

# THE KITCHEN CABINET

A very sublime and grand thing is truth, in its way though, like other sublime and grand things, such as thunderstorms, and that we're not always over and above glad to see it.—Dickens.

## PALATABLE FOODS.

A nice, rich, steamed brown bread with raisins may be served with a rich pudding sauce, making an excellent dessert, and no one need be the wiser as to its being a makeshift in an emergency. If no raisins are steamed in the bread a few may be steamed and sprinkled over each slice with a few chopped nuts.

**Savory Beans.**—A pint of kidney beans boiled until tender with a piece of salt pork or bacon, when done, will have a rich sauce. Add more water if necessary; add a fried onion and some chopped parsley to the beans. Season to taste and when serving add a tablespoonful each of oil and vinegar to further season them.

**Roquefort Cheese Dressing.**—Mix together half a teaspoonful of salt, a quarter of a teaspoonful of white pepper, six tablespoonfuls of olive oil, and when well mixed add three tablespoonfuls of vinegar or lemon juice. Beat all together until an emulsion is formed. Add to this an eighth of a pound of Roquefort cheese, crushed fine, and a little chopped pimento or tabasco sauce.

**Boiled Fresh Tongue Sardellian Sauce.**—Cook a fresh tongue in simmering water for three hours until it is tender. Skim it and cut in quarter-inch slices, arrange on a platter and pour over it the following sauce: Melt two tablespoonfuls of butter and add two tablespoonfuls of flour; mix and cook, then add gradually two cupfuls of the liquor in which the tongue was boiled, six anchovies, cut fine, let boil a minute, season with salt and pepper and pour over the tongue.

**Blitzkuchen.**—Cream a cupful of butter, add a cupful of powdered sugar, add the grated rind of half a lemon, sift two teaspoonfuls of baking powder, a teaspoonful of salt and two cupfuls of flour together; add three-quarters of a cupful of milk, alternating with the flour, and the yolks of four eggs; beat well, fold in the whites and bake in a shallow pan; brush the top with egg, sprinkle with sugar and cinnamon and finely chopped almonds. Bake 20 minutes.

Among men who have any sound and sterling qualities there is nothing so contagious as pure openness of heart.

Speak with tact. Without it, better not to speak at all.

## FOR BREAKFAST.

There are several things which enter into the right kind of a breakfast: first, the individual to be served, age, state of health, occupation, season and climate, as well as the supplies to be obtained.

The old standbys of bacon, toast, coffee, preceded by some sort of fruit is the breakfast of the average person. It is the meal which most housewives complain about the oftenest, being hard to give variety.

Grapes are one of the fruits most enjoyed in the fall and are a most wholesome fruit; apples, pears and peaches all have a wholesome acid, very beneficial to the digestion.

Plain boiled rice makes a welcome breakfast cereal; omelets of various kinds give a change from the everyday shell-cooked, poached or fried egg. A most appetizing method of serving eggs is to drop them into individual ramekins, cover with cream, dot with bits of butter and season with salt and pepper; place in the oven in a dish of hot water and bake until the eggs are set.

Where fresh mackerel is obtained, no more tasty dish can be offered than broiled mackerel or the fish backed in cream. Place it in a dripping pan with a little water, skin side down, and place in the hot oven; when the water has evaporated pour over the fish a cupful of good cream; heat through and serve, adding the seasonings at the last, not to curdle the cream, although that need not entirely spoil the dish, but it does detract from its appearance.

Chops, liver and bacon, sausages of various kinds, are all meats used for breakfast. Only a small portion should be served, as it is much better for the health to eat meat but once a day and that at the heavy meal, or dinner.

Hot breads are liked for breakfast, and griddle cakes the year round never seem to lose their popularity. For the Sunday breakfast it is wise to have an entire change. As it is a meal of more leisure than every-day breakfasts, it may be a little more elaborate.

A fruit that is subacid is best to serve in the morning; a cereal with cream is given, though the practice of serving acid fruits and cereals with cream is quite general.

The next best thing to understanding the whole of any subject, is to be aware of that part of it we do not understand.—Whately.

A drop of ink may make a million think.

## APPETIZING DISHES.

Very pretty and useful little receptacles for holding ices may be made by using the sweet water of figs held together at the ends with frosting to make boxlike dishes; fill with cream and serve.

**Fig Preserve.**—Wash ripe figs in soda water and drop the figs into boiling hot sirup, using six pounds of sugar to eight pounds of fruit; cook until the figs become clear, a half hour or longer. Flavor with a branch of lemon verbena, leaves of rose geranium and a small box of crystallized ginger. Seal with paraffin in small jars.

