

# THE KITCHEN CABINET

Tomorrow the sun will be brighter; Tomorrow the skies will be fair; Tomorrow our hearts will be lighter. We'll cast aside sorrow and care.

## ECONOMICAL DISHES FOR THE FAMILY.

Soy beans, which have been used for years as a forage crop in this country, are now coming into their own as food for the human family. There are several varieties early and late, black, green and brown. The bean is highly nutritious, containing protein which furnishes muscle-building material, and they also contain fat, making an especially valuable food addition as an emergency food to substitute for more expensive legumes. The fact that they contain no starch makes them a valuable food for people who must be restricted in this food element.

These beans will grow on poor, light, sandy soil, which will grow no other crop successfully, and if the soil or seed is inoculated will produce a fine crop of food and leave the soil stored with the valuable nitrogen which will make other crops yield well on the same soil. Where they are grown on soil fit for corn they give heavy yields.

Where dried soy beans are available, they may be used for baking, just as the navy bean, and are much cheaper. The green soy bean compares favorably with the lima beans and may be cooked and served in the same manner.

With the increase in acreage for the coming season, we may expect to find an abundance of these beans at a reasonable price. As soy beans take longer to cook than the navy bean they must be soaked and cooked a little longer to soften before putting them to bake. As they lack starch, a little flour may be added to thicken them, if desired.

A fireless cooker is an economical way of cooking soy beans and when the furnace is in use the bean pot may be placed on the ledge of the furnace firebox, which makes a fine place to bake them.

Soy bean meal is a by-product of oil making, and will no doubt form a valuable stock food when it comes into more general use.

The soy bean is sometimes called togo bean. The fresh bean may be canned for winter use, just as other beans. Shell and put them into a jar after scalding and chilling, add a half teaspoonful of salt to a quart jar and fill with boiling water, partly tighten the lid of the jar, so it may be safely lifted, and place in a boiler, cover with water to the depth of an inch and cook two hours from the beginning of the boiling.

Demonstrate thrift in your homes and encourage thrift among your neighbors. Make saving rather than spending your social standard. Make economy fashionable lest it become obligatory. Don't expect the women to do all the saving.

## KEEPING FRUIT FOR WINTER.

As all fruits contain yeasts or ferments, they must be destroyed by exposing them to heat. In canning fruit of any kind it is important that the jars are thoroughly sterilized, as well as any utensils used in canning. Place jars and tops in cold water and let them come to the boiling point. Use rubbers that are soft and elastic, dipping them into the boiling water before adjusting.

The fruit is then put into the jars and covered with sirup of any desired density. Two cupfuls of water to three cupfuls of sugar is the formula that is most generally liked. Four cupfuls of boiling water with six cupfuls of sugar will fill about four quart jars of raspberries or any closely packed fruit, or three quarts of halved pears, peaches or cherries, or two quart jars of large whole fruit like plums. Heat the sirup slowly and boil gently, skimming any scum that may rise. Do not stir, but longer boiling will render the sirup heavier, if one likes a richer fruit. This sirup may be used for all fruits. The amount of sirup will adjust itself to the fruit. The sweeter small fruits, being closely packed, take little sirup; the larger, loosely packed, take more sirup and need more to sweeten them.

A large lard pail with a wire dish-cloth for a rack makes a fine boiler. Fill the jars with the boiling sirup and submerge them, after carefully sealing tight, then screw them back a half-inch, so that they are loose, but firm enough to be handled by lifting the tops. The jars with clamps are placed leaving the side clamp unfastened until they are taken from the boiler. Cover the jars to the depth of an inch over the top of the highest jar and cook. The required time for small fruits is 12 to 15 minutes from the time they begin to boil, for a quart can, five minutes less for a pint and ten minutes more for a two quart can. For larger fruit, like peaches, pears and plums, twenty-five to thirty minutes are required for boiling.

## MORE ABOUT FRUITS.

Those who are fortunate enough to obtain wild fruit will find the flavor especially fine.

**Wild Plum Preserves.**—Weigh carefully ten pounds each of plums and sugar; do not make more at a time, lest you crush the fruit and spoil its appearance. Add three pints of water and boil the sirup until clear, removing the scum but not stirring the sirup. Add a teaspoonful of soda to six quarts of water, and when boiling hot drop in a few plums at a time until each cracks open, but do not let any of the pulp escape. Take out with a wire dipper and place on a platter to avoid crushing them; then put them into the sirup a few at a time and cook until a straw easily penetrates them. Lift carefully from the sirup and place in a stone crock. Repeat until all the plums are used, then boil down the juice to a thick sirup and pour it over the fruit. Cover the jar with cloth and paper and keep on the cellar floor.

