

# THE KITCHEN CABINET

Then laugh!  
And show your teeth,  
And make the ringing music fill the air.  
So laugh and laugh,  
It puts a wreath  
Of joy and lasting grace on every care.

## INEXPENSIVE DISHES.

To be popular these days means the ability to use economy and pass on any new discoveries which have been helpful in cutting down food bills. Wisdom should be used in being economical. Saving food at the expense of the health of the family is being "penny wise." For the plump, well-fed individual a meal missed two or three times a week will be found most advantageous, and let that food or its equivalent be given to those who have not food enough.

**Butterscotch Pie.**—Line a deep plate with pastry and fill with the following mixture: Melt two large tablespoonfuls of butter and a cupful of brown sugar; cook till a rich brown, then add a large cupful of scalded milk. Simmer until the sugar is dissolved and whip in the yolk of an egg which has been stirred with a tablespoonful of cornstarch. Bake until the custard is set and spread with a meringue made from the egg white well beaten and a tablespoonful of powdered sugar. Flavor both filling and meringue with vanilla.

**Strawberries Preserved Whole.**—Crush two quarts of small berries and simmer gently for 20 minutes, then strain. For a pint of juice allow a pound of sugar. Heat the sugar and add the juice, return to the heat and cook until thick, skimming when necessary. Fill hot glasses with hulled, whole berries, cover with the boiling sirup and put on covers.

**Bran Pudding.**—To a half-cupful each of bran and whole-wheat flour, add one-half cupful of chopped raisins, two tablespoonfuls of sugar, one cupful of milk, one well-beaten egg, one tablespoonful of melted butter, one teaspoonful of grated lemon rind and a half-teaspoonful of salt. Steam two hours and serve with a hot lemon sauce.

**Irish Stew.**—Cut up and brown in a hot pan a pound of mutton. Add sliced potatoes, onions, carrots, a teaspoonful of flour, salt and pepper to season; cover with a cupful of boiling water and stew gently for two hours. Pile on a dish and serve hot.

**Tomato With Sardines.**—Place slices of tomato with two skinned and boned sardines to each slice, arrange on lettuce leaves and serve with French dressing.

Those who will live on white flour exclusively will have various forms of liver and stomach troubles as well as constipation.

"Out of the silence comes thy strength." Try to be calm for a few days, be silent, patiently listen and wait for the strength that is bestowed on all. Begin today.

## ECONOMICAL LIVING.

Everybody is trying to be as careful as possible about wasting foods and not serving any great variety. If we could all so plan our lives using the Fletcher methods, we would have infinitely better health and save a vast amount of food thereby. One of the first rules is: 1. Do not eat until you are hungry even if you skip two or three meals. 2. Never eat when you are hurried, worried, unhappy or angry. 3. Consult the appetite before eating and eat just what is demanded at the time. 4. Hold every mouthful of food in the mouth as if it were the last you ever expected to get. Give the entire attention to it, taste it until there is no taste left. Enjoy it for all it is worth. The third rule is the one on which trouble might easily hinge, as those who have appetites have not all trained them to right living.

In discussing rule three with Mr. Fletcher one man said, "Can the indulgence of the animal appetites lead to temperate habits, when history shows that they have always, from the beginning of time, led to gluttony? Why, if I followed my appetite, I should never pass a spoon and should always go to bed with my boots on every night." Mr. Fletcher replied, "Suppose you try it and see?" The stipulations were that he should surrender without a struggle to everyone of his impulses to eat or drink, the one condition being that he should make sure that the impulse sprang from a physical demand and not a mental craving. He proved that it was a restless mind and not physical appetite that was calling for alcohol. The principle that excess springs not from our natural appetites, but from our acquired cravings, teaches us that our natural appetites, rightly observed, understood and interpreted can be trusted to guide us aright. By following this teaching the desire for elaborate and expensive concoctions as well as condiments or liquors will be lost and an appreciation for the delicate and subtle flavors of such food as rice and bread will be developed. This

man who advocates the indulgence of the appetite eats but one meal a day, and that is of the simplest foods.

Laugh!  
For mirth is next to health,  
When mirth springs up from innocence and fun;  
Laugh! 'Tis quite ahead of wealth!  
'Tis joy that knows no pang when once begun!

## PRUNE DISHES.

There is no more wholesome fruit than the luscious dried prunes which are always in market. It is an advantage to buy the large-sized prunes, as the smaller ones have as large pits with less meat.