**Delicious Muffins.**—Beat well the yolks of two eggs. Into this stir one pint of flour in which three teaspoonfuls of baking powder have been mixed; then stir in gradually, one pint of water and the beaten whites of three eggs, and a pinch of salt. Bake in hot, well greased muffin pans 20 minutes.

**Oyster Salad.**—Heat a quart of small oysters until they are plump, then pour off the liquor, add the juice of a lemon and place on ice until well chilled. Before serving mix them with finely cut celery, a half cupful of nuts or more and a cupful of mayonnaise dressing; garnish with beets, tiny cucumbers or pimentos cut in fancy shapes.

**Escaloped Eggs.**—If the price of eggs keeps on going up this dish may be one we will enjoy looking at and hoping for when eggs are reasonable. Cook hard six eggs, by dropping them into three quarts of boiling water; cover closely, allow to stand near the heat, but not on it, for a half hour. Then remove them, lay in cold water, and take off the shells. Make a white sauce of a quarter of a cupful each of butter and flour cooked together; then add a pint of milk, cook until smooth and add one chopped green pepper and salt and pepper to season. Slice the eggs and put them into a buttered dish, a layer of white sauce and a layer of eggs; sprinkle with grated cheese, finish with a layer of white sauce and a thick covering of buttered crumbs. Bake until brown in a hot oven.

A college education is not a scheme to enable a man to live without work. Its purpose is to help him to work to advantage, to make every stroke count.—David Starr Jordan.

## FOR THE HOME TABLE.

When serving a roast of beef the yorkshire pudding or muffins will help out with the meat. If it seems to be too small a roast for the number served.

**Yorkshire Muffins.**—Stir into two cupfuls of sifted flour a pinch of salt, three well-beaten eggs, and two cupfuls of milk, beating with an egg beater until the batter is full of bubbles. Half an hour before the roast is to be served, pour out a little of the drippings into a shallow pan containing hot-greased muffin rings and fill with the batter. Serve nicely browned as a border to the roast.

**Royal Bouillon.**—Take two and a half pounds of lean beef, finely chopped, cover with two quarts of water, allowing it to stand an hour, then bring to the simmering point and cook three hours, removing any scum that may arise. Now add one small onion, a carrot, one bay leaf, two cloves, four peppercorns, and two stalks of minced celery; simmer until the vegetables are tender. Strain into an earthenware bowl and let it cool. When ready to serve remove any fat, clear by stirring in the white of an egg, boil up, strain and serve at once.

**Fish Pudding, Russian.**—Take one and a half to two pounds of fresh mackerel, one and a half tablespoonfuls of butter, one cupful of cracker crumbs, three cupfuls of milk, six eggs, one grated onion, six peppercorns, and one tablespoonful of sour cream. Cut the fish lengthwise, wash it, take out the bones, removing the skin. Chop the meat fine, with half a tablespoonful of butter, put into a bowl the yolks of the eggs, with the salt needed, onion, peppercorns, cracker crumbs, a tablespoonful of butter and the sour cream. Beat well, add the fish, stir in the beaten whites and put into a buttered baking dish; cover and cook slowly for two hours. Serve with caper sauce.

**Caper Sauce.**—Cook together a tablespoonful each of butter and flour, add pepper, a cupful of milk, salt and two tablespoonfuls of capers. Cook slowly and serve hot.

Almond cakes may be prepared the same way, using six egg whites, a pound of sugar and a pound of almonds finely sliced.

Nellie Maxwell

# In Woman's Realm

Coats for the Small Girl Are Shown in Great Variety and Are Made in Many Materials—Cap and Muff to Match—New Coiffures That Are Inspirations of Hairdresser

## FAMOUS FASHION WRITER

Julia Bottomley is recognized as one of the best informed women's fashion writers in the United States. She knows exactly the needs and desires of women in the small towns and country, for not many years ago she conducted a dressmaking and millinery shop in a little city in Colorado. And the articles she prepares for us are written with a view to meeting the conservative ideas of the ladies of our community. The tawdry and extravagant

are taboo with her. Leading wholesale and retail dealers and manufacturers of women's apparel recognize in Mrs. Bottomley an authority and the editor of the Ladies' Home Journal has consulted her frequently. She is at present associate editor of one monthly fashion periodical, is a regular contributor to another and is fashion editor for an important newspaper syndicate. Before the war Mrs. Bottomley went annually to the Paris fashion center, and since then has kept in touch by personal correspondence. We publish these articles by special arrangement.



