

The KITCHEN CABINET

Words are not wise merely because they march in stately procession. A train of thought is a fine thing, yet some folks run only one a day.—R. W. Helms.

DISHES FOR CORNMEAL DAY.

It is possible to substitute cornmeal for flour in many dishes. The only advantage in using it in cake making is in the saving of flour. In making doughnuts, however, there is an advantage, for they are much more tender when cornmeal is added.

Indian Meal Doughnuts.—Put three-fourths of a cupful of milk in a double boiler, when hot add one and a half cupfuls of fine white cornmeal; stir and cook ten minutes; add four tablespoonfuls of butter, three-fourths of a cupful of sugar. Sift one and a fourth cupfuls of flour with two teaspoonfuls of baking powder and a teaspoonful of salt, the same of cinnamon. Add these and two beaten eggs to the meal. Roll out on a well-floured board, cut into desired shape and fry in deep fat. Roll in powdered sugar. A cupful of mashed potato added to this recipe makes more bulk and also a doughnut which will keep moist.

Fruit Gems.—Cook a cupful of cornmeal, a teaspoonful of baking powder, a half cupful of raisins, a half cupful of currants and one-half cupful of cream; beat thoroughly, add the fruit and cream the last thing. Bake in well-buttered muffin pans.

Boston Brown Bread.—Take one cupful of cornmeal, one cupful of rye meal, a cupful of graham flour, all mixed and sifted with two and a half teaspoonfuls of soda and a teaspoonful of salt; add three-fourths of a cupful of molasses, two cupfuls of sour milk, and bake thoroughly. Steam three and a half hours in well-buttered, covered molds. Remove the covers and dry off in the oven. Raisins may be added if desired.

Apple Corn Bread.—Mix two cupfuls of white cornmeal, two tablespoonfuls of sugar, one-half teaspoonful of salt, a teaspoonful of soda, a teaspoonful of cream of tartar, one and two-thirds cupfuls of sweet skim milk; beat well and pour into a buttered pan. Lay on the sliced apples, using three apples; bake 30 minutes in a hot oven. Nuts or bits of meat added to cornmeal mush, molded then fried, makes a most wholesome breakfast dish.

It takes more than one fall to keep a determined man down; to have failed once does not make one a failure; to have strayed once cannot make one a lost soul.

FOR MEATLESS DAYS.

Use olive oil or corn oil in cooking, the olive oil prevents waste of tissue and lessens the amount of protein foods needed. Olive oil as a food has long been known and valued by physicians. In cases of nervous trouble, malnutrition, and anemic conditions, the pure olive oil may be relied upon to accomplish great results in the way of rebuilding tissues.

Chopped, cooked beets, reheated in olive oil, seasoned with salt and pepper, make a most sustaining dish. Rice browned in hot olive oil, then a little broth added to finish cooking, an egg or two stirred in just before serving and a highly nutritious dish is the result.

Those who like old flavors in new places will like to try frying oysters, which have been drained and wiped in hot chicken fat mixed with bacon fat. The oysters are not rolled in crumbs, but are dropped into the fat and stirred until the edges curl.

One-Minute Rarebit.—Cover the bottom of a dripping pan with saltine crackers thinly buttered and covered with several layers of very thin sliced American cheese. Put on the top grate of the oven and brown the crackers and melt the cheese. Slip out on hot plates, sprinkle with paprika and serve piping hot.

Corn Pudding.—Turn a can of corn into a baking dish, cover with a quarter inch layer of grated cheese after seasoning it well, dust with paprika and put into a hot oven for 15 minutes. Serve very hot.

Use the water in which beef tongue has been cooked for the water to make a cornmeal mush, then bits of the leftover chopped tongue may be added and a delicious scrapple is the result, which, when sliced and fried, make a fine breakfast dish.

Economy Omelet.—Beat two eggs, add a cupful of milk and two heaping tablespoonfuls of bread crumbs, then cook in a hot, well-buttered omelet pan as usual.

Dates stuffed with nuts and served as dessert at the end of a meatless meal will be found to make a good finish, supplying a large amount of nutrition.

A Wholesome Gruel.—Take two tablespoonfuls of cornstarch, and one of flour, mix and wet with cold water, stir while pouring into a pint of boiling water, let cook 15 minutes, then add a cupful of rich milk.

MEALS FOR INVALIDS.

