

The KITCHEN CABINET

THE merit of originality is not novelty; it is sincerity. The believing man is the original man; he believes for himself, not for another. —Caryle.

GOOD, HOMELY, MEAT DISHES.

Buy a piece of round from the under half, as it is a bit cheaper and not so tender. For two pounds of the steak chopped fine, add a teaspoon and a half of salt, a quarter of a teaspoon of pepper, one small onion chopped; mix well and make into flat cakes. Place on a woven wire broiler and cook over red coals, turning every eight counts until well seared over. Then cook more slowly until sufficiently cooked for the family taste.

Scotch Stew.—Take four pounds of mutton from the fore quarter, one onion, one turnip, one carrot, one-half cup of barley, two stalks of celery, one tablespoonful of flour, salt and pepper to taste. Soak the barley overnight, cut the meat into small pieces, put into a kettle with the barley, add two cupfuls of boiling water, reduce the heat and simmer until the meat is tender. Chop the vegetables, and cook five minutes in a little fat; add to the meat and cook until tender.

Stuffed Heart Baked.—One calf's heart, one bay leaf, two stalks of celery, one-half a small red pepper and one cup of seasoned bread crumbs for stuffing. Trim the heart, soak in salted water for a few minutes to draw out any blood. Place in a sauce pan and add the vegetables and seasonings. Then add boiling water to barely cover. Bring to the boiling point and simmer at very low temperature until the heart is tender. Remove the heart, and when cool enough fill with the stuffing. Place in a kettle and add one cupful of stock from the kettle; when well heated through, dust with flour and brown in the oven. Serve with a mound of rice or mashed potatoes.

Beef Goulash.—Take two pounds of lean beef cut into inch squares. Three large onions sliced, two tablespoonfuls of fat, one cup of chopped cabbage, eight small potatoes, two teaspoonfuls of salt, one-half teaspoon of paprika, one cup of boiling water and half a cup of milk. When the meat is brown in the hot fat, remove from the fat and add the vegetables; fry for five minutes, then add the water and seasonings. The potatoes are best added later, as they cook sooner than the cabbage. When all are tender, add the milk. Boil up and serve at once.

The man whose Tungsten light sensitiveness causes him to break at the slightest jar is not going to flood the world with radiance of his success.

MAPLE SUGAR DAINTIES.

The season will soon be upon us when we can look for maple sugar in all its tempting forms.

The tender waffle hearts are set upon either crisp or soggy, and anon like maple sirup made of corn and coals lasts but a scant five minutes and is gone. —Myrtle Reed.

There is nothing in the sirup line which takes the place of the real maple sirup; but, alas, it is so often adulterated that even the sugar itself cannot be trusted. Our pure food laws are striving valiantly to produce the proper label, and now when we eat corn cobs and molasses we at least are treated honestly if we know enough to read the label.

If one has never visited a sugar camp when it is in operation, there is surely a new sensation coming. There are numerous sugar camps all over the country, and when one thinks of the "sweet" hospitality of these camps when daily 15 or 20 interested sight-seers drive in to eat warm sirup, it is still a constant wonder that there is enough to put upon the market.

Maple Filling for Cake.—Put into a sauce pan a cup of cream and two cups of broken maple sugar. Heat slowly until the sugar is dissolved, then boil until it hardens in water. Take at once from the fire and stir and spread on the cake.

Maple Nougat.—Boil two cupfuls of maple sugar and a half cup of cream and a tablespoonful of butter until waxen when dropped in cold water, then add a cup of chopped nuts, and pour, while hot, over plain ice cream. This is the most delicious of sauces for creams.

A very dainty biscuit may be made by preparing a baking powder biscuit dough, roll out and spread with butter, maple sugar and chopped nuts. Roll up and cut like cinnamon rolls. Bake in hot oven. These may be served as dessert with a hot sauce.

Concrete Houses.

Limitations imposed by cost, which in most cases prohibit the attainment of even ordinary architectural attractiveness, have restricted the use of concrete in houses of average size. For fireproof dwellings on a more pretentious scale reinforced concrete is gradually taking a prominent place. At the other extreme, for working-men's houses, it has been found possible to cast groups of small houses, all alike and very plain, that are satisfactory from the standpoint of use

DISHERS FOR AFTERNOON RECEPTIONS.

When planning any entertainment in which the food is a chief feature, the appearance as well as the tempting flavor is equally important.

Layer Sandwiches.—Have loaves of graham or whole wheat and white bread two days old. Trim off the crust and save for the countless dishes which call for bread crumbs. Cut a slice and spread the end of the loaf with softened butter; cut in wafer-like slices until all is prepared. Have ready some chopped and seasoned ham and a few finely chopped nuts or any two kinds of filling desired, but be sure that they harmonize. On a slice of the buttered brown bread put a layer of one filling and a layer of the other on the white bread, alternating with the white and brown until a half dozen slices are placed together. Press, to make firm, and cut in slices like layer cake, to serve.