FASHIONABLE COAT FOR LITTLE MAID.

After reviewing coats made for the small girl it seems that they range through as great a variety of materials, and almost as great a variety of styles, as coats for grown-ups. All the soft, woolly goods, several fur-fabrics and plushes, velvet in various colors, and all-fur coats promise a season of rich and comfortable outdoor wear for the little miss.

It is a fad of the season to have a hat or bonnet and a tiny muff made of the same material as the coat. From top to toe almost everything small ladies wear is of one kind of cloth. For trimming, narrow bandings of the shorthaired and least costly furs are used. Smocking and shirring play important roles in making coats of wool velours, Bolivia and similar cloths, and they are at their best on velvet. But coats of fur-fabrics or plush, like that shown in the picture, must be made on the plainest lines.

All-fur coats of white rabbit with caps and muffs to match make the most captivating sets imaginable. Baby Bunting's father spends his time to good advantage when he manages to clothe his small daughter in these snowy skins. Rabbit is frankly rabbit this year, and costs money, at that. There are fascinating coats of white broadcloth trimmed with bandings of brown fur, and they are quaint replicas of models made for grown people.



NEW INSPIRATIONS OF HAIRDRESSER

The coat shown in the picture is a practical model of brown plush very durable and warm. It is so simple that there is almost no reason for a description of it. It has a turnover collar and cuffs of the same material as the belt. The belt slips through straps at the sides, and odd silk buttons provide the means of fastening.

Now that the waved and puffed and otherwise elaborated coiffure has come back, hairdressers appear to be working under the spur of new inspirations.

They have added coiffures with loops of hair to other high and stately styles, and are showing others with small puffs and several short curls pinned at the crown of the head in the back, for those who like a lower hairdress.

Among high coiffures there is one design in which a band of waved hair is wound about the head like a wide band of ribbon, near the forehead. It allows a few orderly waves and ringlets to escape about the face, and the back hair is arranged in puffs at the top of the crown. This is an unusual and very finished-looking hairdress.

A similar coiffure is shown in the picture. In this design all the hair is waved and the front hair is combed back over a foundation which raises it at the top of the head. At the back a cluster of curls is pinned below the crown and a band of waved hair is brought across above the nape of the neck. It will be seen that ornamental pins are an essential part of this coiffure—they finish and support it.

The coiffure at the left is much simpler. All the hair is marcelled for it and combed toward the top of the crown. It is finished in a small coil

fastened with a shell comb. This is one of many styles to which a side part on the forehead gives a youthful touch.

Julia Bottomley

## Jersey.

Paris likes it. America likes it. So it will go merrily on. It will not pass with the summer. Silk Jersey is expected to remain all winter. It makes a smart and useful all-round rig. In a coated belt dress it is altogether modish.

# DAIRY FACTS

## VARIATIONS IN CREAM TESTS

One of Most Common Causes is Difference in Amount of Water Used for Flushing.

There are many causes for the variations sometimes found in cream tests. Frequently would be a better word to use than sometimes in connection with this subject, for variations in the tests may always be looked for. A few of the causes are here given.

If the milk of a herd of cows whose average test is 4 per cent is separated so that the cream tests 40 per cent and the milk suddenly drops to 3.5 per cent of fat, as will often occur, the cream will then test only 35 per cent. The amount of fat lost in the skim milk is not affected to any appreciable extent by the richness of the milk separated.

One of the most common causes of variation in the test of cream from the farm separator is a variation in the amount of water or skim milk used for flushing out the cream at the end of the run. It is apparent that especially where a small quantity of cream is separated, a marked difference in the richness of the cream may be made by a change in the amount of water or skim milk added. It is an easy matter to vary a pint or more in the water or skim milk used and this alone may easily change the per cent of fat in the cream from 2 to 5 per cent. The per cent of fat in the cream may be readily changed, as is well known, by adjusting the cream screw.

The cream screw, however, is not changed very frequently and it is not the common cause of the variations in the test which constantly occur and which causes so much friction between the buyer and seller of cream.

## SCRUB SIRE NOT PROFITABLE

Farmers Advised by Ohio Expert Not to Sell Head of Herd Until Daughters Have Been Tested.

Can a bull be worth nearly \$3,000 in one year in a dairy herd? The animal may be worth this much or even more, according to figures given by Prof. C. C. Hayden of the Ohio experiment station.

