

THE KITCHEN CABINET

Each real home should be an institution of society so managed that the best and most efficient citizens may be given to the community.

Order, contentment, hospitality, godliness have been called the house blessings.

SEASONABLE GOOD THINGS.

We like occasionally to revert to the old-fashioned dishes which in our father's day were good.

Nantucket Buns.

Scald a pint of milk, add four tablespoonfuls of butter and when cool enough a cupful of homemade yeast, a teaspoonful of salt and flour to make a batter. Let rise overnight. In the morning add two eggs, well beaten, one and a half cupfuls of sugar, a handful of currants and flour to mold. Cover, let rise and make into buns; when light bake in a moderate oven.

Boiled Cider Pie.—Allow five tablespoonfuls of rich syrupy boiled cider, five tablespoonfuls of grated maple sugar and boil. Beat two eggs, pour the syrup over them, return to cook until the eggs are smooth. Add one-half cupful of raisins, a half a nutmeg, and a pinch of cinnamon. Line a pie plate with rich crust, pour in the mixture, dot with bits of butter and cover with a meringue.

Colonial Quinces.—Pare and halve the quinces, removing the cores. Boil these in cider to cover until tender, then strain. For five pounds of quinces take a quart of molasses, one pound of brown sugar and the strained cider, add two whites of eggs and put over the heat to boil, remove the scum, continue to boil until clear, then cool, put in the quinces and cook until tender. If not enough syrup is left to cover them when put into the jar, add more cider. Orange or green ginger may be added for flavor if desired.

Breaded Breast of Lamb.—Trim and wipe the meat with a damp cloth. Put it in a kettle with an onion stuck with six cloves, one teaspoonful of salt, one dozen pepper corns, half a cupful of diced carrot and a bunch of sweet herbs. Cover with boiling water and let simmer until the bones will slip out of the meat. Lift carefully from the kettle, remove the bones, put a weight upon the meat and set it aside to get cold. Trim into shape, dip in egg and crumbs and fry brown in deep fat. The stock will make a delicious soup.

Home Economics stands for that simplicity in material surroundings which will free the spirit for the more important and permanent interests of the home and society.

SEASONABLE DISHES.

For reasons of economy the average family is substituting more milk and cheese in the family dietary.

Pittsburgh Potatoes.—Cook a quart of potato cubes with a small minced onion until the potatoes begin to get tender, then add a half a can of red peppers (sweet Spanish peppers), cut in small pieces and cook five minutes longer. Drain and put into a baking dish. In a saucepan put two tablespoonfuls of butter and when bubbling hot add two tablespoonfuls of flour, a teaspoonful of salt and a pint of milk, cook until smooth; add a half pound of grated cheese, pour over the potatoes and bake until brown in the oven.

Rice Baked With Cheese.—Cook a cupful of rice in three quarts of water with a tablespoonful of salt. Add the well-washed rice slowly to the salted water so it will not stop boiling. When tender, drain and cover the bottom of a baking dish with a layer of rice, sprinkle with grated cheese and a dash of red pepper. Add milk to half fill the dish, cover with crumbs and bake until the milk is absorbed and the crumbs are brown.

Dip potatoes in cornmeal, before French frying them and have a pleasant change from the ordinary fried potato.

How to Cook Jack Rabbits.—Prepare the rabbits by cutting them into serving-sized pieces, roll in seasoned flour and steam in an air-tight cooking dish for a half hour. Then add a half cupful of finely cut salt pork, and a cupful of boiling water for each rabbit. Cover tightly and put into the oven and bake in a moderate oven three or four hours.

Vienna Tomatoes.—Have in a baking pan three halves of three good-sized tomatoes and in a bowl the other halves ready to use. Make into three cakes a half pound of sausage meat; fry them brown and when done flatten them on the three halves in the pan. On top of each sausage cake place a slice of uncooked bacon and on this one the other half of the tomato. Bake in a brisk oven until brown. Then serve with a sprig of parsley in the top of each.

Potato Omelet.—Beat the yolks of three eggs very light. Season one cupful of mashed potato as usual, add two teaspoonfuls of sifted flour, parsley, finely chopped, and lemon juice, if liked. Beat the yolks of the eggs into

this, then fold in the stiffly beaten whites. Heat an omelet pan, butter, and when piping hot pour in the omelet. Brown lightly, then turn and serve very hot.