Though neatness and care in the preparation and serving of food are important at all times, there is no time when they mean so much, as during the tiresome days of illness. The desire for food is not strong and too often repugnant, making eating a matter of duty rather than a pleasure, and it may become a misery, if the patient has refined and delicate taste, who has meals served in a slipshod, careless, ill-planned manner.

When the patient is confined to her bed a small table or bed tray may hold her food comfortably and attractively. A bedside table is not always possessed, and the tray may be supported by boxes or books on each side of the patient whatever the table or tray may be it should be covered with spotless linen as fine as one can afford, whatever one may be able to endure when well, by the sight of soiled linen, it should never be required of one who is ill. Things will annoy and cause suffering of mind in one who is ill, which would pass unnoticed by the person in health. A person who is ill is out of balance in mind and body, and should be treated with every indulgence.

Small amounts of food should always be served to a patient. It is far better for him to ask for more than to be satisfied by the sight of too much. Hot things should be hot on hot dishes, likewise cold foods should be cold. It is often a problem to carry a tray from one end of the house to the other and keep the food hot, but a little thought will overcome the difficulty. A hot dish placed over the hot food will keep it for some time. Tea or coffee if served in a pot, will always stay hot longer.

See that the patient is comfortable, if in bed before her tray comes to her. Most people know the discomfort of sitting in a strained attitude in order to reach food. After the meal see that no crumbs are left in the bed. "One of the minor miseries of illness," as one writer has said, and often the cause of the obstinate bed sore.

It sometimes takes courage to insist that you are right, but a lot more to admit that you are wrong.

GOOD THANKSGIVING DISHES.

When the scarcity and price of turkey makes it unattainable, the following dishes will be found most satisfying and fully as festive:

Boned Leg of Mutton.—Bone the leg of mutton to the first joint, fill the cavity with a forcemeat; lard it neatly with small haldons of bacon an inch long and a quarter of an inch thick. Lay in the bottom of the saucepan a carrot, turnip, onion and celery all cut up with a few sweet herbs and seasonings added. Stuff the leg with six tablespoonfuls of bread crumbs, two heaping tablespoonfuls of chopped bacon, salt, pepper, a pinch of nutmeg, two beaten eggs. Lay the leg of mutton on top of the vegetables, pour around enough boiling water to come half way over the mutton, but do not cover; simmer slowly for two hours; remove and put into the oven and brown for half an hour; reduce the gravy by boiling and serve some strained over the mutton, the remainder in a gravy boat.

Jugged Hare.—Take two large hare, two small onions, a quarter of a pound of ham, three sprigs of parsley, one teaspoonful of salt, the strained juice of a lemon, a half cupful of butter, three-quarters of a pound of lean beef, four cloves, a bunch of sweet herbs, a blade of mace, four tablespoonfuls of flour, two cupfuls of stock made from the hare bones, and pepper to taste. Wash and wipe the hare, joint it, remove the bones from the legs and breast and cover the bones with two cupfuls of cold water and simmer for two hours; put the butter into a saucepan and when bubbling hot put in the pieces of hare well floured; cook until brown; remove from the pan and fry the onions, sliced; now add the flour and brown it; add two cupfuls of stock and stir until it boils. Put the pieces of hare in a casserole or earthen dish. On top put the ham, sliced, then the beef; pour over the gravy and add all the other ingredients. Cover the jar and set it in a pan of water which comes to an inch and a half from the top of the jar. Cook two hours and a half. Meanwhile prepare the forcemeat balls. Add the balls to the dish of meat and serve with currant jelly.

Cornmeal Scrapple.—Cook a split pig's head until tender, remove meat, cut in bits, season with salt and sage, add two cupfuls of cornmeal to the broth, cook until well done, add the meat, and mold. Double the amount of water should be used and prepare as the above recipe.

Nellie Maxwell

Fads And Fancies Of Fashion

These war time days being determined to reduce the high cost of living, and also to forego wool that is needed for the armies of the world, my lady has taken to silk attire. This is no hardship at all,—women have always loved silk. Besides satins in several supple weaves and lovely crepes have proved themselves dependable for wear as well as beautiful. In the first regard at least the equal of many woolen fabrics.

And now enters Paris proclaiming narrow skirts and restrictions in the

perhaps, and every clime between contributes skins. Even so the wonder remains as to where the immense supply comes from—only the furrier really knows—and he is not going to tell.

