

The KITCHEN CABINET

AS THE purest gold needs a little alloy to harden it and make it practical for use, so the person with the most brilliant mind needs common sense in order to succeed.

DISHES FOR A DAY.

A nice little cake to serve at a tea or luncheon or as a dessert with fruit is the following:



Peanut Macaroons.—Beat the white of one egg until stiff, then add gradually, while beating constantly, a fourth of a cupful of granulated sugar and a few grains of salt; then add five tablespoonfuls of finely chopped peanuts and a teaspoonful of lemon juice. Drop on buttered sheet. Garnish with halves of peanuts.

Grape Juice Cream.—Put two tablespoonfuls of granulated gelatin in two cupfuls of grape juice and heat in a double boiler until the gelatin is dissolved. Strain into a bowl in a saucepanful of ice water, and when the mixture begins to thicken fold in the whites of four eggs beaten until stiff. Half fill individual molds and to the remainder add three-fourths of a cup of heavy cream beaten stiff. Fill the molds with this mixture and chill. Garnish with whipped cream.

Strawberry Fluff.—Beat the whites of two eggs until stiff. Also beat one cupful of thick sweet cream until stiff. Fold the two together with half a cupful of mashed strawberries and half a cupful of sugar. Serve in sherbet glasses.

Easy Chocolate Cake.—Mix one egg yolk, one-half a cupful of milk, one square of chocolate and a fourth of a cupful of shortening, cook over hot water until smooth and thick. Add a half cupful of sugar, one-half cupful of cold milk and one and a half cupful of flour, add a teaspoonful of soda to the flour. Bake in two layers and put together with boiling icing. Sweet skimmed milk may be used and in that case add a little soda and one teaspoonful baking powder.

Plum Charlotte.—Cook one pint of stewed plums in their own juice, and add a third of a pint of sugar if the plums are unweetened. Press through a sieve and add two teaspoonfuls of gelatin that has been dissolved in a half cupful of boiling water; when well mixed fold in a half cupful of whipped cream and turn into a mold.

A pretty green salad to serve for a green luncheon is this: Season canned string beans with mayonnaise and pile in a narrow ring cut from green peppers on a pretty plate.

Dear is my friend, but from my foe as from my friend comes good. My friend shows what I can do, my foe shows what I should.

—F. von Schiller.

DAINTY THINGS FOR COMPANY.

A simple and elegant salad is made of a slice of pineapple placed on a paper dolly with the center filled with chopped almonds and cherries mixed with mayonnaise.

Pineapple sandwiches are most delicious. Fill them with whipped cream and chopped pineapple. Garnish with a cherry.

Pineapple canapés are new. Spread circles of bread toasted with cream cheese and lay on thin slices of stuffed olives. Serve on a paper dolly.

Vanilla ice cream will belong to a different class entirely when served in sherbet glasses garnished with strawberry sirup and sprinkled with chopped green citron. A few pistachio nuts also will add a pretty color.

Lady finger sandwiches are well liked especially by the children. Put two fingers together with jam or jelly or marmalade.

Plain iced cookies are transformed when decorated with bits of candied cherry and leaves of green cut out of citron.

Fruit Rice Pudding.—Stir a tablespoonful of gelatin softened in three tablespoonfuls of hot water into a pint of whipped cream. Add a cupful of cold boiled rice, three tablespoonfuls of sugar, a cupful each of pineapple juice and orange juice, a cupful of chopped pineapple and a cupful of chopped blanched almonds. Put into a mold and when firm serve.

Fruit Canapés.—Cut rounds from

sponge cake and saute in a little butter. Spread cooked fruit on each piece. Make a sauce of the fruit juice thickened with a little cornstarch and made rich by the addition of butter and sugar if needed.

Date Gems.—Sift together two cupfuls of flour and two teaspoonfuls of baking powder, add one-half teaspoonful of cinnamon, one-half teaspoonful of ginger and a little salt. Heat one-half a cupful of molasses and a tablespoonful of butter in a saucepan until the butter melts. Then stir in the dry ingredients alternating with a half cupful of milk until well blended. Now add one cupful of chopped dates which have been sprinkled with flour. Bake in well buttered muffin tins.

It is well in going through the world to heed one's manners as carefully as one beholds those of others. Civility costs nothing in this world and it buys everything.

—Lady Montague.

SUGGESTIVE HELPS.

If you wish mustard to be pungent, whether it is to be used medicinally or at the table, mix it with cold water. The pungency of mustard is due to a volatile oil which is more pronounced when wet with cold water.

