

THE KITCHEN CABINET

By the laws of the Family Circle 'tis written in letters of brass
That only a colonel from Chatham can manage the Railways of State
Because of the gold of his breeches, and the subjects wherein he must pass;
Because in all matters that deal not with Railways his knowledge is great.

SAVE YOUR FATS.

A teaspoonful or a tablespoonful of fat wasted from the meat platter or the bacon pan will keep a small family in fats for use in various foods and save buying fat. Each fat, like bacon, chicken, ham, lamb or pork if kept in separate receptacles may be used in numerous ways, when a mixture would not be palatable and would not keep as well. It is wisdom and economy to have several fat jars so that each may be kept by itself. Where the family have bacon every day or very often for breakfast, if the fat is never allowed to scorch and is poured through a small square of cheesecloth in a sieve, which removes all specks, it may be used for almost everything that lard would be used for.

Chicken fat if carefully rendered will take the place of butter in cakes and cookies, biscuits and various other dishes. Chicken fat makes delicious salad dressing, using it in place of olive oil. Ham fat may be used in making beans or when cooking greens; the smoky flavor is especially well liked for such dishes.

Lamb and beef fats carefully strained are used for deep frying, and also in other ways as needed. The fat cups should be carefully emptied and begun anew every two or three weeks. The crust made from bacon fat is just as tasty as that made with lard.

The smoked fats may be used in spice cakes or highly seasoned foods so that the flavor is not at all objectionable.

The habit of carefully conserving even small amounts of fat will, in a short time, convince the most skeptical that much fat is needlessly wasted in every home, which could be used to save unnecessary buying of fats for cooking. When fats pass beyond the redeemable stage they may be saved and make a very good soap for use in dish washing, so that not even a teaspoonful need be wasted.

Blueberries, blackberries, cherries and in fact almost every fruit except strawberries may be successfully dried. Have the berries but one layer thick, stir them often and keep them protected from the flies.

Use enameled ware for the refrigerator dishes and avoid breakage. They are easily kept clean and can be purchased in various shapes.

True love is but a humble, low born thing,
And hath its food served up in earthen ware;
It is a thing to walk with hand in hand,
Through the everydayness of this workaday world.

SUMMER DISHES.

Scoop out with a French cutter, pink balls of ripe watermelon, dispose on white heart leaves of lettuce and cover with French dressing. Watermelon balls may be served as first course in sherbet cups with a fruit syrup poured over them, being as dainty to eat as pretty to look at.

Sliced oranges served on lettuce with French dressing make a salad which is not common but is most appetizing. Serve with French dressing as an accompaniment to cold sliced meat for a Sunday night supper.

Jellied Veal.—Wipe a knuckle of veal with a damp cloth, cut the meat in pieces and simmer gently for two hours in water. Peel and slice two onions, add them together with a bay leaf, a blade of mace, a half teaspoonful of allspice, six peppercorns and four cloves, cook an hour longer. Take out the meat, remove the bones. Cook the liquor until it is reduced to one quart, add a half cupful of vinegar, salt and pepper, and strain over the meat. Serve garnished with parsley and lemon slices.

Cream Slaw.—This recipe may be divided for a small family as the quantity is too large for the everyday group. Chop a gallon of cabbage very fine and sprinkle with a tablespoonful of salt, a tablespoonful each of mustard and pepper. Put a pint of vinegar in a saucepan and when boiling stir in two eggs beaten and mixed with a teaspoon of flour and a pint of sour cream, cook until well boiled but not long enough to curdle the egg and pour boiling hot over the cabbage.

Famous Welsh Rabbit.—Cut a half pound of mild cheese into small pieces, put into a saucepan with four tablespoonfuls of butter, and place it on the back of the stove to melt slowly. In another saucepan scald a pint of milk, and pour it over a beaten egg, add two tablespoonfuls of flour; salt and red pepper to taste. Cook until

smooth then pour this into the cheese and butter. Beat vigorously with an egg beater and serve on hot toast or crackers.

True love, is love that gives and takes,
Not with faw-seeking eyes like needle points,
But, loving kindly, ever looks them down,
A love that shall be new and fresh each hour.

J. R. Lowell.

GOOD GREEN THINGS.

Radishes most commonly eaten raw, especially of the larger sorts are most palatable cooked like turnips. The tops when very tender are used for greens. The young and tender seed pods of some varieties of radishes are pickled like capers and make a most inexpensive substitute for them.