**Prune Cake.**—Take a half cupful of shortening, add one cupful of molasses, a cupful of sour milk, one egg and a cupful of brown sugar. Mix a teaspoonful of soda in the sour milk, add a little salt and spices to taste, with four cupfuls of flour and three and a half cupfuls of chopped prunes. Bake in a slow oven.

Stewed prunes, pitted and cut fine, filled into a baked shell and covered with sweetened whipped cream, make a most delicious dessert.

**Stuffed Prunes.**—Select large, perfect prunes. Steam them until tender but not too soft. Remove the pits carefully and stuff the prunes with finely chopped hickory nuts and raisins well mixed. Other fillings may be used, but this seems to be especially good. Roll in granulated sugar just before sending to the table.

Prune juice is especially good for small children, alternating it with orange juice. These juices supply the needed mineral ingredients necessary to the blood.

**Prune Brown Bread.**—Take a cupful of corn meal, two cupfuls of graham flour, one-half cupful of molasses, one cupful of sour milk, one teaspoonful of soda, one teaspoonful of salt and one cupful of finely chopped pitted prunes which have not been stewed. Scald the corn meal and add the other ingredients. Put into greased tins and steam three hours.

**Simple Prune Whip.**—Press a cupful of well-cooked prunes through a colander, add one-half cupful of sugar and the stiffly beaten whites of two eggs. Mix lightly and heap in sherbet cups. This is especially good for children or invalids, and also makes a fine cake filling.

**Potted Lentil Cheese.**—Mix well cooked lentils with grated cheese, various seasonings, press to squeeze out all the moisture and put into glasses. Keep in a cool dry place.

Such savory plants must sure be good that serve at once for emblems and for food.

## THINGS TO CONSIDER.

A pound of split peas, whatever the price, is at the present moment a better food than a pound of meat.

Peas are easily digested. Peas, beans, macaroni, rice and oatmeal are all superior foods. Potatoes digest in about the same time as beans, but the advantage is far on the side of the beans.

This year with potatoes so high, the substitutes have been studied greatly to the disadvantage of the ubiquitous potato. Rice is cheap and is more easily digested than potatoes; it takes rice one hour to digest, the potato three. Rye, as well as whole wheat and cornmeal, should take the place of white bread on our tables.

In the cooking of vegetables in many households the valuable mineral salts are thrown down the kitchen sink and the family are being starved for the elements that keep a well-balanced organism. The doctor is called on to administer iron which should be taken naturally from the vegetable foods.

It should be the aim of every house mother to study the needs of her family as to the physical, mental as well as moral life. There is no doubt that food has a great influence upon the body and mind. Many a man is a drunkard because of insufficient food or improperly balanced diet.

Children who are given highly seasoned foods, pickles and condiments, are paving the way for future stomach trouble or dissipation. Poor cooking, bakers' bread and such food, creates dyspepsia and its gnawings are often mistaken demands for stimulants until the habit is formed.

Food should be properly, but not over, seasoned. To season food to such an excess that its flavor is entirely disguised is neither good sense nor good cooking. Salt should be used to make food more palatable, an excess of salt is not good for the system, and pepper and all spices should be used most sparingly.

After the pie is made and put into the oven, unless you are a most exact workman there will be small bits left which may be used in several ways.

*Nellie Maxwell*

# What Well Dressed Women Will Wear

Among the latest efforts of a talented designer, whose products make place for themselves all over this country, appears this handsome afternoon dress. It almost goes without saying that it is of crepe georgette—although it might be of voile or of net. But georgette has become a habit and we have to compel ourselves to think twice in order to consider any other fabric for the light frocks of midsummer.

Even when another material is to be used it borrows something from the merits of georgette and is made up in combination with this lovely fabric. Silk, satin and wool are all used in

fort in tribute to the glories of summer. For August they presage its passing with plainer headwear in white and black, in light colored, untrimmed felts and in new inspirations of similar character that may come to them. But to midsummer belong the loveliest and most alluring harmonies that are ever translated into headwear, the dreams of artists come true.

Here are two new arrivals in picturesque hats that remind us of summer days. One of them is of black malines, with a double crown and a wide, drooping brim. Just how the outside crown is shaped so smoothly is a secret of the milliner. It is bulky



A HANDSOME AFTERNOON DRESS.

this way. But the dress shown in the picture is entirely of the crepe, even to the grille and sash ends. It is cut with a shaped yoke which extends from the back and front to a point under the arms. Aprons, hemmed and tucked, are gathered into the yoke at the front and back and hang to the bottom of the skirt. The plain underskirt has a tucked panel gathered in at each side. All tucks and seams are hemstitched. The neck and sleeves are finished with a narrow binding of satin and satin-covered buttons are used for a finishing touch on the sleeves. The yoke is embellished with a braided pattern in silk soutache. Silk tassels weight the sash ends; dress and trimmings are all in one color.