Be always displeased with what thou art, if thou desired to attain to what thou art not; for where thou hast pleased thyself, there thou abidest.—Quarles.

MILK AS A FOOD.

It is right that we should be reminded of the value of milk in the diet, to use it to replace more expensive foodstuffs and reduce the food bill. Skim milk has nearly all the food principles left in it with the exception of the fat. What is left has all of the value of whole milk for the tissue building and repair. The removal of the fat has reduced the fuel value of the milk one-half, but it is a cheap food and one which should be more generally used. For cream soups, rice puddings, bread puddings, escalloped dishes of various kinds, as a drink, and to be used in breads, it has a valuable place.

Popovers.—Beat two eggs thoroughly, add gradually seven-eighths of a cupful of milk, a cupful of flour, a half teaspoonful of salt; heat all together two minutes with an eggbeater, then add a half teaspoonful of melted butter. If skim milk is used, add a teaspoonful of melted butter.

Sour Milk Biscuit.—Sift together a quart of flour, a teaspoonful each of soda, salt and sugar; cut into the flour two tablespoonfuls each of lard and butter and use a cupful and a half of sour milk; the milk and flour varies somewhat, so that the milk should be added to make a soft dough that can be handled. Bake the biscuits in a hot oven and serve honey or maple sirup.

The amount of milk which each individual should consume daily is estimated at one quart, the amount we do consume is a small glass. If each housewife would double her milk bill one month, making wise use of the milk in foods, she would find she would cut her grocery and meat bill quite noticeably.

Parker House Rolls.—Take a pint of milk, three tablespoonfuls of shortening, a teaspoonful of salt, and one yeast cake dissolved in a fourth of a cupful of water. Combine the ingredients and add flour, beating vigorously until no more flour can be added. Cover and let rise until three times its bulk, cutting it down several times with a sharp knife, then roll, cut, spread half with butter, fold and put to rise an inch apart. Bake when light in a hot oven 20 minutes.

A house may have had every thought and care expended upon its furnishings and equipment, every device for convenience and comfort, and yet fail to be a home. The home atmosphere is created by the ideals of the family or her who is to lead in its administration and management.—Kline and Cooley.

EVERYDAY LUNCHEON DISHES.

When the breakfast is light the noon luncheon should contain one hot nourishing dish. When the breakfast is hearty a lighter luncheon may be served. The noon meal should, when possible, be the children's dinner, as dinner at night is too hearty a meal where children retire very early, as they should.

Onion Soup a la Clermont.—Cut one dozen small onions in rings and fry a golden brown in a little olive oil. Remove and add them to two quarts of veal or mutton broth, colored with a little kitchen bouquet. Add salt, pepper and serve with croutons.

Pork Chops With Apples.—Put the chops on to cook in two tablespoonfuls of boiling water, turn and leave covered to let the steam escape, then brown and remove to a hot platter. In the hot fat place unpeeled apples that have been cored and sliced, sprinkle with a little sugar and a pinch of spice, brown on both sides and serve around the chops on the platter.

Ham Croquettes.—Mince cold boiled ham very fine. Mix with an equal quantity of crumbs, cold boiled rice, or mashed potatoes. Bind with a raw egg, shape into croquettes, dip in egg and crumbs and fry in deep fat. Drain on brown paper.

Stuffed Cabbage.—Cut out the stalk end of a cabbage leaving a hollow shell. Tie the cabbage in a cloth to keep it from losing its shape and cook in boiling, salted water until tender. Make a stuffing of bread sausage or any seasoned meat, fill the drained cabbage, sprinkle with grated cheese and buttered crumbs and brown in a hot oven.

Baked Sausages With Rice.—Parboil a few sausages and place them on top of a dish of boiled rice, put into the oven and bake until the sausages are brown. Serve hot from the dish in which they were baked.

Nellie Maxwell

In Woman's Realm

Special Display of Trimmings or Gowns for Every Occasion is a Marked Feature of the Season's Modes—Some of the Latest Ideas in Camisoles and Hosiery That Are Popular Just Now.