A good combination to can for winter which is especially recommended for the child is Swiss chard, or spinach, a few carrots, onions and a stalk or two of celery all blanched and packed into a can, then cooked under water at the boiling point for two hours. This mixture may be used as a flavor for soup broth or with milk, after pressing the pulp through a sieve so that the vegetables are finely divided. This soup mixture has high mineral content and is recommended by dietitians as a good beginning to encourage the liking for vegetables in small people.

In all soup making, it should be remembered that vegetables are necessary to keep the bodily health up to the standard. They are rich in mineral matters, vegetable acids, and growth determinants of which we are learning more each day, without which the body processes are not carried on properly. Since soups may be presented in such a variety of flavors, are so generally relished, and make such palatable combinations, using buttered bread as an accompaniment, they are valuable additions to the diet.

Mixed Vegetable Soup.—Take three quarts of boiling water and add the following vegetables: One quart of shredded cabbage, one pint of sliced potato, a half pint each of diced carrot, turnip, onion, two tomatoes, two tablespoonfuls of minced celery, two tablespoonfuls of chopped green pepper and two of drippings, boil for ten minutes, then simmer gently for an hour, except the tomatoes and potatoes. The tomatoes and potatoes should then be added and all cooked slowly another hour.

Oh, give me a rosebud sweet,
A rosebud pink or red;
I would rather have just one today
Than millions when I'm dead.

H. B. Beard.

SEASONABLE DISHES.

The following uncooked chili sauce is as good as a salad in winter and may be used as a relish any time.

Uncooked Chili Sauce.—Chop a peck of ripe tomatoes, add two cupfuls of chopped onion, the same of chopped celery, add two cupfuls of sugar, a half cupful of salt, four ounces of white mustard seed, a teaspoonful of powdered mace, a teaspoonful each of black pepper and powdered cinnamon, four chopped green peppers and three pints of good vinegar. An inferior vinegar will ruin any pickle. Mix well and put into sterilized jars and seal air-tight. Turn upside down over night to be sure that there is no leak.

Ripe Grape Pie.—Mix a cupful of seeded grapes with a cupful of sugar, then add a tablespoonful of flour and butter well blended and one beaten egg. Beat well and bake in two crusts.

Hot Dutch Salad.—Boil two quarts of potatoes in their jackets, then peel and slice them in a buttered baking dish. Melt a half cupful of sweet bacon fat, add a chopped onion, two cupfuls of water, and cook until the onion is tender. Add two beaten eggs, salt and pepper to taste; cook until smooth and thick. Pour over the potatoes, cover in the oven for ten minutes. Serve hot.

Victoria Green Peppers.—Soak a cupful of split green peas in luke warm water for two hours, then drain. Remove the seeds and white veins from four green peppers, cut in strips, then in dice. Put them in a saucepan, cover with cold water, bring to the boiling point and boil eight minutes, then drain. Chop one onion and a clove of garlic and fry them in three tablespoonfuls of olive oil or melted butter until a golden brown. Add a cupful of chopped celery, the peppers, peas, seasoning of salt, pepper, a teaspoonful of sugar, half a can of tomato paste, and sufficient water to cover; simmer until the peas are tender. The sauce should be thick, like gravy. Serve with Parmesan cheese.

Nellie Maxwell

Fads and Fancies of Fashion

The straight-line frock is the foundation on which styles in one-piece dresses are built. However, designers may vary the straight line by the introduction of draperies, or tunics, or girdles, it makes itself evident somewhere in the up-to-date model. The straight-line or "Chinese" dress is entering upon its third season, and also what promises to be its most successful season in point of popularity, and it may have won a permanent place for itself. It is becoming to both full

hats, and they are trimmed with unusual and wonderful ornaments of ribbon, or with yarn flowers and leaves or merely banded with ribbon, or decorated with needlework that serves to outline pictures on them. One has a choice that includes many things, from the plain band of ribbon about the crown to the most elaborate of rosettes that require five yards of ribbon to make.

Three representative styles in these demi-season felts are shown in the



FLATTERING MODES IN ONE-PIECE FROCKS.

and slender figures, and it is chic and youthful looking. All its advantages may be summed up in the declaration that it is a flattering mode.