In dresses of soft materials the straight-hanging and simplified modes for midsummer have greatly simplified things for the home dressmaker. Besides, we are assured that the very latest of all fads is the fad for things that have a made-at-home look. Since but light, and beautiful with a border of narrow muslin braid about it in the natural color of the straw. The same braid is laid in Greek key design about the upper brim and used for a finish at the brim edge. A border, called a "drop" of malines, extends about the brim turned down, sometimes, veiling the eyes in a way altogether alluring. Small flowers and leaves in linen color, matching the straw braid, are placed in a wreath about the crown, and little bunches of silk-covered grapes, in the colors of the ripened or ripening fruit, are set in the wreath.

A wide milan, in the yellow shade called "sunbeam," is pictured in the graceful shape, with sweeping brimlines that are much wider at the sides than in the front and back. Three flat brims—two loops and one end to a bow—provide all the trimming needed on this unusual design. One is in brown, one in natter blue, and one in old rose, all of satin ribbon about four



"DREAMS COME TRUE" IN SUMMER MODES.

society is going in for common sense and economy in matters of dress, in order to look the part of devoted patriots, the homemade dress is about to be placed a notch higher than the manufactured dress, and it belongs there.

Midsummer millinery, in dress hats, is the swan song of designers, for the season—their final and supreme ef-

feet wide. The brown bow is placed at the front and one of each of the others at each side, against the base of the crown. This unusual model is called the "East-and-West" hat, in recognition of its width of brim from side to side.

*Julia Bottomley*

# FARM POULTRY

## ECONOMICAL FEED FOR HENS

Simple Ration, Consisting of Corn and Protein Supplement Favored by Ohio Station.

That a simple ration consisting of corn and a protein supplement is more economical under usual market conditions than a mixture of several different feeds for laying hens is shown by feeding tests at the Ohio Experiment station.

Corn and meat scrap have given practically as good returns as a ration of corn, wheat, oats, bran, middlings, oilmeal and meat scrap. The hens fed the simple ration had access to self-feeding hoppers containing a dry mash made of eight parts of ground corn and five parts of meat scrap analyzing 50 per cent protein. They received twice as much corn, fed in equal portions in the litter twice daily, as they consumed of the mash, and also had grit and oyster shells.

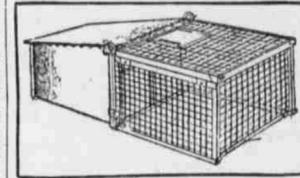
The hens fed the variety ration laid more eggs, but not enough more to pay for the extra cost of their feed. Tankage and skim milk, as well as meat scrap, are recommended to be fed with corn for laying hens.

## YARD FOR LITTLE CHICKENS

Wire Covered Device, Attached to Brooding Coop, Will Be Found Quite Convenient.

For the person who hatches and broods little chickens in the good old-fashioned way, with Biddy to furnish the heat, this little covered wire yard to be attached to a brooding coop should prove a mighty handy arrangement. It will keep the little fellows from wandering far away from mother until they are large enough to know enough to come in out of the rain when one of those frequent showers blows up; and this wandering, while still young and foolish, is cause for the death of a goodly percentage of early hatched chicks, and is incidentally cause for a whole heap of tire-some running about by the good housewife who looks after most of the chickens on our farms.

This pen consists of four rectangular frames, or woven wire walls. The two side and end frames are hinged to the top frame so that they can be folded



Collapsible Chicken Yard.

under or into it when not in use, or when being shipped to the buyer; thus they can be folded into a small space for shipment or for storing from one brooding season to the next. When placed in front of a brooder coop, this contrivance gives the chicks a little grassy range, and yet keeps them within sound of the coaxing call of the old hen. Also, the coop can be opened so as to allow the hen to have the same range as the chicks, and a little exercise is a mighty good thing for her as well as for the chicks. Incidentally, this little pen keeps rats and other prowling, murdering varmints away from the chicks.

## PACKING EGGS FOR HATCHING

Good Plan to Use Strong Basket Lined With Excelsior—Aim to Prevent Any Jarring.