All that glitters is not gold or there wouldn't be enough glitter to go round this season. An army of things that sparkle and gleam has invaded the realm of fashion and is established everywhere—except on morning gowns. In company with fur bands and hand embroidery it came and saw and conquered, and now even bodice gowns are lavishly ornamented with all three. Spangles of gold and silver and in colors, glass and metal beads and jet

of-silver combined with satin ribbon and silver-run lace. The lace is laid over the ribbon in the body of this brilliant little garment, and it is edged with a narrow ruffle of crepe. An insertion of silver is used in alternating long and short tabs that fall from the lace at the top of the camisole. The waist is bound with silver ribbon and there are shoulder straps made of it. The possessor of such a rich piece of finery never intends that it shall blush



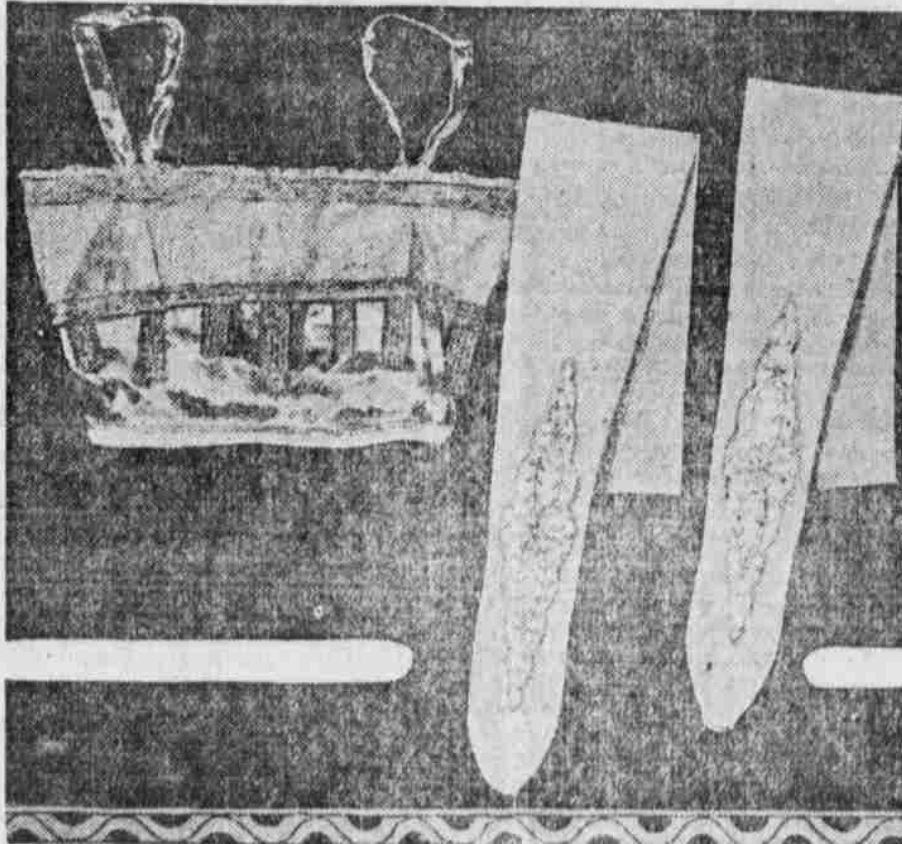
CLASSIC LINES IN AFTERNOON GOWN

are used with metallic laces for the enrichment of afternoon and evening gowns.

Beads and a fur of fabric, imitating broadtail, have been wonderfully well managed in ornamenting the lovely afternoon gown pictured here. The classic Greek robe might have inspired the fashioning of this model for it hangs in long lines from shoulder to hem. It is made of black georgette crepe with six bands of the broadtail fabric about the skirt. The long, narrow giraffe is covered with beads and weighted with tassels at the ends. It encircles the waist, is crossed at the back and brought back to the front where one end is looped over the other. This

unseen or waste any of its sweetness. It is distinctly intended to gleam through a mere mist of a blouse, or a veil of a waist.

As to her feet, the modern maid intends that they shall be worth looking at. There is a new order of things in hosiery, with silk stockings elaborated in many ways, some of them beautiful and elegant and others beautiful and daring. Among the first class there are silk stockings with layups of lace like those in the picture and others embroidered with steel beads. There are white panels (woven in colored hose) that serve for a background for fine embroidery. In the daring class spangles flourish. A startling hose in



GLIMPSE CAMISOLES AND HOSE

management of the waistline is centuries old, but has never been improved upon.

The sleeve is especially graceful, fitting the arm at the shoulder and gradually widening to the wrist. It is split on the outer side and its edges are defined with two rows of beads. The graceful "W" neck is finished in the same way and has a set-in piece of white georgette at the point, which may be more or less high. Black and steel beads are introduced in the embroidered figures on the bodice. Fine artistry is written in every detail of this gown.