Although satin and wool have been chosen for the greater number of the new models, the old friend taffeta is well represented among them. Its texture makes it desirable where certain effects in draperies are sought, as in the frock shown in the picture. Here the straight line appears in the front and back of the dress, but is broken at the sides with drapery that widens the figure and falls from the waist line. The skirt is gathered to the body at the front and back about eight inches below the normal waist line, but a

group of hats pictured here. In the hat at the center the crown is crossed with a ridge pressed in from side to side and from back to front. It has a collar of ribbon with a handsome bow at the side. The bow is elaborated with three loops, graduated in length, at each side of the middle, where a round buckle or slide is placed. The loops are posed over one end of ribbon on both sides of the buckle.

At the left a smart shape presents a square crown and a straight brim, dipping a little at the back. There are two bands of narrow ribbon about the crown and a very rich and handsome "tailored" rosette, made of the same ribbon, is posed against two ends laid



LIGHT FELT HATS-FOR NOW.

short belt at each side supports the full draperies and it is the stiffness of taffeta which gives the effect desired.

New details of furnishing appear in the short surplice collar, ornamented with small, silk-covered buttons, and in the sleeves, made of the silk. Straight strips of silk, finished at the ends with tassels, extend over the shoulders and are attached to the short belt at each side, falling about 12 inches below it at the back and front. The skirt is a little shorter than ankle length, and lifted a little at each side.

Beautiful colors are at their best in the felt and velours hats that August brings to a waiting world of women. Summer felts and velours have come to be an institution, like water lilies, to be looked for at the same season each year, and this year they have more than fulfilled our expectations. They are in pale, exquisite shades of the gay colors introduced by sports

that against the crown. At the right the shape has a round crown and a drooping brim, with a band of ribbon about the crown ending in a plait and half-rosette at the front.

All the hats pictured have rolled edges. Straight edges are sometimes finished with buttonhole stitches at intervals done in black yarn, and in flat flower forms and leaves posed against the side crown and made of yarns.

Julia Bottomley

Clears the Complexion.

Daily bathing and copious drinking of water have a magic effect upon the complexion in clearing blemishes and in imparting a delicacy of coloring which only a well-flushed system can produce.

How to Acquire a Relish for the Word

By REV. HOWARD W. POPE
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TEXT—How sweet are thy words unto my taste! Yea, sweeter than honey to my mouth.—Ps. 119:104.

It is a well-known fact that unless one uses the strength derived from his food, in labor or exercise, he soon loses his relish for food altogether. On the contrary, vigorous exercise as a rule creates a hearty appetite. The same principle applies to spiritual things. Unless we give out to others the comfort and inspiration derived of our daily reading of the Bible, we soon lose our

interest in it, and find it rather a dull book. If you reply: "I do not seem to get much inspiration from the Bible. In fact, I doubt if I have gotten a fresh idea from it in a week," let me ask you if you take time to think on what you read. Gold has to be mined, and diamonds are dug from the depths of the earth. In fact, very few of God's best gifts can be obtained without effort. So the Scriptures must be searched if one will discover their hidden treasures, and even truths require prayer and thought before it reveals its full beauty and strength.

Aside from the daily lessons which God gives us from our morning reading, if we look for them earnestly, and we may be sure they are adapted to our needs for that day, we wish to call attention to the opportunities for service which arise from our contact with people on the way to or from business, or on the train, or in the performance of our daily duties. How often at the table conversation drags, and almost dies for lack of a fresh subject, and yet how seldom anyone ventures to introduce a religious topic, even where the majority of the people present are professing Christians.

Out of the Abundance of the Heart. On the other hand, how refreshing it is to meet one who is evidently in the condition of Peter and John, who said: "We cannot but speak the things which we have seen and heard." A gentleman overtook a stranger and invited him to ride. As he approached him he said to himself: "I wonder what the man is thinking about and what subject of conversation he will introduce. Surely it will be one of three things—the weather, the crops or the election." It was none of these. His first words after the salutations were: "How's religion down in your country?" The question startled the man a little by its directness, but it showed where the other's heart and hopes were, and led to a long and profitable conversation on spiritual things.

How much might be accomplished by each of us if our hearts were warm and glowing with love to Christ, and our minds on the alert to improve every opportunity that God sets before us. Instead of telling a dozen people tomorrow that it is a fine day, or that it looks like rain, suppose we give the weather a rest and try to talk about something more profitable. If your neighbor opens up the subject of war, ask him if he ever noticed that verse in Psalms where God says, "He maketh wars to cease unto the ends of the earth," or say: "Here is a verse which has helped me lately. Let me give it to you." If they open up on the weather and complain because the day is so cold or wet, meet their complaints by saying: "This is the day which the Lord hath made; we will rejoice and be glad in it." Try this on a dozen people the next rainy day that comes, and watch the effect of it. Or call attention to the promise in Isaiah 55:10, that as the rain cometh down, and the snow from heaven, and returneth not thither until it has done its appointed work, so shall my word be that goeth out of my mouth; it shall not return unto me void, but it shall accomplish that which I please. What an opportunity this gives one to talk on God's overruling Providence, and the certainty that his purpose will be fulfilled.