When whipping cream add an unbeaten egg to the cream if it does not get thick; the flavor will not be noticed and it increases the quantity also.

A pretty as well as a wholesome salad may be made by filling the halves of hard cooked egg whites with seasoned peas, and the yolks may be highly seasoned, mixed with salad dressing, and served as a garnish. Place two halves of eggs on a lettuce leaf.

A small kindergarten chair is a most handy piece of furniture, as it is light, easy to handle, and may be used as a seat or as a step ladder.

Old-fashioned beef stew will be found to develop into a dish of real elegance if a half cupful of stuffed olives, a dash or two of paprika and a sprinkling of parsley is added just before taking up.

Add a cupful of cold coffee to a custard and save the coffee, at the same time flavor the custard.

Many a good meal is thrown into the garbage can. Cold vegetables can always be used in vegetable soup, combined with meat broths or as a cream soup. Or they may be served with lettuce as a salad.

The bone of boiled ham cooked with cabbage, turnip, carrots and other vegetables make a most appetizing boiled dinner.

TIMELY RECIPES.

Thomas Carlyle called the human stomach "that most diabolical of all machines," which proved that he had a stomach which had been misused. The most perfect disposition will not endure the constant irritation of indigestion. It thus behooves the food providers to serve food to our growing youth that this biting epigram shall be a falsehood.

Apple Loaf.—Take from the raised dough sufficient to make a small loaf. Work into it a tablespoonful of butter, one-third of a cupful of sugar, one-quarter of a teaspoonful of cinnamon and two well-beaten eggs. Add flour sufficient to make a soft dough, knead lightly and let rise. Divide into thirds and roll out each piece the size of the pan. Lay on one piece and spread with an inch layer of sour chopped apple. Pour over a tablespoonful of melted butter and a sprinkling of sugar, and lay on the next layer of dough. Cover this with a layer of apple.

Potato Tea Cakes.—Cook and dice four mealy potatoes, add two well-beaten eggs, one teaspoonful of salt and a pint of milk. Sift together a cupful each of flour and cornstarch with two teaspoonfuls of baking powder. Add this to the potato mixture, roll out and cut into small biscuits. Bake in a hot oven.

Rice and Green Peppers.—Cook rice and season well with butter and salt; heap in a dish and set in the oven. Cut green peppers into rings, soak in salt water a half hour. Drain and fry in a little butter in a hot frying pan. Then arrange these rings over the top of the dish of rice.

Nellie Maxwell.

Country's Need Is Men.

It has been said that the vigorous country, the one that is going ahead rapidly, is the one that has a greater number of men than women. Men are needed to fight and push the boundaries of civilization farther and farther. When the needed number of men cannot be provided some other country with the necessary excess of males takes up the work and the feminized country drops back to a secondary place.

Meanings of Itching Nose.

An itching of the nose in our grandmothers' days gave indication that a stranger would appear before many hours had passed. Dekker, an early writer, says: "We shall have guests today, my nose itcheth." An old English superstition was to the effect that if the nose itched it was a sign that the person would be vexed or kissed by a fool before the day was ended. With the Germans it was a sign that one would drink wine with a friend.

All to Deck the June Bride



EVERY member of the family is willing to give up treasures to its brides, or ought to be. If there is old lace or exquisite embroidery or household treasures, why should they not add to the joys of the young and joyous? To them they mean more, in their capacity for giving pleasure, than to those who have outgrown such small delights.

Here is a bridal gown in which one of the old, exquisitely embroidered silk-crepe shawls has been used to make the overdress and to trim the bodice. This is a modest dress lifted into magnificence by this treasure of a shawl used in its adornment.

In the bridal gown pictured there is a skirt of satin messaline with a demi-train worn over a trained petticoat trimmed with wide shadow lace. The underbodice of messaline is cut with a round neck and elbow sleeves. It is covered with embroidered chiffon, and the neck is edged with a row of pearl beads. That portion of the shawl trimmed off for decorating the bodice is arranged in the manner of a fichu, and terminates under the satin girdle.

The shawl is draped about the figure in the plainest, and at the same time the most effective manner. The drapery is dropped a little from the waistline at the back, the fringe falling away from the plait at the center of the back of the messaline skirt.

The bride's veil is gathered on a wire band with much fullness, and not worn in the manner of a cap. A cluster of orange flowers is placed at each side.

The bouquet of lilies of the valley and white lilies is made with pendent ribbons of gauze having sprays of flowers fastened to them. With the elbow sleeves three-quarter length gloves of white kid finish a toilette of which any bride and her family may have reason to be proud.

