

The KITCHEN CABINET

Not only physical but mental vigor and efficiency depend largely on a proper diet.

Not in the clamor of the crowded street,
Not in the shouts and plaudits of the throng,
But in ourselves are triumph and defeat.

LIGHT REFRESHMENTS.

The dainty sandwich is always filling a large place and when well made and served there is nothing that is better enjoyed.



Cream Cheese Sandwiches.

Take a square of cream cheese, mash it in a bowl, adding a little sweet cream to moisten, salt and paprika to taste, with one or two canned red peppers, spread on thin slices of buttered graham bread.

Marshmallow Nut Sandwiches.—Toast fresh marshmallows and cut fine, mix with chopped walnut meats and sweet cream. Cut white bread, spread with butter, then with the mallow and nut mixture. A few candied cherries may be used with this filling if so desired. A half dozen cherries finely chopped will be sufficient for half a dozen sandwiches.

Fig Sandwiches.—Soak figs over night in orange juice, then simmer in a little water added to the juice, until tender. Add a half cupful of sugar and the juice of half a lemon to each half pound of figs. Chill thoroughly and chop to a paste. Spread on thin white bread or on slice of pound cake.

Marguerites.—Make a boiled frosting, using a few tablespoonfuls of steamed, chopped raisins and a half dozen chopped nuts. Put a teaspoonful on crisp, salted wafers and brown lightly in the oven.

Sponge cake baked in a sheet and then cut with a small biscuit cutter into rounds may be frosted with orange icing and rolled in grated rind, or the top decorated with the rind, making very tasty cakes to serve with a cupful of tea when a friend drops in.

It's the song ye sing and the smile ye wear
That's making the sunshine everywhere.
—Riley.

SAVORY SUPPER DISHES.

To make a supper dish at all popular it must be tasty and quickly prepared. Milk toast fills both of these qualifications, therefore it is a great favorite.

Spanish Chowder.—Cook together a can of tomatoes and a can of red kidney beans for ten minutes. Add a pound of finely chopped hamburger steak, one chopped green pepper, and salt and pepper to taste. Cook five minutes longer and serve piping hot.

Corn Bread.—At noon put two cupfuls of cornmeal in a mixing bowl and pour over it 1 1/2 cupfuls of boiling water, enough to thoroughly scald it. Mix well and cover with a coating of butter; cover and let stand until night. When ready to bake add a beaten egg, 1 1/2 cupfuls of milk a cupful of flour, sifted, with three teaspoonfuls of baking powder and a half teaspoonful of salt; use more milk if needed, as this should make a thick spoon batter. Bake 20 minutes in gem pans.

Halibut With Codfish.—Wash and flake a cupful of halibut, wash and flake two cupfuls of codfish and cover with boiling water; let simmer for 20 minutes, drain and rinse again. Melt four tablespoonfuls of butter, add two of flour and blend until smooth; pour this into 1 1/2 cupfuls of rich milk. Season with paprika and salt, if needed. Place the drained fish in a casserole, pour the sauce over it and cover thickly with buttered crumbs. Bake in a moderate oven a half-hour.

Mulligatawny Soup.—Slice three large onions and brown them slightly with four slices of chopped bacon. Remove from the heat and add a teaspoonful of curry powder, four tablespoonfuls of flour and a half teaspoonful of salt; blend all together and then add three pints of veal or chicken stock. Chop two apples very fine, add them to the soup and simmer gently until the apples are cooked and the soup is thick.

Rice Muffins.—Mix a cupful of boiled rice with two cupfuls of sifted flour, two teaspoonfuls of baking powder, a tablespoonful of sugar, a half teaspoonful of salt, one egg and a cupful of milk. Mix well and bake in muffin pans. Serve hot.

Silence Pleases Orator.

What a speaker likes best is not applause. It is silence. There are moments when to a speaker the silence can be thrilling. Then he knows, as we say, that he "has" his audience. A perfect relation has been established. During those moments the thought is passing rapidly from the speaker's mind into the minds of the listeners, and is taking effect. It may not always be a sympathetic effect. It may even be hostile. Nevertheless, the thought is at work.

The sky is always blue.
What though the night shall darken,
and unfold you
And for a space in sunless silence hold
you,
The dawn shall brighten when your
rest is through.
The sky is always blue.
—Christine Davis.

WAYS WITH PARSNIPS.

This delicious vegetable should be found often on our tables—during the spring months. To boil them and serve plain put a pork shank to cook in boiling water, let simmer for an hour or two, and two hours before dinner add the well-washed parsnips, cooking gently to keep them whole. Season and serve with the pork.