**Chili Sauce.**—Take half a peck of ripe tomatoes, a quarter of a peck of onions and green peppers; peel the tomatoes and onions, remove the inner white skin from the peppers, leaving in the seeds, chop all together very fine. Add a cupful of salt, two cupfuls of sugar and a quart of good vinegar. Cook slowly three hours, then put into bottles and seal.

**Tomato Jam.**—Put into the preserving kettle seven pounds of ripe tomatoes, three pounds of sugar, one pound of seeded raisins, one pint of vinegar, one lemon, two teaspoonfuls of cinnamon and two of ground cloves and a few dashes of cayenne pepper. Cut the fruit fine and cook until it forms a thick jam. Seal in glasses with paraffin. Served as a conserve with meat, this is delicious.

**Peach Butter.**—Pare and cut into thin slices fully ripe freestone peaches of good flavor. Add a third of a cupful of water to a pound of fruit, cook and mash all the time, add ten finely-chopped blanched peach kernels and three-fourths of a pound of sugar to each pound of fruit, weighed before boiling. Cook, stir and test by trying on a cold plate. Use care as it burns easily.

## MORE ECONOMICAL DISHES.

A small amount of meat may season a large amount of other food if carefully cooked and well seasoned, thus making both a wholesome and attractive dish.

**Hungarian Goulash.**—This will provide a good main dish for seven persons. Take one pound of lean veal, half a pound of lean beef, three tablespoonfuls of sweet bacon fat, in which an onion is browned after chopping, three cupfuls of boiling water, one teaspoonful of paprika, twelve potato balls or six carrot balls, six turnip balls, one bay leaf, one clove, four tablespoonfuls of flour, half a pint of cold water, one chopped chili pepper. Remove the browned onion from the fat and add the veal and beef, cut in small pieces; brown these and remove them to a casserole; add paprika and boiling water, cover the dish and place it in the oven. Fry the other vegetable balls in the smoking hot fat and add them to the meat after it has simmered for an hour and a half. Add the seasoning and flour, mixed with the cold water; stir until partly cooked, then add the red pepper and the boiling water. Cover and simmer for another hour and a half. Serve from the casserole.

**Dried Peas and Rice.**—If one dries their own peas this year they will have many good dishes to serve this winter. Pick them when young and tender, scald two minutes in boiling water, pour off the water and chill with cold water, drain and put to dry at once. The quicker they are dried the sweeter they will be when dry.

Wash a cupful of dried peas and let them soak over night, put to cook in three pints of water, add a teaspoonful of salt, one chopped onion and simmer until the peas are tender. Drain and mix with a cupful of boiled rice. Add four tablespoonfuls of butter, one cupful of strained tomato sauce and salt and pepper to taste. Bake ten minutes. Garnish with hard-cooked eggs and fried onions.

**Barley Broth.**—Barley is rich in mineral matter, but contains less fat than wheat. Being lighter and less stimulating than wheat or oatmeal, it is especially good for people of weak digestions. Take the meat from three-quarters of a pound of the neck of mutton, cut in small pieces, cover bones and meat with three quarts of water, add a teaspoonful of salt, one diced carrot, turnip, onion, stalk of celery and a quarter of a pound of barley. Simmer two hours. Serve with minced parsley as a garnish for each dish.

*Nellie Maxwell*

# Fads And Fancies Of Fashion



DIVERSITY IN ONE-PIECE DRESSES

There is a wonderful diversity in one-piece dresses, and there must be. "We must have new things all the time or women will not buy," says one of those who sells frocks nearly all the days of the year. It is business that makes the world move forward, and so designers call upon the four quarters of the globe for ideas and inspirations. This fall there are Chinese and Russian and American Indian ideas interpreted in new suits and dresses, or discernible in their trimmings, along with clever inventions that are home grown and very modern.

But with all this casting about for new inspirations there are almost no freakish dresses. Everything must bow to the decrees of the mode and manage to arrive at simplicity in effect, no matter how much elaborated in details of trimming or finish. The result is the prettiest and most wearable frocks that can be imagined, with the straight line models in great favor and the smart Russian blouse winning its way to the front.

But the straight line dress has no monopoly, as may be gathered from the clever model in a one-piece frock shown here. It follows the lines of the tonneau skirt, at a safe and sane distance, with the small, side drapery that holds its place in the season's styles. Just how its wearer gets in or out of it is a secret that lies between her and the dressmaker, but the belt is discovered fastening at the side and probably the bodice does the same

thing, with fastenings along the under-arm and shoulder. At the front and back of the belt embroidery finds a place in the sun of approval, and a row of misleading buttons down the front of the bodice have no duty other than to make a pretty finish for it.