A good way to pack eggs for hatching is in a strong basket. The basket should be lined with excelsior or other spring material which will hold its position, about an inch thick; then each egg should be wrapped with excelsior, half an inch thick, and carefully nestled in the basket until all the eggs are in; then they should be covered over with an inch of excelsior and a cloth cover held on by tacks pushed into the rim of the basket, or sewed down by passing heavy string through the cloth and through the basket beneath the rim.

Such a package is strong and does not jar the eggs enough to hurt them, even when quite roughly handled. A basket with a strong, upright handle should be used, so that other things cannot be piled on the basket and crush it.

## COCKERELS TO HEAD FLOCKS

Wide Field for Farmer Who Wishes to Specialize in This Business—Eggs Are in Demand.

Each year many farms start in the purebred poultry business, and in time are wanting to purchase eggs to raise cockerels to head their flocks for another year.

So there is a wide field open for the farmer who wishes to specialize in this kind of business.

## COOPS FOR YOUNG POULTS.

Early hatched poults (little turkeys) should have large, roomy coops where, with their mother, they can exercise indoors when the weather is bad and take advantage of good weather to get out on the ground.

# FRECKLES

New Is the Time to Get Rid of These Ugly Spots.  
There's no longer the slightest need of feeling ashamed of your freckles, as the prescription ointment—double strength—is guaranteed to remove these homely spots. Simply get an ounce of ointment—double strength—from your druggist, and apply a little of it night and morning, and you should soon see that even the worst freckles have begun to disappear, while the lighter ones have vanished entirely. It is seldom that more than one ounce is needed to completely clear the skin and gain a beautiful clear complexion.  
Be sure to ask for the double strength ointment, as this is sold under guarantee of money back if it fails to remove freckles.—Adv.

## DISRAELI MADE GREAT COUP

Purchase of Suez Canal by England Great Stroke From Both Political and Financial Standpoints.

As we move away from the day in which they labored, Disraeli looms larger as a British statesman and Gladstone smaller. Once these legislative gladiators appeared just the reverse.

Gladstone never did anything for his empire as Disraeli's financial coup in buying control of the Suez canal from the khedive of Egypt Girard observes in the Philadelphia Ledger. That ended finally the French hopes of empire in the East.

Besides delivering a mighty political stroke for his country, which reminds one of Jefferson's purchase of Louisiana, Disraeli made a financial investment that was worthy of Rothschild.

The Suez canal stock which he bought—175,000 shares out of a total of 400,000—are now worth just seven times what England paid for them. Their par value is \$100, and a dividend of 18 per cent has just been declared, and it was over 30 per cent before the war cut down canal traffic.

The Panama canal will in time become a Standard Oil type of investment for Uncle Sam.

## Irish Flags.

Since sooner or later home rule will be a fact in Ireland, the question of an Irish flag is one which should be settled as rapidly as possible. A good deal of thought has been given the subject since the passing of the Home Rule Act. Apparently the proposals which have met with most approval are a red St. Patrick's cross on a white ground, charged with four shamrocks and a "golden sunburst on a blue ground." The latter was the banner of Fionn MacCumball's Fenians. Another design which has supporters consists of three golden crowns on a blue ground, part of the arms of Munster. This was Ireland's national emblem from the twelfth century until the three were replaced by the harp, by order of Henry VIII. Nobody has proposed green as one of the colors; green first being used by the United Irishmen in 1798 as an "amalgamation" of the orange of the North with the blue of the South, blue being Ireland's own heraldic color.—Christina Scenery Monitor.

## Too, Too True.

"Life is made up of one darned thing after another," remarked Congressman Hammfatt sadly.

"I seem to have heard that before," said the loyal constituent.

"Perhaps you have," admitted the disgruntled statesman, "but if you held my job representing that bunch of kickers down home, all of whom want jobs with big salaries and no duties, you would realize that the author of the epigram knew what he was talking about."—Richmond Times-Dispatch.

## Her Off Day.

Florry—Thursday is ow servant's off day.

Elsie—You mean her "day off," don't you?

Florry—No; Wednesday is her day off, and that is why Thursday is her "off day."

Salt thrown on a coal fire which is low will revive it.

# The Danger Zone for Many Is Coffee Drinking

Some people find it wise to quit coffee when their nerves begin to "act up."

The easy way nowadays is to switch to

# Instant Postum

Nothing in pleasure is missed by the change, and greater comfort follows as the nerves rebuild.

Postum is economical to both health and purse.

"There's a Reason"