Refreshing in the Word.

If the day be hot and sultry, what more refreshing than the verse, "He shall come down like rain upon the mown grass; as showers that water the earth."—Ps. 72:6. Whatever the weather or political conditions may be, there is always some way of diverting attention to spiritual things if we will make a study of the fine art of religious conversation.

And just as a nursing mother eats both for herself and her child, so, as we read the Bible, we should be on the lookout for truth which we can pass on to others. And as nurses in royal families are fed more carefully and thoughtfully because they supply life to the king's children, so we may be sure God will cause his word to dwell in us more richly, if he knows that we will pass it on to others.

It Has Its Price.

Whoever wants power must pay for it.—Emerson.

FARM POULTRY

WET MASH BEST FOR CHICKS

Only Secret in Growing Fowls is to Give Them What They Really Like and Plenty of It.

There is nothing a growing chick likes better than a nice, cool feed of wet mash. There is only one secret to growing chicks and growing them rapidly, and that is to give them the feed they like and give it to them in such amounts as to satisfy the appetite and as often as is necessary. For the first 12 weeks of the chick's life the bird will stand considerable forcing, after which time the birds will have developed sufficient size of frame and strength of body with which to range and gather most of their own living.

The following wet mash may well be fed from the third week to the twelfth, or for such time as is necessary to produce a good-sized broiler: Two pounds of bran, two pounds of cornmeal, two pounds of middlings, one pound of commercial meat scrap. This mash should be mixed with either skim milk, sweet milk or sour milk. The latter is preferable.

COVERING FOR SITTING HENS

Combination Nest Box and Runway is Easily Constructed—Roof Should Be Three Feet Wide.

Take this nest box and runway combination by using five 1 by 12 boards to make the frame and partitions. Place these 1 by 12s from 18 to 24 inches apart, according to the width wanted for nests and runways. The roof for the nests should take up about three feet of space; that is, in width. The remainder of the space is covered with chicken netting over the runways. The roof of the boxes is made as shown in the diagram, writes Mrs. Maggie L. Long of Hammond, Okla., in Farm Progress. The back half of the roof is hinged, and this may be left open and used by laying hens until the time comes to put them on eggs.

When used for sitting hens, the door is closed and food and water placed in the runways through an opening in the netting, where it is



Nest Boxes and Runways.

lifted at the end of the runs. The hens are not turned out during the period when the eggs are incubating. The eggs will hatch much better and the whole job is much less trouble. This can be moved and cleaned easily, and the chicks can be kept here for some time after hatching.

MARKET FOR SURPLUS EGGS

No Better Method Than to Organize Co-Operative Club—Get in Touch With County Agent.

To secure the best prices for surplus eggs or poultry, there is no better method than to organize in your community co-operative egg and poultry clubs. By getting in touch with the county demonstration agent you can secure valuable assistance, not only in organizing, but afterwards, in finding good markets for all your products. Make sure that the club's rules provide for thorough grading and packing, live up to the rules and your marketing troubles will be over.

PLAN FOR PRESERVING EGGS

Cheapest and Most Successful Method is Water Glass—Place Solution in Cool Place.

The most successful and cheapest method of preserving eggs is in water glass (sodium silicate). One gallon of sodium silicate, about 50 cents' worth, will, when added to 15 times as much water, which has been boiled and cooled, be enough to preserve 50 dozen eggs. The solution should be prepared and put in the vessels in a cool place, then the eggs added as they are gathered. There should be at least two inches of solution covering the eggs.

CRACKED GRAINS FOR FOWLS

Less Trouble to Purchase Prepared Feeds Where but Few Chickens Are Kept—Look for Grit.

When one has only a few chickens, it is less trouble to purchase the prepared chick feeds, but where a considerable number are reared it is sometimes cheaper to buy the finely cracked grains and mix them together. Some chick feeds contain a large quantity of grit and may contain grains of poor quality, so that they should be carefully examined and guaranteed as to quality selected before purchase.