Tulle wedding veils and fine lace, rich embroidery and pearls, are to be carefully saved and passed on. They are really "family affairs," and only temporarily the property of the bride. Many a shawl like that shown in the picture lies folded away, yellowing with time and non-use. There are plenty of June brides to which they would lend that charm of "something old" which the old saying says must be a part of the bridal gown to insure the best of luck in days to come.

When Miladi Bethinks of Motor Hats



NOW that the motor car begins the call that is an irresistible lure, miladi bethinks her of her motor head-wear. Small, close-fitting, flexible hats, which can be drawn well down over the head, have made a place for themselves in motoring that no other shape and style can fill.

Braids of silk fiber are soft and strong and made in all colors. The majority of hats designed for motor wear are made of this braid.

Trimmings are simple and handmade, of the braid that appears in the hat, or of other millinery fabrics. They lie flat to the brim usually, and are not disarranged by wind or the tying of a veil over them.

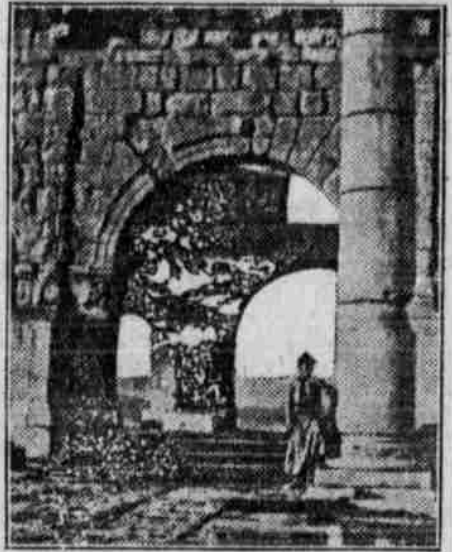
The addition of a little separate cape of chiffon at the back, for protecting the neck, results in a fascinating little touch that is new and "fetching." It is not meant to replace the veil but to keep the neck from too much exposure to sun and weather when the veil is discarded for a time.

A pretty hat in which this veil is incorporated is shown in the first picture. It has a coronet of gray hemp, which folds over at the top, across the front. There is a soft, plain crown of

OLD RUINS OF ROMAN AFRICA

Nothing More Remarkable to Travelers in Barbary Than These Ancient Relics of Grandeur.

London.—Nothing is more remarkable to the traveler in Barbary than to come again and again upon imposing masses of Roman ruins, testifying to the presence of old, of high, civilization in what are now mere wastes. The steady expansion of Latin culture into the desert was indeed wonderful. For four centuries it steadily gained ground; after a hundred years of vandalism it was still strong when Justinian reconquered it, and it remained until the Saracens destroyed Roman Carthage more than a century and a half later. One of the



Archways of the Ruined Praetorium at Lambessa.

greatest and most famous of the later Roman imperial dynasties, the warrior line of the Herachads, was probably of African origin—certainly Latin in its connections and sympathies.

The best days of Roman Africa were, however, in the first and second centuries of the Christian era. The Romans were mighty builders of cities and municipal life flourished exceedingly during the early empire. In fact, until the disorganization caused by the barbarian invasion of the third century there was little of the crushing, life-destroying despotism which we are accustomed to regard as characteristically Roman.

Everywhere over the empire rose towns with regular municipal government, nowhere more frequently than in Africa—Lambessa, the headquarters of Legio III. "Augusta," Thaumagadi (Timgad), also full of Roman remains, and many others. When the protecting hand of Rome was withdrawn the towns were deserted.

NEED OF CUPID IN N. Y. MET

Y. M. C. A. and Y. W. C. A. to Bring Lonely Young Men and Women Together.

New York.—"If the two associations—the Young Men's and Young Women's Christian associations—can give lonely men a chance to meet congenial, lonely girls socially at dances and elsewhere," said William Fellowes Morgan, at a joint dinner of the organizations, "we will be doing much to solve one of the greatest problems in New York sociology—loneliness."

This suggestion by Mr. Morgan, who is president of the New York Young Men's Christian association, met the hearty approval of Mrs. James Stewart Cushman, head of the Young Women's Christian association.

"As an experiment," Mrs. Cushman said, "we have recently invited members of the West Side Young Men's Christian association to socials at our recreation center for girls. The plan worked admirably and I think we should both act upon the result of the experiment, and increase its scope. It would be another way in which the strange boy and the strange girl could become acquainted."

TANGO A CURE FOR NERVES

Makes Old Folk Jolly, and That's the Reason, Says Gotham Physician.