He shows that in the station dairy herd one bull produced daughters averaging 153 pounds more butterfat annually than their dams. If ten daughters produced milk for six years, the total production of this sire would be



Purebred Bull.

worth \$2,750 more than that of a bull that produced no increase, if butterfat is worth 30 cents a pound.

Since the value of the bull can be determined only by the milk and butter yields of his daughters, farmers are advised not to sell the dairy sire until his daughters have been tested. Buyers should not discriminate against an old bull if he has some high-producing daughters, for his value cannot be determined until he is at least four years old.

## HERD SUBORDINATE TO FARM

Farmer Makes Big Mistake if He Does Not Regard Cows as Assistants or Side Issue.

(By DR. H. B. FAVILL.)

The man who doesn't regard his herd of dairy cows, be they grade or purebred breeding cattle, as the handmaidens of the farm, as the assistants, as the side issues of the farm, and which is only a means of building the farm up to its highest possibilities, ought to fail, and he probably will.

For, after all, it is the farm that counts, and not the herd that is on it. It is the farm that makes the farmer and not the herd. In the long run, take the country through, there will be no great breeders except those that are great farmers, because the herd is subordinate to the farm and is used for the purpose of magnifying the farm.

## RICHNESS OF A COW'S MILK

Mistake to Expect That It Can Be Influenced by Character of Feed Given to Animal.

It seems reasonable to expect that the richness of milk could be influenced by the character of the feed given to the animals. However, it has been thoroughly proved that for all practical purposes it is impossible. The richness of the cow's milk depends upon inheritance and can no more be changed permanently by the feed than can the color of her hair. If the milk cannot be changed in richness by the feed it is clearly impossible for cream to be influenced in this way.

## Is Work Too Hard?

Many kinds of work wear out the kidneys, and kidney trouble makes any kind of work hard. It brings morning lameness, headache, dizziness, nervousness, rheumatism and urinary troubles. If your work is confining, strains the back, or exposes you to extreme heat or cold or damp, it's well to keep the kidneys active. Doan's Kidney Pills are reliable and safe. Thousands recommend them.

## A Nebraska Case

J. F. Fehrer, Thirtieth St., Central City, Neb., says: "I had to get around half bent over with each hand across my back as every step I took was painful. I noticed the trouble worse at night and I couldn't sleep well. The kidney secretions didn't pass regularly and I was miserable and run down. Finally I used Doan's Kidney Pills and they greatly relieved all these ailments."

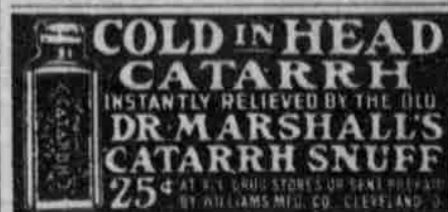
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## The Wretchedness of Constipation

Can quickly be overcome by **CARTER'S LITTLE LIVER PILLS**. Purely vegetable—act surely and gently on the liver. Cure Biliousness, Headache, Dizziness, and Indigestion. They do their duty. SMALL PILL, SMALL DOSE, SMALL PRICE.

Genuine must bear Signature

W. D. Wood



## BIG GAME STILL PLENTIFUL

No Reason to Believe That the Moose is Being Destroyed in the United States.

With the great amount of wild territory yet remaining in this country, with northern Maine and New Hampshire, where the forests are dense and extensive, and the great expanse of the West, where game is still supposed to abound, it is a little surprising to learn that hunters in considerable numbers go every year to New Brunswick. The big game season is now on in that province, and moose, deer and caribou may be taken. One reason why hunters go there is that for the present the shooting of moose is prohibited in Maine. The moose is a migratory animal, and such a decrease in its numbers as has been noticed in Maine does not necessarily indicate that the herds are being destroyed. Cow moose and caribou may not be taken in New Brunswick, but the license provides that one bull moose, one bull caribou and two deer may be taken. The hunting season was poor last year, as there were long periods of wet and stormy weather, but military enlistments reduced the number of native hunters. There were 300 game licenses taken out last year by Americans from 23 states and 72 bird licenses were taken by residents of eight states.

Hope for the best, prepare for the worst, and take what comes.

Hinges of true friendship never grow rusty.



## Sunny Dispositions

and good digestion go hand in hand, and one of the biggest aids to good digestion is a regular dish of

## Grape-Nuts

This wonderfully delicious wheat and barley food is so processed that it yields its nourishing goodness to the system in about one hour—a record for ease of digestion.

Take it all 'round, Grape-Nuts contributes beautifully to sturdiness of body and a radiant, happy personality.

Every table should have its daily ration of Grape-Nuts.

"There's a Reason"