

The KITCHEN CABINET

'Tis not in growing like a tree,
In bulk, doth make man better be.
No digest of laws like the law of digestion.

TASTY EATS.

A sandwich filling is so often used and a variety of combinations are so welcome that those following may be suggestive.



Gooseberry jam mixed with cream cheese, or chopped cherries mixed with cottage cheese.

A sandwich for state occasions when a most nourishing one is needed is one of peanut butter used as a filling between two thin slabs of sweet chocolate.

Take equal parts of diced banana and pineapple, mashed to a pulp, and mix with strawberry jam. This is a great favorite with the boys.

Mix together the solid portion of ripe tomatoes, diced cucumber, chopped chives or onion tops and crushed well cooked bacon with cottage cheese. Spread on buttered rye bread.

A thin slice of salt pork dipped in batter and fried a nice brown, then placed between layers of chow chow on buttered bread is a tasty sandwich well liked.

Spinach well cooked and seasoned and rubbed with hard-cooked egg.

Raisin bread cut in heart shapes and spread with fudge enriched with nut meats is a sweet sandwich which will take the place of cake. These may be made in the ordinary way or the hot fudge may be poured on the slices and allowed to cool before the top slice is added.

Lima beans put through a sieve, seasoned with melted butter, a little onion juice and a pinch of mustard, a few chopped olives and a dash of tomato catsup spread on brown bread.

Corn Dainties.—Put well popped corn through the food chopper with a few walnut meats, add a little melted butter and the beaten white of an egg with two tablespoonfuls of sugar. Spread on round crackers sandwich fashion and decorate the top with the same mixture and the half of a walnut meat. Bake in the oven until brown.

Patty Pie.—Fill large paper ice cases with any seasonable fruit cooked in sirup, and top the fruit with ice cream, spread around the edges and flute with a fork. Mark a leaf in the center to resemble a pie and serve at once.

Nut and Cheese Roast.—Cook two tablespoonfuls of chopped onions in a tablespoonful of butter, add three-fourths of a cupful of water and cook until the onion is tender, add a cupful of chopped nut meats, a cupful of cheese, a cupful of bread crumbs, salt and pepper to taste, the grated rind of a lemon and the juice of half a lemon. Turn into a buttered mold and bake twenty minutes. Decorate with lemon and parsley.

Better to search the fields for health
unbought than pay the doctor for a
hauspous draught.

PRESERVING FRUITS AND VEGETABLES FOR WINTER.

To save cans for fruits it is wise to dry corn and many prefer the flavor to that of canned corn. Select young ears, husk and plunge into boiling water and boil five minutes to set the milk. Slice from the cob and arrange on the drying trays, spreading as thinly as possible, put into the oven or around the stove to dry as quickly as possible. Corn should be put in the trays for drying within an hour from the time it is pulled from the stalk. This insures a fine sweet flavor. The corn is soaked and cooked in the same water until tender, then dressed with cream and a dash of salt and pepper, making a dish that may, but never has, been equaled.

Salted Beans.—Take young tender string beans, preferably in the fall, string and cut them as for the table. In a stone crock put a layer of coarse salt just covering the bottom. Then put in a layer of raw beans about an inch deep, another layer of salt, just covering the beans and so on, ending with the salt. Tie a piece of muslin over the top of the jar and in a day or two they will settle, and more beans, and more salt may be added. Crock holding several quarts are set in the cellar, where the beans will keep their color and flavor. When wanted, remove a few and soak them over night changing the water occasionally until they are right for eating.

Canning Tomatoes.—Scald the tomatoes and remove the stem end carefully, plunge in cold water to hold the coloring matter near the surface, then remove the skins and pack whole in jars, adding a teaspoonful of salt to every quart of the tomatoes. Place on a rack in a boiler and cover the jars to the depth of an inch above the highest jar. When they begin to boil count the time and cook thirty minutes for quarts and twenty for pints. The tops should be screwed down tight. When removing them be sure to tighten the tops, pressing down the edge of the

cover with the handle of a knife to be sure that there is no way for bacteria to enter. To further secure the fruit dip the can tops into hot paraffin and place in a cool dark cellar.

