

The KITCHEN CABINET



NEVER attempt to bear more than one kind of trouble at once. Some people bear three kinds—all they have had, all they have now, and all they expect to have.

—Edward Everett Hale.

FOR THE CHILDREN'S LUNCH BASKET.

The best food for any lunch is the sandwich, which may be varied ad infinitum. They may be made of white, brown, graham, rye, whole wheat, raisin, or nut breads.

For the little child who needs just a lunch, one or two graham crackers, one or two bread and jelly sandwiches, a small apple and a slice of sponge cake will make a good meal.

Cheese, fish and eggs in various forms or combinations may be used. A bit of chicken, lamb or beef roast, light desserts leaving out rich pastries and greasy, highly seasoned foods, tea and coffee.

Baked Apples.—Wash and core tart apples, plunge in a kettle of boiling water, drain and let cold water run over. Place in a pan in a hot oven and bake until tender. Then the skin may be easily removed before serving. Sprinkle with sugar and serve with sugar and cream.

Rice Cooked in Milk.—Wash a fourth of a cupful of rice, add it to a cup and a fourth of milk heated in a double boiler; stir the rice in with a fork and let it cook 20 minutes. Add a tablespoonful of sugar, salt to taste, and cook 20 minutes longer or until the milk is all absorbed. Serve warm with thin cream and sugar.

Never treat a child to like coffee or tea by warming the milk with those beverages. When a child refuses to drink its milk, give it straws to drink through, and serve the milk in a pretty cup or mug. Clear broth or gruel may be served this way, also.

A child has a natural craving for sweets, and this should be satisfied with good pure sugar in some form. A sandwich with butter and brown sugar or scraped maple sugar is always well liked.

When the tiny tot goes to kindergarten with his lunch basket, give him just enough to break his fast, and not enough to keep him from enjoying a good meal at noon.

Rice cooked in milk in the oven is a very simple, easy desert, and one good for the little people. Add a quarter of a cup of rice to a quart of milk, a handful of raisins, pinch of salt and sugar to taste. Bake until thick. Serve with a bit of butter and grated nutmeg, creamed with sugar, if so desired.

"Show me a man who has benefited the world by his wisdom, or his country by his patriotism, or his neighborhood by his philanthropy, and you show me a man who has made the best of every minute."

—Orison Swett Marden.

SEASONABLE DISHES.

During the winter, while oranges and grapefruit are abundant, is the time to make our marmalade.

Grape Fruit Marmalade.—Wash and wipe three each of grape fruit, oranges and lemons. Throw away the thick end pieces and cut the remainder into very thin slices. Reject all the fiber and thick tissue, and for each measure of fruit allow three of water. Put into a kettle and stand well covered for 24 hours. Then put on to the range and cook one hour; then add an equal measure of sugar, allowing a little more for good measure. After the boiling point has been reached allow the marmalade to simmer until it jells. Pour into glasses and seal with paraffine.

Fresh Coconut Cake.—Cream two tablespoonfuls of butter, add one cup of light brown sugar. Beat in one whole egg and one yolk; add three-fourths of a cup of milk alternately with two cupfuls of flour mixed with two teaspoonfuls of baking powder. Pour into a square tin and bake in a moderate oven. When cool, cover with the following icing: Boil together a cup of brown sugar with a third of a cup of water until the sirup will spin a thread. Have ready a well beaten egg white, and add this sirup by tablespoonfuls, beating all the while. Spread on the cake and sprinkle thickly with freshly grated cocoanut.

Apple Kuchen.—Sift two cupfuls of flour with one-half teaspoonful of salt, two teaspoonfuls of sugar and two teaspoonfuls of baking powder. Cut into this four tablespoonfuls of shortening; add a beaten egg and three-fourths of a cup of milk. Put this into a well greased pan and place baking apples, pared and cored and cut in eighths overlapping over the top.

England's Great Storm. Grievous as has been the damage wrought in Europe by recent storms it is unlikely that they were more violent than England's great storm of 1703. A strong west wind had set in about the middle of November and it increased in violence until on the morning of the 26th few people ventured out of their houses, and on that night houses were unroofed, buildings torn down and thousands of people were killed. About 2,000 stacks of chimneys were blown down in and

Bake until nearly done, take out and sprinkle with sugar, cinnamon and bits of butter. Return to the oven and bake until a rich brown. Serve while warm.

SYMPOSIUM ON BREAD MAKING.

To have good results in bread making, one must have good yeast, the right temperature and careful handling.