Pot Roast.—Prepare a pot roast in the usual way and cook some parsnips in boiling, salted water until tender. Drain the parsnips and put them into the kettle after the meat has been removed; cook until well seasoned, add flour to the sauce and serve meat, parsnips and gravy all on one platter.

Casserole Parsnips.—Cut the peeled parsnips in thick slices and parboil in salted water for 20 minutes. Drain and put into the casserole with butter and pepper, or a few slices of bacon may be used instead of butter, or beef drippings may be used. Bake two hours, adding a little water until they are very tender.

Browned Parsnips.—Cut well-cleaned parsnips lengthwise and cook until tender in boiling, salted water. When tender, brown in fresh pork drippings or in suet fat. Serve the parsnips, with a sauce made with flour and cream in the fat left from frying.

Parsnips With Drawn Butter Sauce.—Wash and scrape parsnips and cut in pieces or in strips; cook until soft, then serve with drawn butter sauce—melt a third of a cupful of butter, add three tablespoonfuls of flour, salt and pepper to season and a cupful and a half of boiling water. Serve hot.

It is not the events of life, nor its emotions, nor this nor that experience, but life itself which is good.—P. Brooks.

Now is the only time to begin doing great things.

SOME GOOD DISHES.

By making out menus for a week in advance, keeping lists of food well liked, thus bringing variety to the table, the housewife will save herself much time for other things. It is also a good plan to place opposite a recipe the cost of the dish. Usually eggs are one of the varying costs, but the housewife will be able to tell at a glance the cost of the dish. As the majority of women have a certain allowance to spend for the table this will help her to keep accounts and perhaps reduce expenses or at least equalize them from month to month.

When eggs are sixteen and eighteen cents a dozen is the time for angel foods, souffles, sponge cake and omelets. When they are fifty and sixty cents a dozen pork cake, apple sauce cake, escalloped dishes and eggless dishes of various kinds will be used.

Angel Food.—Sift one cupful of sifted flour with a quarter of a teaspoonful of cream of tartar. Take a cupful of egg whites, add another quarter of a spoonful of the cream of tartar and a pinch of salt, beat until stiff but not dry, add a cupful of sifted sugar, folding in lightly; then the flour, also folded in; flavor with vanilla and bake fifty minutes in a moderate oven, using a tube pan.

Cocoa Mousse.—Use one and a half cupfuls of cream, five tablespoonfuls of powdered sugar, one and a half ounces of cocoa, or half a cupful, one-half a teaspoonful of vanilla. Dissolve the cocoa in a small saucepan with two tablespoonfuls of cream. Whip the cream and when nearly stiff beat in the sugar and cocoa; mix thoroughly, turn into a wet mold and pack in ice and salt for four hours.

Date Pudding.—Mix together a beaten egg, a cupful of fresh bread crumbs, a cupful of chopped dates, a cupful of sugar, a fourth of a teaspoonful of salt and three tablespoonfuls of milk. Bake in a sheet and serve with whipped sweetened cream flavored with almond.

Fate of Annie Laurie. The familiar song of "Annie Laurie," says the London Chronicle, was written by a soldier in Flanders to his ladylove at home. The writer was William Douglas, and Annie Laurie was one of the three daughters of Sir Robert Laurie of Maxwellton. Sad to relate, Annie did not marry her ardent lover. Some say that Douglas was killed in Flanders, but whether or not that is so, Annie was led to the altar in 1709 by James Fergusson of Craigdarroch.

Here is a party frock for the little maid from about eight years up to twelve years old that will delight her and please her mother as well. It seems hardly worth while to describe the method of making it, because it is so clearly set forth in the picture. But for the benefit of the inexperienced who may be encouraged to undertake it, it may be mentioned

that the body of the frock is of cotton net and is merely a full slip set on to a narrow round yoke of lace and reaching nearly to the knees. Three scant ruffles of lace are set about the bottom of this slip, and it is shirred in about the hips with three shirring set close together. This shirring shapes the slip into a long waist and short skirt. The sleeves are merely puffs of net edged with a double frill of net.

Over this slip of net a short overtress is worn. It is made of two lengths of yard-wide taffeta cut with

In Woman's Realm

Two Modish Coats of Checked Serge and Tan Covert Cloth, Cravenette, Which Are Among the Best of the Season's Offerings—Simple but Extremely Effective Party Frock That Will Appeal to the Small Maid.

Two coats, made to brave the spiteful return of the north wind in May and the showers from spring skies, are shown in the picture given here. They are of checked serge and tan covert cloth, cravenette, and therefore not hurt by dampness. Their style is excellent and distinctive.