Roasted Almond Sandwiches.—Prepare the almonds at home by blanching—that is, boiling in water two minutes then drop in cold water and remove the brown skins. Dry well and cook until brown in a little olive oil; salt well and chop fine. Mix with either mayonnaise dressing or whipped cream, seasoned with paprika. Spread on wafer-like slices of white bread which has been buttered.

Maple sugar grated and mixed with cream and chopped almonds makes another delicious filling for sandwiches.

Small Charlottes.—For these take three-quarters of a package of gelatine, one cup of powdered sugar, two quarts and a half of thick cream, two tablespoonfuls of vanilla, one-third of a cup of orange juice and three dozen lady fingers. Split the lady fingers and cut each piece in lengths to fit around the sides of paper cases or molds. Put a piece in the bottom of each mold. Have ready chopped nuts and candied cherries or fresh strawberries for garnishing. Soak the gelatine in cold water and whip the cream; add the sugar to the cream, strain in the dissolved gelatine and stir until it begins to thicken, then add vanilla and orange juice. When very thick, fill cases.

Before serving, sprinkle with chopped pistachio nuts and garnish with cherries or strawberries. These forms will hold their shape when turned out on the serving plate, and will serve 25 people.

The man who spends all of his time grubbing, is a self-confessed failure. If things are always wrong with you it is your fault. Don't waste time and energy in proclaiming the facts. Put them right.

WAYS OF SERVING COD.

Codfish, when it is fresh, is a fish not to be despised, and if it were less common, which it is in a fair way to be, it would be held in as high esteem as salmon. The salt variety takes the place fairly well of many varieties of higher priced fish. If the fresh fish is obtainable, take a small one and add with three quarts of boiling water, a tablespoonful of salt, a tablespoonful of vinegar, a small carrot and onion chopped fine, a few sprigs of parsley and a bay leaf or two. Let the fish come to the boiling point, then simmer gently so that the water just moves, for 30 minutes. Lift out, take off the skin, place on a hot platter, and surround with the vegetables and sauce prepared from the broth of the fish. Garnish with sprigs of parsley and quarters of lemon and serve.

Fresh Cod Chowder.—Put three slices of fat salt pork into a kettle and try out until brown. Have two pounds or less of cod cut in square pieces. Remove the pork scraps and put in alternate layers of potatoes, fish and onions, using two onions to half a dozen sliced potatoes. Season with salt and pepper, cover with water and cook until the vegetables are tender. Add a quart of fresh milk, a tablespoonful or two of butter, a half dozen milk crackers which have been scalded in boiling water, and serve at once. Such a dish is hard to beat for a cold, raw night.

Codfish, Cuban Style.—Pick in pieces a cup of freshened salt cod. Fry an onion thin in a tablespoonful of butter, add the fish with boiling water to cover. Then add half a can of tomatoes; season with a green pepper chopped, and simmer gently for an hour. If there is much juice in the tomato less water need be added. Turn the mixture on squares of buttered toast and serve very hot.

Nellie Maxwell.

and are low in first cost and in upkeep. These have been built recently in various localities—one group in Nanticoke, Pa., another in Oklahoma, while similar development is taking place in France and Ireland. In Ireland 39,000 of these houses have been built in the last three years.—Engineering Record.

Beyond All Regulation.

No labor union has ever been organized that could regulate the wages of sin.—Detroit Journal.

Sealed!

WRIGLEYS SPEARMINT

is now electrically sealed with a "SEAL OF PURITY" so absolute that it is damp-proof, dust proof, impurity-proof—even air-proof!



Give regular aid to teeth, breath, appetite and digestion. It's the safe besides delicious and beneficial confection!

BUY IT BY THE BOX

for 85 cents—at most dealers. Each box contains twenty 5 cent packages. They stay fresh until used.

It's clean, pure, healthful if it's WRIGLEY'S:

Look for the spear

CHEW IT AFTER EVERY MEAL

TALES TOLD OF ULSTERMEN

Bull Worthy of Any One From the County of Cork—"Canny" About Marriage Fees.

The Ulsterman is not incapable of a bull, says the British Weekly. It was an Ulster marquis who endeared himself to his tenantry by the memorable bull uttered in his speech at an agricultural dinner: "I wish my farmers would use iron plows, because they last forever, and will afterwards sell as old iron."

It was an Ulsterman who at a funeral observed the awkward work of an unaccustomed hand, and exclaimed as he seized a shovel: "I wasn't seven years courting a sexton's daughter without learning to sod a grave."

No matter how large the bride's fortune, the Ulsterman generally grumbled over the marriage fee. "Wouldn't half a crown tinct ye?" asked a bridegroom of the officiating minister when the clerk demanded the usual five shillings.

An Economical Man. "We can't finish Europe. It will cost entirely too much."

"We gotta finish it. I ain't going to let this \$4 guide book go to waste."

Admonition given in fewest words is most likely to have effect.

LIFE'S ROAD Smoothed by Change of Food.

Worry is a big load to carry and an unnecessary one. When accompanied by indigestion it certainly is cause for the blues.

