For a vegetable that is nice to serve with the roast, onions stuffed with bread crumbs and nuts and basted while cooking with butter and water. A simple salad of lettuce with French dressing or a little chopped apple and celery served on lettuce makes a good substantial salad.

Apple pie and cheese, the cheese grated and sprinkled over the top of the pie and set in the oven to melt, is a good dessert.

If one desires a simple one that is more easily prepared, there is always canned fruit and small cakes and cookies, which, with a cup of tea, is a dessert nice enough for anybody.

Emergency Pudding.—Toast stale cake, spread with preserves and put slices together in the form of sandwiches. Top with flavored and sweetened whipped cream; dot with bits of jelly, and serve.

Cottage cheese, apple sauce and hot ginger bread is another good combination for a supper or a luncheon.

Nellie Maxwell.

Why Metals Die.

Metals get sick and die, just as do plants and animals. At least such is the conclusion of the French government, which is at present devoting considerable attention to the matter. An alloy of aluminum and copper is used for military helmets in France as well as many utensils and implements which are used by the army.

This metal becomes corroded in the course of time. Little holes appear in its surface and later on it is bleached with light gray spots at vary-

ing intervals. It is as if it were attacked by a sort of eczema, which eventually destroys it altogether. Another and very striking characteristic of the disease is now studied is that it is spread by contact.

His Money's Worth.

"Don't you advertise music with meals?"

"A ham sandwich is rather a small order, sir."

"Still, I think the orchestra ought to render a few bars."

Flounced Dresses Are Coming



If you wish to busy yourself preparing for the coming spring and summer, you can be assured of the success of certain new styles in advance. It is wise to be ready for the season which lures us out of doors, and to make the most of it.

Here is the sweetest of summer gowns, made of silk muslin and lace with a fichu and a belt of satin ribbon. Similar gowns are on display made of a variety of materials. There are embroidered cotton crepes, first of all. Nets, with flounces edged with lace, embroidered crepe de chine and voiles. But always lace and more lace. Point d'esprit net is found very useful and fine flowered voiles, lawns and batiste.

Among the handsomest of gowns are those of white net showing flouncings of the net edged with narrow black chantilly lace. Others of sheer cotton crepe with fold of black maline laid under the edge of flouncings.

Much hand embroidery appears on the gowns of crepe, voile, etc. But it is of a kind that does not try the eyes. Long sprays of flowers of moderate size—like the carnation, for example—are done with heavy loss in long bold stitches. The effect is beautiful. The gowns are in white or pale colors. White is the loveliest, and the light colored underdrip with a lace-trimmed petticoat of net worn under these gowns is beautiful.

It would be hard to find a simpler or prettier model than that shown in the picture, for a flounced gown. The

design, too, is appropriate to older women, as well as to the youthful wearer. In fact, the difference in flounced gowns for young or older wearers is discernible in finishing touches, rather than in design. The foundation skirts are plain and straight. The flounces are adjusted in differing poses. Sometimes, as in the gown pictured, they sag toward the back, but in a good number this is reversed and they rise toward the back.

The waist line is about the normal in most of them. While waists are draped, these are set in sleeves as well as drop shoulder and kimono effects. Ribbons are conspicuous, and the "tango" shades, warm nasturtium yellows, are specially liked.

Almost anyone who makes any pretensions to sewing, or has any faith in her own ability, can put together a flounced dress. The trick seems to be in adjusting the flowers at the right slope, with even fullness, and in not getting them too full.

The three flounced skirt, having the flounces shaped, is displayed for heavier fabrics, and is wonderfully attractive.

There is a world of light, airy fabrics, fascinating in design, and a world of filmy laces, moderate in price, so that the flounced gown has a pleasant future before it. Limp fabrics are chosen that fall to the figure, so that flounces do not mean bulkiness. That is taboored, and is likely to remain so.

JULIA BOTTOMLEY.

LACE AND RIBBONS MARK THE STYLES IN UNDER-MUSLINS

UNDER-MUSLINS in common with other articles for women's wear, have been growing more lacy, more bedecked with pretty finishing touches, more diaphanous, with every season, until now, it seems, the limit has been reached. Night dresses are made with yokes of fine net, having lace inserted, or superposed. Or they are made with lace and fine embroidery or all lace yokes. Pretty



washable ribbons are always a necessary part of their construction. Altogether the undergarments now on display in the great stores have all been much influenced by this liking for airy fabrics and the craze for laces.

As in outer garments, under-muslins are cut with easy lines, to hang gracefully, not to "fit" the figure. Whatever one may think of the diaphanous materials, it must be conceded

that the present styles are exceptionally graceful.

Thin muslins, nainsooks, and cambrics make up the body of the garments. Much beading is used to carry the ribbons which make gay the several pieces.

In the midst of winter, when evenings are long and days are most comfortably spent in the house, underwear for the coming summer should be made up. In fact, the bulk of the summer sewing can be done long before the clothes are needed. Spring goods are on display in January, and by the first of February styles for the coming spring and summer are fairly well settled.