I feel it my duty to emphasize that the food situation is one of utmost gravity, which, unless it be solved, may possibly result in the collapse of everything we hold dear in civilization. The only hope is by the elimination of waste and actual and rigorous self-sacrifice on the part of American people. We do not ask that they should starve themselves, but that they should eat plenty, wisely and without waste.

BARLEY DISHES.

Barley has been used for years in invalid cookery for broths and as infant food. High-grade barley contains as much protein as hard wheat. It furnishes starch, fat and mineral matter in equal amounts with wheat. As barley lacks gluten, wheat flour must be added to barley meal or flour to make successful bread, using one part of whole wheat or white flour to two parts of barley flour. Barley meal has a similar texture to cornmeal, both the flour and the meal may be obtained in many sections of the country and as the increasing demand for it grows, will be more commonly in the smaller markets. Barley cookery is being revived because of the lack of wheat flour, and we are beginning to appreciate its value as a food.

Barley Pone.—Add two cupfuls of milk to one cupful of cooked hot hominy grits or rice, three tablespoonfuls of butter, then cool and add a half teaspoonful of salt, a cupful of barley meal sifted with two teaspoonfuls of baking powder, then add two well-beaten eggs; pour into a buttered dish and bake in a moderate oven 45 minutes. Serve from the dish, cut in triangular shapes.

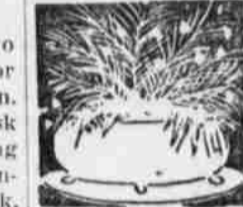
Breakfast Food.—Add a half cupful of barley meal to two cupfuls of boiling water and a half teaspoonful of salt. Cook in a double boiler one hour or in a fireless cooker over night. Serve with cream and sugar. Figs, dates or raisins may be added if desired.

Barley Scones.—Take a cupful each of whole wheat flour, a cupful of barley meal, a half teaspoonful of salt, two teaspoonfuls of baking powder, two tablespoonfuls of beef drippings, or any sweet fat, three-fourths of a cupful of sour milk or sour cream may be substituted, omitting the drippings and a half of a teaspoonful of soda. If the fat is used, cut it in as for pastry and proceed as usual in the mixing. Roll out half-inch thick and cut in diamond shapes. Brush with egg and sprinkle with sugar.

And the plowman settles the share
More deep in the grudging clod;
For he saith: "The wheat is my care,
And the rest is the will of God."

HELPFUL HINTS FOR HOUSEWIVES.

Close your eyes when using the telephone. This not only rests the eyes but is good for the tired nerves, says the oculist.



Paint hoops green and use them as supports for hydrangea bushes, peonies and other bushy plants which fall down and become broken by the wind.

A small salt sack folded many times until a small square is formed, then slipped into a clothespin makes a good griddle pan greaser. The cloth may be renewed whenever necessary.

When driving with a small child, if her dress is spread so you can sit upon it, you will be able to support a rather small child safely and still manage the reins. One mother padded a small box for her small child when driving in the auto. The child was comfortable and so was the mother, as she did not fear for its safety.

The children love to cut out pictures of fruit from catalogues and one housewife pastes them on her cans of fruit instead of labels, making a most attractive-looking fruit closet.

Never try to pick up bits of glass. Wet a woolen cloth and pat it around in the glass. The fragments will cling to it and the hands are saved the danger.

A thrifty wife keeps a list of the things she needs to have attended to about the house. This list is placed where her husband is sure to see it, and when each is attended to is checked off.

Frosted Date Cakes.—Beat a third of a cupful of shortening, add a cupful of sugar and two eggs well-beaten, a half cupful of milk, one and three-fourths cupfuls of flour sifted with two teaspoonfuls of baking powder, a fourth of a teaspoonful each of cloves and nutmeg, a half teaspoonful of cinnamon. Bake in gem pans. Cover with frosting and decorate with a stoned date.

Nellie Maxwell

Fads And Fancies Of Fashion



Suits and coats and hats lead off the fall fashion parade but in the reserve forces of the wardrobe along come the dependable separate skirts. They are beautifully fitted and tailored and made of all the staple or fashionable wool fabrics. There is an abiding attraction in these everyday clothes of the average woman—no one gets tired of them.