It is the collar in this frock that speaks much thought on the part of its maker. It is of colored satin overlaid with white satin with little satin-covered buttons set in a row at each side, and is altogether independent of the high neck which finishes the bodice. The plain sleeves have small

flaring cuffs with overlay in white satin. Making a joke of deprivations is one phase of French fortitude in these times of trial. The Parisienne makes light of the scarcity of coal and says she will rely upon furs and exercise in the open air to keep herself warm this winter. This prediction seems to have influenced the mode, and furs are everywhere. On suits and frocks they appear in bands, sometimes continuous and more often in sections, on the bottom of skirts and coats. Collars and cuffs, fur-covered buttons, and narrow fur bands and fringes of fur find a place on all outer garments.

Deep cuffs, both close-fitting and flaring, and narrow collars that widen into broad revers are among the newest phases of fur trimmings. But with the broadest collars and the most generous cuffs are coupled very narrow bandings in pockets and about the bottom of coats. Collars are as luxurious and enveloping as those introduced last winter, those on suits of the convertible variety that may be brought up about the throat at will.

One of the new fall suits, trimmed with gray squirrel, is made of wool velour. Squirrel looks well on the wine, blue and green shades of the present season and combines beautifully with the soft "glove finish" of wool fabrics. The suit pictured is a conservative model with a straight-hanging coat, belted in at the waist-



FURS ARE EVERYWHERE

line and trimmed to long points at each side. It is plain except for big patch pockets, also trimmed in points to correspond with the coat.

*Julia Bottomley*

Several of the French designers are turning to Japan for each of their inspiration this autumn. This probably means that we shall see Japanese motifs in embroidery, as much as we saw them last year, on the new frocks,

# POULTRY

## CATER TO FOWLS' APPETITE

Feeding of Only One Grain Soon Disgusts Layer With Her Boarding House—Variety is Best.

Palatability is an important factor in the feeding of chickens. Many people think the hen has no sense of taste. To satisfy oneself regarding this it is only necessary to watch the bird at feeding time and note her keen sense of discrimination as she selects the kernels of wheat from among the rye and barley and the freshly sprouted, tender shoots from among the dried, less succulent green feed. In the feeding of grain mashes and green feed the hen has a varied preference. Such feeds as she likes best are best for her.

It never pays to try to force any feed upon the hen that she does not like or want. The feeding of only one grain soon disgusts the layer with her boarding house. Variety is essential to obtain palatability. An occasional feeding of wet mash is readily appreciated in preference to the customary dry form. Sprouted oats will taste much better than the steady diet of dried alfalfa or clover, and a hot feed on a cold day makes the hens sing with delight. It pays to cater to the hen's appetite.

## WATER VESSELS FOR CHICKS

Protection of Some Kind Should Be Arranged to Keep Dirt Out During Summer Months.

The drinking fountains which will do for chicks during the cool spring months, when germ life is less abundant, will need watching, scalding and cleansing by sunning, during the hot months. If they are the kind into which the chicks climb with their feet, put a brick in, if nothing better offers. Shallow milk pans or deep pails make good drinking fountains, if protected from the chicks. Some breeders have a wire platform, on wire legs, which they put over the pan, and the chicks drink between the wires. Others use slat or cover the center of the pan. In the house where chicks are large enough to reach up or fly up, put the drinking vessel on a shelf.

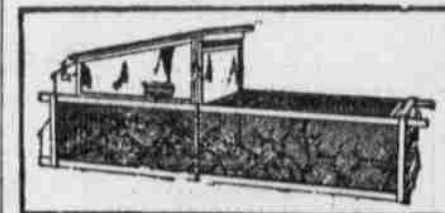
Whenever the vessel is filled, rinse it thoroughly. Fine dust settles in the bottom of any vessel, and this in time becomes slimy and germ-laden. Attention to the cleanliness and the placing of the drinking vessels is a great help towards keeping the chicks well.

## CHICKEN COOP IS PORTABLE

Sides of Covered Portion Are Removable, as Is Front—Hinged Cover for Trap Nest.

To one accustomed to the care of chickens, the accompanying cut will be most suggestive.

The cut away portion of the side of the coop properly shows the direction of the roosts, while the trap nest is con-



Coop for Few Hens.

tained in the small extension at the back of the covered portion, writes C. J. Lynde in Farmers Mail and Breeze. Dry food is supplied in the box at the back. Wet food is put in the trough at the opposite end. The sides of the covered portion are removable, as is the front, and the trap nest has a hinged cover. The roof is double with an air space between.