A night dress of cambric and Val lace is shown in the picture. The yoke and very short sleeves are in one and made of Val insertions. There are two patterns of lace, the rows sewed together. The kimono sleeve portion may be lengthened by adding rows of insertion. A narrow edging finishes the opening at the neck, and a wider edge in the same pattern finishes the sleeves.

The rows of lace may be "whipped" together, that is, sewed edge to edge with a short overcast stitch, or sewed on the machine.

The yoke is joined to the skirt of the gown by a narrow band of embroidered beading. Through this a ribbon is run, which ties at the front in a small bow. This ribbon serves to adjust the gown to the figure.

For such pretty night robes, separate bows and rosettes of ribbon are provided. They are to be pinned on with very small safety pins. Little rosettes for the top of the sleeves, matching the other ribbons, but without hanging ends, may be added by way of elaboration.

JULIA BOTTOMLEY.

Queer English Duty.
Americans will be interested to know that from 1660 it has been customary to take a duty as one of the hereditary customs of the crown. In 1660 there was a duty of eight pence a gallon on all the tea liquor sold in all coffee houses—a great inconvenience to tea drinkers, because it was surveyed only twice a day by the excise officers, and so could only be brewed twice a day.—London Mail.

Progress.
"How is your Shakespearian club getting on?"
"Splendidly. We learned two new steps last week."—Life.

They stop the tickle—Dean's Mentholated Cough Drops stop coughs by stopping the cause.—See at Drug Stores.

In addition to the love of money there are the queer ways we have of getting rid of it.

Liquid blue is a weak solution. Avoid it. Buy Red Cross Ball Blue, the blue that's all blue. Ask your grocer. Adv.

Beauty is only skin deep. Also lots of modesty is only on the surface.

It's a Pleasure
to be able to eat your meals without fear of an attack of

HEARTBURN
BLOATING
FLATULENCY
NAUSEA OR
INDIGESTION

To bring about this condition you should invigorate the entire digestive system by the use of

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ALCOHOL—3 PER CENT
A Vegetable Preparation for Assimilating the Food and Regulating the Stomachs and Bowels of
INFANTS & CHILDREN
Promotes Digestion, Cheerfulness and Rest. Contains neither Opium, Morphine nor Mineral
NOT NARCOTIC
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Pumpkin Seed -
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A Perfect Remedy for Constipation, Sour Stomach, Diarrhoea, Worms, Convulsions, Feverishness and LOSS OF SLEEP.

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The Sequence.
"Just as we were wondering where the money for a feed was to come from, Billy Smith, who always has his pockets full, blew in—"
"Well, what happened?"
"A blow-out."

ECZEMA ON ENTIRE SCALP

R. F. D. No. 2, Sunfield, Mich.—"I was troubled with eczema. It began with a sore on the top of the scalp, broke out as a pimple and grew larger until it was a large red spot with a crust or scab over it. This became larger finally covering the entire scalp and spread to different parts of the body, the limbs and back and in the ears. These sores grew larger gradually until some were as large as a quarter of a dollar. They would itch and if scratched they would bleed and smart. The clothing would irritate them at night when it was being removed causing them to itch and smart so I could not sleep. A watery fluid would run from them. My scalp became covered with a scale and when the hair was raised up it would raise this scale; the hair was coming out terribly."

"I treated about six months and got no relief and after using Cuticura Soap and Ointment with two applications we could notice a great difference. It began to get better right away. In a month's time I was completely cured." (Signed) Mrs. Bertha Underwood, Jan. 3, 1913.

Cuticura Soap and Ointment sold throughout the world. Sample of each free with 32-p. Skin Book. Address post-card "Cuticura, Dept. L, Boston."—Adv.

It sometimes requires a buoyant nature to keep up appearances.

That Weak Back

accompanied by pain here or there—extreme nervousness—sleeplessness—may be faint spells—or spasms—all are signals of distress for a woman. She may be growing from girlhood into womanhood—passing from womanhood to motherhood—or later suffering from that change into middle life which leaves so many wrecks of women. At any or all of these periods of a woman's life she should take a tonic and nerve prescribed for just such cases by a physician of vast experience in the diseases of women.

DR. PIERCE'S Favorite Prescription

has successfully treated more cases in past forty years than any other known remedy. It can now be had in sugar-coated, tablet form as well as in the liquid. Sold by medicine dealers or trial box by mail on receipt of 50 cents in stamps.

Miss Elizabeth Lordahl of Berkeley, Cal., in a recent letter to Dr. Pierce said: "I was completely broken down in health, I wasaching and had pains all over my body and was so nervous that I could scarcely if anyone talked to me, but I had the good fortune to meet a nurse who had been cured by Dr. Pierce's Prescription. I have never had an occasion to consult a physician since—am in excellent health."

Dr. Pierce's Pleasant Pellets regulate stomach, liver and bowels—sugar-coated, tiny granules

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the great cow medicine—not a food, but a medicinal preparation for the cure and prevention of diseases of cows. Cures Abortion, Barrenness, Retained Afterbirth, Lost Appetite, Milk Fever, Bunches, Red Water and Scouring. Buy a 50 cent or \$1.00 package from your dealer. DAIRY ASSOCIATION CO., DEPT. L, Lyndville, Vt.

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That's Why You're Tired—Out of Sorts—Have No Appetite.

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