Quiet colors in plaids, crossbar mixtures and figured materials share honors with plain goods for the separate skirt for fall and winter. Needlework, in the simpler kinds of embroidery, proved so effective on late summer skirts that it has carried over and become a new chapter in the story of fall fashions. In the skirt pictured it appears in silk thread on the pockets and on the skirt about six inches above the hem. But the designer refrains from breaking the length of the panel at the front and terminates the embroidered disks at each side of it.

The pockets serve a double purpose for they are actual pockets as well as decorative parts of the design. The embroidery for them is placed on a separate piece of material, cut out the shape of the pocket and sewed over it. A belt of the material is finished with a plaited frill at the top which extends across the sides and back but not across the front where the designer refuses to allow anything to interfere with the straight line, and a large flat button is used for fastening.

WHAT CAN WE DO?



In order to have a clear comprehension of the Red Cross and its work, it is necessary to know about its construction and its methods. The president of the United States is not merely an honorary officer but an active president of the society. He presides at the annual meetings, appoints members of various boards and issues important public appeals in time of war or disaster. It is important to understand that it is the arm or instrument of the government for giving aid to humanity. Its work goes on at all times in the department of civilian relief. Under its charter all accounts of the American Red Cross are audited by the war department and an annual report submitted to congress by the secretary of war. To President Taft belongs much credit for the time and attention he gave to the affairs of the society, in order to build it up to its present efficiency and establish it in the public confidence.

The central committee is the governing body, under it coming three important boards whose chairmen and vice chairmen are members of the committee. These boards are the war, national and international relief boards. They establish the policies in their respective fields of activity and recommendations for appropriations are made by them to the central or executive committee which has the sole right of appropriating funds.

The chairman and vice chairman of the war relief board are the surgeon general of the army and navy. Those of the international relief board are representatives of the state department and the navy and those of the national relief board are members of the central committee particularly familiar with this part of Red Cross work.

Under these boards are various subcommittees, the medical bureau, the first aid department, the nursing service, town and country nursing and the Christmas seal. State boards, consisting of from three to ten prominent persons, constitute permanent emergency finance committees in each state, the governor of the state being the chairman.

Besides the state boards there are local organizations which are called chapters, each with its own officers and members. The special duties of the chapters are to collect funds and supplies on appeal from headquarters or from the governor of their respective state, and in case of local disasters, to co-operate with the institutional member in immediate relief measures.

The above brief review of the organization of the American Red Cross is in part quoted from "Under the Red Cross Flag," by Mabel T. Boardman, which gives a very comprehensive and thorough history of the organization, its aims and its work.

Julia Bottomley

POULTRY FACTS

CANDLING EGGS IN NEW WAY

Recent Device Confines Dark Area Just Around Egg—Impossible for Light to Get In.

As far as the consumer is concerned there are only two kinds of eggs—good ones and bad ones; and usually he cannot distinguish one from the other until he breaks the shell. But to the dealer there are several grades between the best and the usable eggs. For years these grades have been determined by candling—a process re-



Latest Candling Device.

quiring a dark room and a point of light against which the egg is held to get a kind of X-ray view of its interior. The process is slow and the conditions under which the men must work are more or less unsanitary.

A newer method employs the candling device shown in the illustration. This device confines the dark area where it belongs—just around the egg. The projection on top of the device has a slight slant so that it is impossible for any light to get to the egg from above. With this device one room may be used for candling, grading and packing.—Popular Science Monthly.

CHICKS INFESTED WITH LICE

Mother Hen Should Be Dusted With Some Good Insect Powder—Make Examination Often.

Where chicks are raised with hens, they are likely to become infested with lice. If the lice get very numerous, they greatly retard the chicks' growth and may even cause their death. The hen should be powdered thoroughly with some good insect powder before she is put in the coop with the chicks, and at intervals of several days or a week thereafter. The baby chicks should be examined for lice, particularly on the head, under the wings and about the vent. If any are found, a little grease, such as lard, should be rubbed on in those places. Apply grease moderately, as too much will injure the chicks. The chicks should be examined frequently and the treatment repeated if lice are found on them.

MAKING MONEY WITH CAPONS

Fowls Should Reach Full Size Before Fattening—Bring Better Prices Than Turkeys.

Capons should reach full size before fattening, and this should be when they are from ten to twelve months old.