## LOSS OF CHICKEN FEATHERS

Trouble Is Usually Caused by Presence of Depluming Mites—Ointment for Control.

The loss of feathers from chickens is usually caused by the depluming mites. These mites feed on the base of the feathers and the epidermis surrounding them. The mites also cause an irritation and frequently cause the chickens to pull their feathers in their endeavor to allay this irritation.

These mites cannot be controlled by dusting, but are usually kept in check by the use of the following ointment: One dram of flowers of sulphur; 20 grains of carbonate of potash, and one-half ounce of lard or vaseline. This ointment should be applied to the affected parts.

## SHADE FOR GROWING CHICKS

Ample Shelter Afforded in Orchard or Corn Field—Fowls Destroy Bugs and Worms.

Plenty of shade should be provided for growing chicks. When allowed to range in an orchard or cornfield they will not only find ample shade and green feed but will benefit the trees or corn as well as themselves by destroying bugs and worms. Sometimes sunflowers are grown for shade. Artificial protection against the sun's rays may be obtained by supporting frames covered with burlap a few feet above the ground.

## Why That Lame Back?

Morning lameness, sharp twinges when bending, or an all-day back-ache; each is cause enough to suspect kidney trouble. Get after the cause. Help the kidneys. We Americans go it too hard. We overdo, overeat and neglect our sleep and exercise and so we are fast becoming a nation of kidney sufferers. 72% more deaths than in 1890 is the 1910 census story. Use Doan's Kidney Pills. Thousands recommend them.

## An Iowa Case

Frank J. Rooney, grocer, 123 Julien Ave., Dubuque, Iowa, says: "I had a rheumatic pain in my left hip, often extending into my shoulder. I felt nervous and had little ambition. I knew my kidneys weren't acting properly and I began using Doan's Kidney Pills. They soon cured me and toned up my system. I am glad to say that the cure has been permanent."

Get Doan's at Any Store, 60c a Box  
**DOAN'S KIDNEY PILLS**  
FOSTER-MILBURN CO., BUFFALO, N. Y.

## Particeps Criminis.

Into a Chicago police court a man was haled charged with the theft of an umbrella.

"What have you to say for yourself?" asked the magistrate. "Are you guilty or not guilty?"

"Well," said the accused, "I guess I am one of the guilty parties, Your Honor. The umbrella had the name of M. Barker on the handle, W. T. Morgan stamped on the inside of the cover and I stole it from this man here, whose name is Higgins."—Case and Comments.

## PAIN? NOT A BIT! LIFT YOUR CORNS OR CALLUSES OFF

No humbug! Apply few drops then just lift them away with fingers.

This new drug is an ether compound discovered by a Cincinnati chemist. It is called freezone, and can now be obtained in tiny bottles as here shown at very little cost from any drug store. Just ask for freezone. Apply a drop or two directly upon a tender corn or callus and instantly the soreness disappears. Shortly you will find the corn or callus so loose that you can lift it off, root and all, with the fingers.

Not a twinge of pain, soreness or irritation; not even the slightest smarting, either when applying freezone or afterwards.

This drug doesn't eat up the corn or callus, but shrivels them so they loosen and come right out. It is no humbug! It works like a charm. For a few cents you can get rid of every hard corn, soft corn or corn between the toes, as well as painful calluses on bottom of your feet. It never disappoints and never burns, bites or inflames. If your druggist hasn't any freezone yet, tell him to get a little bottle for you from his wholesale house.—adv.

**Ethel's Note.** A woman on the north side who prides herself on her social position and always insists on having perfect service in every way for any occasion, was called on recently to give a reception on very short notice to a distinguished club woman who was passing through the city, says the Indianapolis News. All three of her house servants were gone that day and only the cook was at home.

"Ethel," she requested her little five-year-old daughter, "you go to the door and usher the guests in while I finish my toilet."

At first the child objected, but finally she was persuaded to go.

The woman went on with her preparation, which was interrupted several times by bad luck, the cook, and everything else. A woman accustomed to a maid is rather helpless when it comes to dressing without one. But she heard the guests come in and take chairs in the reception room and she supposed all was well. At last she was ready.

Going to the door to find Ethel she was horrified to read this little printed note pinned to the back of a chair. "Dear Ladies cum on in nam is upstairs dressing talk and sit down Ethel."

Dry battery electric lamps are mounted over a new eye shield to give the wearer light where needed.

A forgiving disposition is the first law of self-preservation.

Im helping to save white bread by eating more **Post Toasties** WHAT ARE YOU DOING?  
*Bobby*