If one uses the dry yeast, add one cake to a pint of potato water and a cup of mashed potatoes, a tablespoonful of sugar and a little flour, enough to make a thin batter. Set away to rise from noon until night, then set the bread, using a half a cup for three loaves of bread. This yeast will keep until it is all used, if kept in a cool place. Salt is added when the bread sponge is set. Knead the bread into a stiff loaf at night, then in the morning, the first thing, cut it down, then knead; let rise and make into loaves. When more than double its bulk it is ready to bake. When baked, do not cover with a cloth, but let it cool in a free circulation of air.

Light Rolls.—To two cupfuls of bread flour add a quarter of a cup of yeast, one and a half cupfuls of milk and water mixed, one teaspoonful of salt, two tablespoonfuls each of sugar and butter; beat well and let stand until light and full of bubbles. When ready to knead, add a well beaten egg and flour enough to make a dough stiff enough to handle. Knead, using just as little flour as possible until the dough feels elastic. Let it rise again until double its bulk, form into rolls, brush with butter, and when light bake in a hot oven.

Caraway Sticks.—Use the dough made for light rolls. Roll a small piece in the hands until a roll three inches long with tapering ends is formed; score with a sharp knife, brush with butter, sprinkle with salt and caraway seeds, and when light bake in a brisk oven. Keep well apart in the pan or they will not have a nice crust.

Raisin and nut bread may be prepared by adding the desired amount of fruit and nuts to the same dough used for the rolls.

Poppy seed and chopped almonds may also be used to sprinkle over rolls or a sheet of dough, which can be served in slices when baked.

A delicious fruit bread has grated lemon rind, chopped figs, raisins and almonds.

The secret of success lies in embracing every opportunity, of seeking high and right ends, and in never forgetting the golden rule of catechism, "Doing your duty in that station of life to which it shall please God to call you."

—Duke of Wellington.

A WORD ABOUT CHEESE.

Cheese is one of our most highly nutritious foods, and one which will, with a bit of bread and fruit, make a well balanced meal.

The information that cheese is indigestible has been handed down from one generation to another until some people really believe it.

One reason for this belief is the fact that it is eaten on top of a meal which is too much for a stomach to dispose of easily, and the attack of indigestion is attributed to the cheese, when the whole meal itself is to blame.

The varieties of cheese are bewildering and are indeed a study. The history of different cheeses as to their origin is exceedingly interesting reading.

The kind of cheese to serve with certain courses is now a puzzle to many an entertainer for it is quite a breach of culinary etiquette to serve the wrong one at any course of the dinner.

Some of the popular cheeses are, Neufchatel, Gruyere, Roquefort, Camembert, Fromage de Brie, Gorgonzola, Sapsago, Stilton, Cheddar, Edam and Parmesan, not forgetting our own delicious American cheese of various kinds, which are a close second in many cases to the foreign products.

For macaroni cooking and all au gratin dishes there is no cheese that equals the Parmesan; it is procured already grated, and if bought in the Italian market you are sure to get the real thing.

If one has the leisure to look about in various shops and will collect the different varieties of cheese, study their history, where made and how, the knowledge will be forever helpful in one's travels.

For rarebits, souffles and the like there is no cheese which approaches the good old New York; in fact it is good anywhere and at any course.

Nellie Maxwell.

Exactly.

"Now I know why it is called a cross-examination."
"Why, Dorothy?"
"Because the lawyer is so cross."

around London. In the Thames only four ships remained between London bridge and Limehouse; 500 wharves, 300 shipboats and 100 lighters and barges were entirely lost, and many were badly damaged. The damage in London alone was estimated at \$10,000,000.

and need not be hemmed at the edge. It is poised under the lace.

By way of trimming, a narrow ribbon ruching is placed about the crown and a rosette of baby ribbon with hanging ends is placed at the side. Ties of ribbon about three inches wide complete this pretty piece of headgear.

Honnets of this kind are made up in all the colors that children wear, and are very practical for almost every season of the year. Tiny bouquets of fruit blossoms, little June roses, forget-me-nots, and little daisies are added. Flowers and ribbons are of all things the best for children's millinery.

Pretty Utility Dress of Cloth



OUT of the conglomeration of styles which the beginning of winter ushered in, many are passing and a few are to remain for spring. Here is a pretty and rather plain cloth gown for present wear, which may be copied in taffeta silk, figured or plain voile (or both), in white embroidered fabrics—in fact, in any of the beautiful summer materials. It will be found strictly up to date when the time comes for wearing it.

A very pretty development of it shows a plain skirt, quite full enough to step in at the normal stride, with the hip drapery made of figured voile having a white ground with colored flowers. The bodice is made of this voile combined with shadow lace.

There is a girdle of leaf green messaline ribbon and a sash which extends about the figure under the drapery and ties in a bow (at the right side) with short hanging ends. These pretty volles sell at a very reasonable price—in the neighborhood of forty cents a yard—and make up into as elegant looking dresses as those that cost four or five times as much.