Wonders in camisoles are brought to the fascinated eyes of mortals in these days of diaphanous gowns and filmy blouses. Long ago camisoles appropriated lustrous satins and silks and delicate laces and went as far as possible with their materials, in the direction of luxury. Just a glance at the accompanying picture shows that they have gone a step further. This last word in camisoles is made of cloth-

black silk has lizard's of green and silver wriggling up the instep; but not much attention need be given to stockings with decorations made solely to attract it. There is too much to consider that is more worth while.

Julie Bottmanly

A Milliner's Idea.

The newest idea of the milliners is bound to reap a goodly harvest. This is the assembling of a matched group of articles that beguile the extra dollars out of the pocket. A hat, for instance, then a shopping bag, a neck-piece and sometimes spats to carry the scheme from crown to heel.

Even when the collar does not match the hat in material, it is arranged to bring about complete harmony between the two, and the perceptible advantage is so apparent to a woman that she cannot refrain from accepting the milliner's suggestion.

GOOD ROADS

RAISE FUNDS FOR HIGHWAYS

Important Saving Effected by Issuing Good Road Bonds on Deferred Retirement Plan.

(From the United States Department of Agriculture.)

People of a county intending to raise funds for highway improvement would do well to consider the advantages to them of the deferred serial plan over the ordinary sinking-fund plan of retiring long-term bonds. Under the serial plan, a certain amount of bonds is retired each year and the bonds so retired cease to be an interest charge on the community. Under the sinking-fund plan none of the bonds is retireable until the end of a definite period, and the entire sum raised bears interest for the entire life of the bond. The county, therefore, pays interest on the money so borrowed and in addition sets aside each year as a sinking fund an amount sufficient to retire all the bonds when they become due. The sinking fund is deposited with banks and earns some interest. This interest ordinarily is only three per cent, whereas the county has to pay five or six per cent to its bondholders. The serial plan is a much cheaper method of raising money for road improvement, even when the sinking fund earns interest as high as four per cent, and in the opinion of the road specialists of the department should be utilized whenever it is possible to market serial bonds.

In a study of the road bond issues of several counties, J. E. Pennybacker and M. O. Eldridge of the division of road economics, office of public roads and rural engineering, found that the serial plan, if it had been adopted by several counties, would have saved the taxpayers in one county \$154,269, in another county \$80,702, and in a third county \$65,367 over the other plan with a sinking fund bearing interest at three per cent. With a sinking fund earning four per cent, the saving would have run as high as \$72,258 in one of these counties. These conclusions appear in the recently published Department Bulletin 393, Economic Surveys of County Highway Improvement.

The following concrete examples are taken from this bulletin:

"In Dallas County, Ala., the bonds amounted to \$350,000, payable in 30 years at five per cent. Assuming the sinking fund to bear three per cent interest, as set forth in the chapter on Dallas county, the total financial burden to the county for interest and the liquidation of the bonds during the 30-year period will be \$745,702.80. An equal amount of bonds at the same rate of interest, if issued under the deferred serial bond method, with the first bonds payable six years from the date of issuance and an equal amount payable each year thereafter for 24 years, would cost the county at the end of 30 years \$665,000, or a difference, as compared with the sinking-fund method, of \$80,702. If four per cent could be realized on the sinking fund instead of three per cent, the saving for the deferred serial plan over the sinking-fund plan would still be \$47,216.

"Lauderdale county, Mississippi, which issued \$500,000 of five and five and one-half per cent bonds, adopted the deferred serial-bond method, with the first payment coming 11 years from the date of issue and the last payment 25 years. If the county had issued the bonds on the 5-25-year basis the cost would have been \$906,875, as compared with the cost of the basis adopted of \$972,232, or a difference of \$65,367."

Even in the case of a small issue the advantage of the serial plan is illustrated in Dinwiddie County, Virginia. This county issued \$105,000 of five and six per cent bonds, payable in 30 years, but the bonds are callable after 20 years. Assuming that they will be retired at the end of 25 years on the sinking-fund plan, with interest on sinking fund at four per cent, the total cost would be \$218,031, whereas if they had adopted the 6-25-year serial method the cost would be \$201,100, or a difference of \$16,931.

REMOVE STUMPS FROM FIELD

They Take Up Valuable Room and Make Work More Difficult for Both Man and Animal.