Fatten them from two to three weeks before marketing—two if they are shut up in dark coops. Feed them all they will stuff of cornmeal and middlings, wet, but not too wet, with milk.

Cracked bits of glass are used as an aid to digestion, but good grit is safest where the ground stuff is used. Grit of some kind they must have. The farmer who does not keep over a lot of male birds as capons will lose a big profit on fowls, as turkeys do not at any time sell as high as capons per pound.

VENTILATION OF HENHOUSES

Reason Many Fowls Seek Roosting Places in Trees Is Because Buildings Are Too Warm.

Henhouses need to be ventilated in the summer time as much as in the winter time. The reason many hens go to the trees to roost is because the house is too warm for them. At least ten inches of perch space should be provided for the fowls, so that they will not have to crowd; and the more open the house is during the summer months the more contented the fowls will be. A small hole cut on the north side of the poultry house about two feet off the floor and left open during the day and night will do a great deal to cool the house down and to remove any foul odors. All windows should be removed and screens inserted; also the doors should be left wide open.

TAKE GOOD CARE OF BROODER

Vermin and Disease Developed More Rapidly in Warm Weather Than in Cool—Disinfect Often.

Be sure that the brooder is cleaned and disinfected frequently and regularly. Vermin and germs of disease should not be allowed to get into a brooder but if they should invade, do not forget that they develop more rapidly in warm weather than in cool.

FOR BETTER ROADS

SMALL PAVING BLOCKS USED

They Are Proving Popular in Rural Regions in Europe—First Laid in New York State.

For a number of years country roads in parts of Germany, Austria and other European countries have been paved with small cubes of stone but it is not so generally known that small-block pavements have been laid in the United States. They are believed to have been introduced first by J. Y. McClintock, county superintendent of Monroe county, N. Y. After an experience of ten years or so, he recommends the use of blocks of vitrified clay, measuring 2 1/2 inches on each side. These are laid on a base of gravel, macadam, concrete or broken slag, which is usually made wider than the pavement in order to support the gravel or broken stone laid beside the cubes to form hard shoulders to carry vehicles that



Laying Vitrified Blocks.

are forced to turn out of the main roadway. During the last year about six miles of such pavement were put down in the county.

Mr. McClintock holds that this type of construction is desirable where a substantial base is already in place, as in the case of an old gravel or macadam road which is not worn out, or a base can be constructed at low cost. The vitrified blocks are often laid by unskilled labor, properly supervised, with entirely satisfactory results.

Another type of small-block pavement was recently laid on the Morris-town turnpike in New Jersey, which carries a heavy traffic. There is a section of this road about 1,200 feet long having a 7 per cent grade, where it was decided to try small granite blocks in the hope that their numerous joints would reduce the tendency to slip and skid on this rather steep slope. The blocks are 3 to 4-inch cubes and were laid on a thin foundation. They were not laid in rows but in curved lines, forming a mosaic pattern, and the joints were filled with fine stone and a grout of cement and sand.

PIONEER GOOD ROAD BUILDER

Over \$120,000,000 Expended or Pledged During Last Two Decades in New York State.

Twenty years ago New York embarked upon its policy of state aid for the construction, maintenance and repair of state, county and township highways. Since that time approximately 20,000 of the total mileage, estimated to exceed 80,000, have been improved.

As a pioneer in the good roads movement, the Empire state has always occupied first rank. Over \$120,000,000 has been expended or pledged during the last two decades for highway construction.

CONVICTS BUILD GOOD ROADS

Prison Camps No Longer in Experimental Stage in Oklahoma—Accepted Institution.

In Oklahoma prison road camps are no longer in the experimental stage, says the National Committee on Prisons and Prison Labor. They have become an accepted institution in the state. In the central and southwest sections prisoners are building the Ozark jail; in the southeast, they are grading the Jefferson highway, and in other districts they are assisting in the local good road movement.

Illinois in Earnest

The state of Illinois will put to its voters at the 1918 election the question of issuing \$60,000,000 in highway bonds, the interest and retiring fund for which is to be provided for by an increase in the motor vehicle registration fees.

Drainage and Foundation

Drainage and a good foundation are the first considerations in improving a road with a hard surface. The best possible foundation is a good earth road with a low crown.