We are to have a spring and summer season with everything flower decked. Small flowers on hats,

dresses with sprays or single blossom of small flowers, flowered ribbon girdles and vests, parasols with millinery flowers added for adornment, or with flowers printed in the coverings. A little study of the styles will betray the tendency to the quaint old-fashioned ideas in which flowers were the paramount means of expression in using color. Nothing prettier has ever been thought out.

The little gown pictured is not at all difficult to make. It is an "easy-going" fit but must be draped and hung correctly. Almost any pattern house can provide a paper pattern for guidance in cutting this dress. More material is required this season than for the past two.

Flounces and hip draperies are to the fore, but it is not likely that we shall go to extremes in the matter of growing fond of voluminous skirts.

The narrow band of fur which finishes the bodice on the gown pictured can be omitted for spring or summer wear. But if the gown is made for wear in southern winter resorts this narrow border of fur appears on the sheers of materials—as lace, net and chiffons.

JULIA BOTTOMLEY.

PRETTY BONNET TO ADORN THE SMALL MAIDEN

IT IS a delight to make the pretty little bonnets and caps which small daughters and little sisters look so adorably sweet in, and it is by no means difficult.

Here is one made of chiffon taffeta silk, with plaited ruffles of mousseline and lace. The puffed crown is simply a circle of silk about eighteen inches in diameter, with rows of shirring at the edge. This is sewed to a narrow covered head band or bandeau, bound with pin shirring wire.

Underneath the band the ruffles are placed after being gathered into ample fullness. The knife plaiting may be made of the same silk as the crown



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When made of the darker colors, as brown or tan, with white or cream lace ruffles, bonnets of this kind are quite durable.

The dainty tints are not very successfully cleaned and therefore such millinery is for wear on dress-up occasions

JULIA BOTTOMLEY.

New Materials for Toilet Articles.

If you must be abreast of the times throw away or give away the toilet articles in silver, ivory or celluloid which have been your faithful friends for years, and get everything new in art glass, which comes in the most alluring tints of cream, rose, mauve and green and in classically severe designs. The little boxes for powder, rouge and soap have square bottoms like the base of a Corinthian pillar and convex covers like the dome of the Madeleine, while the clock cases, pin trays and mirror backs are equally plain and ponderous. If you don't care for toilet articles in glass, even of the most artistic sort, you may turn toward those in alabaster, or what looks like alabaster. These come in shapes similar to the articles in glass, but are pure white and promise to be more durable.

Powder Puffs for the Purse. Little crocheted powder puffs are the latest novelty for the purse. They can easily be made at home.

Crochet two circular pieces about the size of a silver dollar out of mercerized cotton of any shade desired. Carefully sew them together, leaving small openings through which to pour in the powder. Fill the bag full with the powder, so that it will sift through easily when patted gently on the face. Then make a pretty edge around the circular piece by crocheting a few rows of plain chain stitch, each added row to be caught into the middle of the preceding one, which gives a sort of ruffle effect. An opening can safely be made by cutting a stitch or two when it is necessary to refill the puff.

Shirt Bosoms. The shirt bosoms which were introduced in chiffon on the chiffon and crepe de chine blouses this winter are evidently to continue as the distinguishing feature of the tailored waists for early spring. There is one difference, however: they are now developed in a contrasting material. For instance, on a model in light weight linen the shirt bosom is of plaited handkerchief linen, with a tiny floral design in color scattered over it, this color not being repeated on the Robespierre collar.

HIGHWAY IMPROVEMENT

INCREASED VALUE OF LANDS

Advance is Due Essentially to Decreased Cost of Hauling Different Farm Products to Market.

It is a matter of common observation that, when any community has passed from a condition dominated by bad roads to a condition which is characterized by good roads, land values in that community advance. It is plain that no system of good roads can directly improve the soil fertility or the quality of farms. It is equally true that good roads can and do directly improve the site value, or the value which accrues to the farm by



A Southern Road Before Improvement.

virtue of its situation with respect to markets, schools, and towns, and the accessibility of these.

In dealing with this matter of increased farm values from a strictly economic standpoint, it has been pointed out and it is worth remembering, that where farms have advanced in value the advance is due essentially to decreased hauling costs. The advance in farm values, in other words, measures partly the increased value of the farm as a plant for the business of farming. That increment of value which is due to those things that are described as social advantages or improved social conditions has no numerical measure.

When his road is improved the landowner appreciates the improvement and frequently sets an increased value upon his land. It is difficult, however, to analyze the entire increment of value which follows good roads. There is no doubt that the cost of good roads is met by some form of taxation, which, in many instances, causes the land owners to add to the selling price of their land that amount which they estimate the good road has cost them in taxes.