New York.—The tango and maxixe are curing that most common American complaint—nerves—according to Dr. Frederick Peterson, who upheld his theory in an address at the Colony club.

"I have noticed a marked decrease in the number of nervous cases among the people who are dancing this year," he said. "It is because the new dances appeal to older people as well as to the young that its benefits have been so noticeable, I suppose."

Miss Rachel Crothers spoke of "standardizing" the new dances, and declared that it didn't mean taking away all the fun from them by putting them into stereotyped form.

Among the 300 women present were many members of the Parents' league, an association of mothers and fathers whose object it is to simplify life for the more fortunate children. It is said that this league had intended to bar the new dances from their parties this year, but after seeing the innocuous method of the standardized new dances they decided to lift the ban.

Promised to Support Wife.

Perth Amboy, N. J.—Charged with failing to support his thirty-five-year-old wife, Herman Anderson, seventy-five, wept and promised to do better.

Mother-in-Law Nagged Him.

Yonkers, N. Y.—Anthony Dunn, who attempted suicide by turning on the gas, told the police his mother-in-law nagged him so he longed to die.

WOMAN COULD NOT SIT UP

Now Does Her Own Work.

Lydia E. Pinkham's Vegetable Compound Helped Her.

Ironton, Ohio.—"I am enjoying better health now than I have for twelve years. When I began to take Lydia E. Pinkham's Vegetable Compound I could not sit up. I had female troubles and was very nervous. I used the remedies a year and I can do my work and for the last eight months I have worked for other women, too. I cannot praise Lydia E. Pinkham's Vegetable Compound enough for I know I never would have been as well if I had not taken it and I recommend it to suffering women."



Daughter Helped Also.

"I gave it to my daughter when she was thirteen years old. She was in school and was a nervous wreck, and could not sleep nights. Now she looks so healthy that even the doctor speaks of it. You can publish this letter if you like."—Mrs. RENA BOWMAN, 161 S. 10th Street, Ironton, Ohio.

Why will women continue to suffer day in and day out and drag out a sickly, half-hearted existence, missing three-fourths of the joy of living, when they can find health in Lydia E. Pinkham's Vegetable Compound?

If you have the slightest doubt that Lydia E. Pinkham's Vegetable Compound will help you, write to Lydia E. Pinkham Medicine Co. (Confidential) Lynn, Mass., for advice. Your letter will be opened, read and answered by a woman and held in strict confidence.

Not Worth Loafing.

Hemmandhaw—I thought Beaubrough was going on a month's vacation.

Shimmerpatte—He was, but the boss only wanted to give him two weeks and he refused to take half a loaf.

Queer.

There may be some statesman who had rather be right than president, but there are others who seem to have no ambition in either direction.

Constipation causes and seriously aggravates many diseases. It is thoroughly cured by Dr. Pierce's Peppermint. Tiny sugar-coated granules. Adv.

The fellow who tells a girl he would die for her wants to be killed with kindness.

If you wish beautiful, clear, white clothes, use Red Cross Ball Blue. At all good grocers. Adv.

The average man wants to do all the sinning for his family.

Putnam Fadeless Dyes color more goods than others. Adv.

Why sneer at the high aim that overshoots the mark?

Housework Is a Burden

It's hard enough to keep house if in perfect health, but a woman who is weak, tired and suffering from an aching back has a heavy burden.

Any woman in this condition has good cause to suspect kidney trouble, especially if the kidney action seems disordered.

Doan's Kidney Pills have cured thousands of suffering women. It's the best recommended special kidney remedy.

A NORTH DAKOTA CASE

Mrs. C. J. Tyler, Cando, N. D., says: "For years I had kidney trouble. My feet and limbs ached and I could not sleep more than two hours at a time. In the morning I was all worn out. My back was lame and I had sharp pains when I stooped. Doan's Kidney Pills have removed all this trouble."

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

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All parts of the Provinces of Manitoba, Saskatchewan and Alberta, have produced wonderful yields of Wheat, Oats, Barley and Flax. Highest graded wheat has been produced in excess of 40 bushels per acre; 22 bushels was about the total average. Mixed Farming may be considered fully as profitable an industry as grain raising. The excellent grasses full of nutrition, are the only food required either for beef or dairy purposes. In 1912, and again in 1913, at Chicago, Manitoba carried off the Championship for beef steer. Good schools, markets convenient, climate excellent. For the homesteader, the man who wishes to farm extensively, or the investor, Canada offers the biggest opportunity of any place on the continent.

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