There have been so many checked coats in the season's showings that it would seem almost impossible for anything new and also attractive to make its appearance among them. But the model presented, while cut on familiar

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MADE TO BRAVE 'ALL WEATHERS.

and well-liked lines, shows a finish entirely novel. All its edges are finished with a piping of white and outlined with narrow flat silk braid, making the sharp and snappy contrast of black and white in a conservative fashion. It has a "chin-chin" collar. The short coat of covert cloth trimmed with plain broadcloth is frankly a model for all-round wear, and does not commit itself to any sort of special occasion. It is pictured worn with an afternoon frock of taffeta.

narrow straps over the shoulder and scalloped about the bottom. The scallops are bound with a narrow binding of taffeta made from strips cut on the bias. The silk is shirred over a cord about the neck, and the arm's eye and shoulder straps are bound like the scallops. The fullness of the silk is drawn in about the hips with two shirring over cable cord, forming a sprightly flounce below. The overtress slips on over the head. As pictured, it is made of light blue shiny taffeta with considerable stiffness.



PARTY FROCK FOR THE SMALL MAID.

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FEED COWS FOR MILK

Production and Size Are the Determining Factors.

Each Animal Should Be Given as Much Roughage as She Will Eat Up Clean—Avoid Increase in Body Weight Above Normal.

In the management of the modern dairy it should be the aim to surround the cows with conditions most conducive to a large and economical production of milk and butterfat in each individual case. Each cow should receive as much roughage as she will eat up clean and a portion of this should preferably be of a succulent nature, like grass,ilage, soilng crops or roots. Of concentrates it has been found a good working rule to feed as many pounds of grain feeds per day to each cow as she produces pounds of butterfat a week, or one-fourth to one-third as much grain as she gives pounds of milk daily, the amount depending upon the per cent of butterfat in the milk. In the case of cows producing milk with a low per cent of fat, one-fourth would be required. Care should always be taken to avoid an increase in body weight above the normal for each cow, since the milk secretion, as a general rule, is likely to suffer when cows commence to utilize their feed for the formation of body fat.

It follows from what has been said that no two cows in the herd can be fed exactly alike under this system of

PER CENT BUTTERFAT IN MILK	PER CENT PROTEIN IN MILK	PER CENT DIGESTIBLE MATTER IN MILK
15	3.2	22.5
16	3.4	23.5
17	3.6	24.5
18	3.8	25.5
19	4.0	26.5
20	4.2	27.5
21	4.4	28.5
22	4.6	29.5
23	4.8	30.5
24	5.0	31.5

Production and Size Are the Factors Determining the Food Requirements of Dairy Cows—The Amounts of Dry Matter and Digestible Protein Should Increase in Proportion to the Production of Butterfat.

feeding. Each cow must receive individual attention and be fed according to her special requirements. It is possible, however, to lessen the labor incident to regulating the feed supply in accordance with the requirements of the individual cows by adapting a general grain mixture which will serve the needs of most of the cows in the herd. This may be placed in a cart and weighed or measured out from the same to each cow in the stable.

JUDGMENT IN SHAPING TREES

Care Should Be Exercised Not to Cut Away Any Portion Which May Affect Appearance.

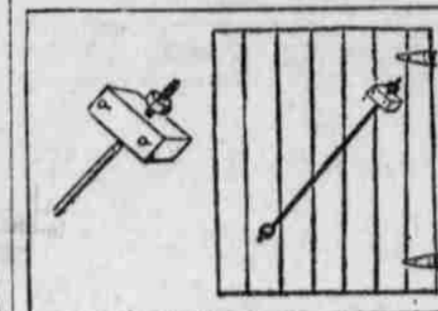
In shaping the trees, the orchardist must use his own judgment largely. Where the trees are very small care should be exercised not to cut away any portion of the tree which may affect its appearance in the future. Beginners should not start on young or small trees, for mistakes on them are always costly.

If you observe a serious fork in the young tree, it should be remedied at once by cutting away the one which you think will not make the best producer. If such a defect is remedied early in the lifetime of a tree it will scarcely be noticeable later, but to allow it to remain for any length of time is to injure and deform the tree permanently.

REMEDY FOR A SAGGING DOOR

Old Wagon Rod and Staple, Arranged as Shown in Illustration, Will Prove Satisfactory.

For a door that has sagged, writes Joh. Reagan of Minnesota in Nebraska Farm Journal, put the ring of the rod at the bottom of door and run



Cure for Sagging Door.

the staple through it. Run the other end of rod through a block fastened near the top of the door, put on the burr and tighten.