This process is more distinctly observed in city property transfers, where direct assessments for sewers, sidewalks, and pavements are invariably added to the original cost of the property. The important point that is becoming more and more understood by land owners is that good roads require a considerable investment of capital, and furthermore that such an investment is a paying one. Here are a few instances of actual conditions which have been observed in various parts of the country.

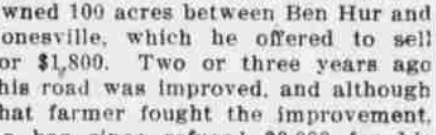
In Lee county, Virginia, a farmer owned 100 acres between Ben Hur and Jonesville, which he offered to sell for \$1,800. Two or three years ago this road was improved, and although that farmer fought the improvement, he has since refused \$3,000 for his farm. Along this same road a tract of 188 acres was supposed to have been sold for \$6,000. The purchaser refused the contract and the owner threatened to sue him. After the road improvement, and without any improvements upon the land the same farm was sold to the original purchaser for \$9,000.

In Jackson county, Alabama, the people voted a bond issue of \$250,000, for road improvement and improved 24 per cent. of the roads. The 1900 census gave the value of all farm lands in Jackson county as \$4.90 per acre. The selling price at that time

was \$6 to \$15 per acre. The last census gives the value of Jackson county farm lands as \$9.75, and the selling price is now from \$15 to \$25 per acre.

The price of farm land, like that of any other commodity, is ruled by the relation between supply and demand. When the price of farm land advances it measures a readjustment between the supply and the demand. This readjustment, in some cases, is sharp and immediate. One distinct item of increased values is becoming more evident from year to year; that is, immigration into the rural districts where road conditions are favorable especially is this true with regard to owners of automobiles. There are repeated instances of this kind in New England and those states which have been active in improving their roads.

Favors Immigration. Immigration is particularly marked where road conditions are favorable; in fact, the figures of the department seem to indicate that good roads indirectly increase the demand for rural property; and the price of farm land, like that of any commodity, is ruled by the relations between demand and supply.



The Same Road After Improvement.

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In Winter Pe-ru-na CATARRH TONIC For COUGHS & COLDS

MR. Samuel McKinley, 1215 Grand Ave., Kansas City, Mo., writes: "I can honestly say that I owe my life to Peruna. Traveling from town to town, and having to go into all kinds of badly heated buildings, plying my trade as auctioneer, it is only natural that I had colds frequently."

"Last December I contracted a severe cold which, through neglect on my part, settled on my chest. I heard of Peruna. It cured me, so I cannot praise it too highly."

Those who prefer tablets to liquid medicines can now procure Peruna in tablet form.

The Wretchedness of Constipation

Can quickly be overcome by CARTER'S LITTLE LIVER PILLS.

Purely vegetable—act surely and gently on the liver. Cure Biliousness, Head-ache, Dizziness, and Indigestion. They do their duty. SMALL PILL, SMALL DOSE, SMALL PRICE.

Genuine must bear Signature

W. D. Wood
EYE ACHE **Pettit's Eye Salve**

HEAVIEST HORSE ON RECORD

Figures Show Clydesdale Weighed More Than Any Animal of His Kind Known to History.

The weight of the heaviest horse ever known was 3,000 pounds. This horse, a Clydesdale, was exhibited in New York in 1889. It was 21½ hands high and although only five years old measured 32 inches round the arm, 45 inches round the stifle or knee joint, 95 inches girth, 34½ round the hip and 11 feet four inches in length. It was of perfect proportions, with a head 36 inches in length. A French authority gives the weight of horses as follows: Excluding ponies, which have an average weight of 440 pounds, the weight of horses varies from 660 to 1,540 pounds. The weight of cart horses varies between 1,100 and 1,540 pounds. The weight of cab and coupe horses, which is about the same as that of cavalry horses, varies between 990 and 1,056 pounds. These weights are for adult animals.

Disproving a Proverb. Lady Cook (Tennessee Clafin) was talking in Pittsburgh about time's changes.

"Woman used to wear the hoop skirt," she said, "and the wind blew it up outrageously. She now wears the slashed skirt, a much more modest affair."

"Time changes all things," ended Lady Cook. "I said to a young man the other day:

"Distance lends enchantment."
"But not," he answered, "when you're taking your girl home in a taxicab."

Tame. "What do you think of football?"
"Oh, it's rather tame," replied the militant suffragette.

True love may be a myth, but there are a lot of mighty satisfactory imitations.

Appetite Finds Ready Satisfaction

In a bowl of

Post Toasties

and Cream.

Thin, crisp bits of Indian Corn—cooked and toasted so that they have a delicious flavour—

Wholesome Nourishing Easy to Serve

—sold by Grocers everywhere.