If you have stumps in your fields that you have been plowing around for years, determine to get them out of the way this winter. They make it harder for man and animal working in the field, and take up valuable room.

Work for Hired Man.
The hired man who is worth anything prefers to work where the business is well planned and definitely worked out.

Methods in Disrepute.
Slipshod, haphazard, general farming is in disrepute and the day of scientific and specialized effort has come to stay.

Spending \$280,000,000.
The 48 states are now spending \$280,000,000 a year on good roads.

MORE WHEAT, MORE CATTLE, MORE HOGS

Land Values Sure to Advance Because of Increasing Demand for Farm Products.

The cry from countries abroad for more of the necessities of life is acute today; tomorrow it will be still more insistent, and there will be no letup after the war. This is the day for the farmer, the day that he is coming into his own. He is gradually becoming the dictator as it becomes more apparent that upon his industry depends the great problem of feeding a great world. The farmer of Canada and the United States has it within himself to hold the position that stress of circumstances has lifted him into today. The conditions abroad are such that the utmost dependence will rest upon the farmers of this continent for some time after the war, and for this reason there is no hesitation in making the statement that war's demands are, and for a long time will be, inexhaustible, and the claims that will be made upon the soil will with difficulty be met. There are today 25,000,000 men in the fighting ranks in the old world. The best of authority gives 75 per cent and over as having been drawn from the farms. There is therefore nearly 75 per cent of the land formerly tilled now being unworked. Much of this land is today in a devastated condition and if the war should end tomorrow it will take years to bring it back to its former producing capacity.

Instead of the farmer producer producing, he has become a consumer, making the strain upon those who have been left to do the farming a very difficult one. There may be agitation as to the high cost of living, and doubtless there is reason for it in many cases. The middleman may boost the prices, combine may organize to elevate the cost, but one cannot get away from the fact that the demand regulates the supply, and the supply regulates the price. The price of wheat—in fact, all grains—as well as cattle, will remain high for some time, and the low prices that have prevailed will not come again for some time.

After the war the demand for cattle, not alone for beef, but for stock purposes, to replenish the exhausted herds of Europe, will be keen. Farm educators and advisers are telling you to prepare for this emergency. How much better it can be done on the low-priced lands of today, on lands that cost from ten to twenty dollars per acre, than it can on two and three hundred-dollar-acre land. The lands of Western Canada meet all the requirements. They are productive in every sense of the word. The best of grasses can be grown with abundant yields and the grain can be produced from these soils that beats the world, and the same may be said of cattle and horses. The climate is all that is required.

Those who are competent to judge claim that land prices will rise in value from twenty to fifty per cent. This is looked for in Western Canada, where lands are decidedly cheap today, and those who are fortunate enough to secure now will realize wonderfully by means of such an investment. The land that the Dominion Government is giving away as free homesteads in the provinces of Manitoba, Saskatchewan and Alberta are of a high class; they are abundant in every constituent that goes to make the most productive soils. The yields of wheat, oats and barley that have been grown on these lands give the best evidence of their productiveness, and when backed up by the experience of the thousands of settlers from the United States who have worked them and become wealthy upon them, little more should be required to convince those who are seeking a home, even with limited means, that nowhere can they secure anything that will better equip them to become one of the army of industry to assist in taking care of the problem of feeding the world. These lands are free; but to those who desire larger holdings than 160 acres there are the railroad companies and land corporations from whom purchase can be made at reasonable prices, and information can be secured from the Canadian government agent, whose advertisement appears elsewhere in this paper.—Advertisement.

Had Quit All That.
S. C. Culbertson of Texas tells a story of how Mrs. Smith and Mrs. Jones, who were schoolyard chums, met again after a lapse of several years.

"I saw in the papers about your marriage, Mary," remarked Mrs. Jones. "About five years ago, wasn't it?"
"Yes," Mrs. Smith replied, "it was just five years ago on June 20."
"And I have been married six years. I understand your husband is quite a bibliomaniac."

"Oh, no, not any more," hastily corrected Mrs. Smith. "He has been on the water wagon for nearly three years now."

The Quinine That Does Not Affect The Head
Because of its tonic and laxative effect, Larative Bromo Quinine can be taken by anyone without causing nervousness or ringing in the head. There is only one "Bromo Quinine" — Dr. W. D. HOVEN'S signature is on each box. 2c.

By Those Who Got Left.
"Has your rich uncle's will been probated?"
"Yes, and also reprobated."—Boston Transcript.