MANAGEMENT OF BROOD SOWS

Properly Fed and Handled Mature Animal Will Keep Better If She Has Two Litters Yearly.

Two litters a year mean two dividend periods for the hog raiser each year, instead of one. Properly fed and handled, a mature sow will keep in better breeding condition and will give her owner more years of profitable service if she has two litters a year than if she has only one.

To do this, she must be fed while pregnant a full supply of bone, blood and muscle-making feeds, in order that the development of the unborn pigs will not weaken her by taking these materials from her own body.

MILK LIKELY TO BE BITTER

Trouble May Appear at Any Time and is Almost Sure to Result From Three Causes.

Milk is especially likely to be bitter in the spring, but this trouble may appear at any time. It is almost sure to result from (1) eating the last remaining weeds in closely grazed pastures, (2) bad health of the cow, or (3) the growth of bacteria in the milk. The cure in each case consists in finding and removing the cause and suggestions for doing so are made by Percy Werner, Jr., of the Missouri college of agriculture.

If the milk becomes bitter after standing, it is not the cow's fault, but results from the growth of bacteria brought in by particles of dirt or manure or left in improperly cleaned vessels. If the milk of all cows in the herd is bitter when drawn, the feed is probably at fault, and the bitter taste will probably disappear if the cows are kept in a lot where they cannot get at weeds. This will give the pastures a better chance to get a good start. If only one or a few of the cows give bitter milk, it is probably because they are in bad health or going dry, and their milk should be kept away from the rest so that it will not spoil the whole milking.

PULLET TROUBLES IN SPRING

Many Young Fowls Lost From Eversion of Oviduct—Watch for Bloody Eggs in the Nests.

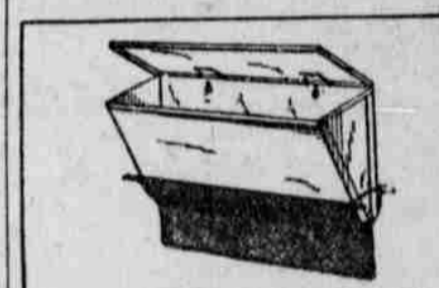
A number of hens, and especially pullets, are always lost in the spring from the trouble known as eversion of the oviduct. If you see one of your birds walking about with a halting gait, and upon closer examination find the lower portion of the oviduct protruding from the vent as a mass of red or purplish tissue, you can recognize it as the above trouble. If you notice many bloody eggs in the nests, watch for it. If you see other hens following another and pecking at the vent, look out for this trouble.

It may be caused by extra strain of the muscles and tissues of the walls of the oviduct, in the laying of double-yolked eggs, or very large eggs, or due to an obstruction in the oviduct. Unless discovered immediately after it occurs the best treatment is to kill the bird.

POULTRY DUSTER IS USEFUL

Fowls Dust Themselves With Germicide as They Enter or Leave Henhouse—How It Works.

When in use, this duster is mounted above the door of the henhouse or coop and the hens dust themselves with germicide as they enter or leave. There is a slot in the bottom of the hopper which is covered by



Poultry Duster.

a V-shaped wire mesh funnel, inside of which there is a strip of wire mesh, extending up into the germicide. When the back of the hen moves the funnel, the germicide is dusted among the feathers.—Wisconsin Agriculturist.

SUCCESS IN GROWING CLOVER

Add Lime, Phosphorus and Potash to Soils Needing Them—Give the Seed a Fair Chance.

The principles of successful clover growing may be summarized as follows:

Give the clover a chance to make a healthy plant by adding lime, phosphorus and potash to soils that need them. In some way add vegetable matter to the soil and keep up the supply by turning under clover often enough.

Give the seed a fair chance by placing it in mellow soil and covering it from one-half to one inch deep.

If sown with a nurse crop, give the young plants a chance by not seeding the grain crop too thickly, by top-dressing with manure if practicable, and by cutting the stubble as high as possible.

THICK CREAM IS PROFITABLE

More Skimilk Left on Farm to Feed to Hogs, Calves and Poultry, Says Ohio Bulletin.

Farmers will make more money by separating a reasonably thick cream than a thin cream, according to dairy department, Ohio state university. Skimming highest cream leaves more skimilk on the farm to feed to the hogs, calves and chickens. Skimilk utilized in this way has a feeding value of about 35 cents per hundred, while, if the milk is left in the cream, nothing is realized.

The buttermaker usually wants a cream testing around 35 or 40 per cent butterfat. In the winter, if the cream is above 40 per cent, it is rather difficult to get the cream all out of one can into another or into a vat. Cream testing about 35 per cent in the winter and 40 per cent in the summer is right for butter-making.

Julia Bottomley