But the whole trouble may be easily thrown off and life's road be made easy and comfortable by proper eating and the cultivation of good cheer. Read what a Troy woman says:

"Two years ago I made the acquaintance of Grape-Nuts and have used the food once a day and sometimes twice, ever since."

"At the time I began to use it life was a burden. I was for years afflicted with bilious sick headache, caused by indigestion, and nothing seemed to relieve me."

Some men reach the top and then become dizzy.

Your family Doctor can't do more for your cough than Deane's Mucilinated Cough Drops; "they cure"—5c at Druggists.

A woman is apt to get an impression wrong end first—if she steps off a moving street car that way.

Water in bluing is adulteration. Glass and water makes liquid blue costly. Buy Red Cross Ball Blue, makes clothes whiter than snow. Adv.

The Medium. "How can you drink to anybody with your eyes, as the poet says?" "I suppose, in an eyeglass."

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.

Ugliness a Qualification. Some bygone housewives appear to have regarded ugliness as a quality to be desired in their servants. When Eliza Coko, daughter of Coke of Norfolk, was about to marry, she wrote to her prospective mother-in-law: "Pray, have the goodness to decide as you think best about the pretty housemaid. I wish she were less pretty and less fond of dress, but if her conduct and principles are good neither are really objectionable faults. I think our establishment will be a pattern of morality, particularly if Mr. Stanhope engages the squinting butler and the terrible housemaid he mentioned to me."

True love seldom utilizes the postal card for tender messages.

It is hard to forgive our enemies when they have us by the neck.

For **PINK EYE** DISTEMPER CATARRHAL FEVER AND ALL NOSE AND THROAT DISEASES



Cures the sick and acts as a preventive for others. Liquid given on the tongue. Safe for brood mares and all others. Best kidney remedy; 30c and \$1 a bottle; \$5 and \$10 a dozen. Sold by all druggists and horse goods houses, or sent, express paid, by the manufacturers.

SPOHN MEDICAL CO., Chemists, GOSHEN, INDIANA

PIONEERS OF THE FRONTIER

Red-Blooded Men and Women Were Those Who Carved an Empire From Wilderness.

No doubt the "run of the continent" has improved the fiber of the American people. Of course, the well established and the intellectuals had no motive to seek the west; but in energy and venturesomeness those who sought the frontier were superior to the average of those in their class who stayed behind. It was the pluck rather than the carp that found their way out of the pool. Now, in the main, those who pushed through the open door of opportunity left more children than their fellows who did not. Often themselves members of large families, they had fecundity, as it were, in the blood. With land abundant and the outlook encouraging, they married earlier. In the narrow life of the young west, love and family were stronger interests than in the older society; hence all married. Thanks to cheap living and to the need of helpers, the big family was welcomed. Living by agriculture, the west knew little of cities, manufactures, social rivalry, luxury and a serving class, all foes of rapid multiplication.—From "Origins of the American People," by Prof. Edward A. Ross, in the Century.

So Obedient. Stealthily Light-Fingered Sam slipped up behind the strolling pedestrian.

"My doctor said I needed a little change, didn't he?" he murmured to himself.

And then he took it.

WATERY BLISTERS ON FACE

Smithville, Ind.—"Six months ago our baby girl, one year old, had a few red pimples come on her face which gradually spread causing her face to become very irritated and a fiery red color. The pimples on the child's face were at first small watery blisters, just a small blotch on the skin. She kept scratching at this until in a few days her whole cheeks were fiery red color and instead of the little blisters the skin was cracked and scaly looking and seemed to itch and burn very much.

"We used a number of remedies which seemed to give relief for a short time then leave her face worse than ever. Finally we got a cake of Cuticura Soap and a box of Cuticura Ointment. I washed the child's face with very warm water and Cuticura Soap, then applied the Cuticura Ointment very lightly. After doing this about three times a day the itching and burning seemed entirely gone in two days' time. Inside of two weeks' time her face seemed well. That was eight months ago and there has been no return of the trouble." (Signed) Mrs. A. K. Wooden, Nov. 4, 1912.

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

The Effect. "Well, how did you sleep last night? Goethe spent the night there once." "Very badly. My husband adores Goethe, and he was spouting him all night."

Banish the "Blues!"

If you have that depressed feeling it's more than likely that your blood is out of order—impoverished or poisoned.

There is only one thing that will alter your present condition—that's to restore your stomach to normal health and strength. For a weak or diseased stomach cannot make good blood. If your digestion is bad your food will not make the good blood which nourishes body, brain, heart and nerve.

Dr. Pierce's Golden Medical Discovery

helps the stomach to do its work naturally and properly. Stimulates the liver. The system is freed from poison. The blood is purified. Every organ is rejuvenated. Instead of the "Blues," you feel fit and strong, equal to any task or up to any pleasure.

This great remedy has proved its worth year after year for over forty years. Let it prove its worth to you. Sold by medicine dealers in tablet or liquid form or send 50c for trial box by mail.

Send 31 one-cent stamps to pay cost of mailing only on a free copy of Dr. Pierce's Common Sense Medical Adviser, 1000 pages, clothbound. Address Dr. R. V. Pierce, Buffalo.