Three neckpieces and a muff appear in the group of fashionable furs pictured above. At the left there is a set of Hudson seal and fox—the vogue of combining two furs persists—with the cape of seal and collars of fox. The cape is lengthened a little toward the front and finished with bands of



IN SILK ATTIRE MY LADY GOES.

number of yards of goods to be used for daytime frocks, so of course these war time economies will become fashionable. Because simplicity makes for, rather than against, artistic success in design, the new frocks of silk and satin are marvels of good taste.

Only satin and needlework furnished the means for producing the lovely afternoon gown shown in the illustration. But this restriction merely serves to show the resourcefulness of its creator; he has made them entirely sufficient. The gown has a short, plain bodice, smocked into epaulettes shoulders. The plain skirt is smocked to adjust it to the figures at the waistline and the last row of smocking forms a narrow ruffle, lined with white satin. This provides the most graceful way for uniting bodice and skirt in one.

But the cleverest bit of strategy employed by the artist whose means were so restricted, appears in the pockets at each side. They are managed by slitting the satin and gathering the fullness of the skirt into smocking. The

fox. The muff is small and soft, draped at the center and trimmed with fox bands.

An unusual garment appears in the full cape of velvet with big collar of skunk fur. This collar is a short square cape across the back extended into revers at the front and may be turned up about the neck, muffler fashion. The velvet cape is lined with crepe de chine or crepe georgette, which forms a soft puff about its edges.

The fox skin scarf shown at the right is a great favorite and is shown in many varieties of this lovely, soft fur. It is simply the pelt with tall legs and head, and is lined with satin or crepe—white and red fox have had a wonderful vogue. The cross and silver-tipped fox skins are among the most expensive of furs. There are many neckpieces and muffs made of dyed fox and no fur is more luxurious looking or becoming.

There is a certain knack in wearing the new scarfs and capes. They do not adjust themselves certainly to the



THREE FASHIONABLE NECKPIECES

satin lined ruffle that defines them, is set on at the top. The collar is of soft, white satin ornamented with needlework on points at the front, and cuffs made in the same way are set on the upper side of the sleeves.

All quarters of the globe appear to have been ransacked to provide furs for the comfort and adornment of women. If there is any fur-bearing animal from Greenland's icy mountains to India's coral strand that is not in danger of losing his hide to the hunter or trapper he would like to make his acquaintance, and so would the furriers, for he must belong to an unknown species. Miss Bernhardt wears a coat of tiger skin from tropical jungles and Baby Bunting is wrapped in rabbit skins—that look like something else—from the

figure and it is a good idea to study them and consider just how they may be most effectively worn.

Julia Bottinley

Elastic Waistbands.

An adjustable waistband is now the correct thing to use in the making of the dress or blouse. So it has come about that on either side of the waistband of the ready-made frock triple pieces of elastic are inserted, each piece about half an inch wide. When the dress is worn the elastic "gives" sufficiently to fit the waist comfortably. This obviates the necessity for alteration and makes the garment feel

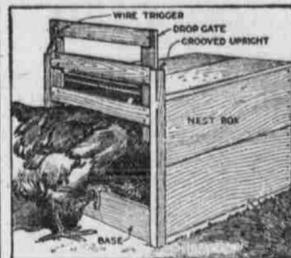
POULTRY FACTS



BOX USEFUL FOR TRAP NEST

In Arrangement Shown in Illustration Gate is Raised Slightly as Hen is Entering.

Poultry raisers find a trap nest useful, and one can be made quickly by fitting an old packing box with a suitable sliding gate. In the arrangement shown, the gate is raised slightly as the hen enters the nest box, releasing the spring and causing the gate to drop, writes A. J. Call of Hartsville, Mass., in Popular Mechanics Magazine.



Automatic Trap Nest.

Gate and spring can be adjusted to various sized breeds of poultry. The two grooved uprights can be cut from flooring and the other wooden parts made from laths or wooden strips. The trigger is made of wire.

CHANGE RATIONS OF CHICKS

Suitable Mixture Recommended for Youngster of Four Weeks—Variety is Needed.

Chick feeds, as usually made up, are for small chicks only. A normal chick of four weeks old has in a large measure outgrown chick feed. At this age, if not already started on something coarser, a mixture something like the following should be fed: One hundred pounds of chick feed, 25 pounds of whole wheat, 25 pounds of coarse cracked corn or kafir corn. In a week or two the per cent of chick feed can be reversed and soon entirely omitted.

The important thing is to change feeds gradually and let the period of change lap over a week or two. Do not try to make the change by giving occasional feeds, as of, say, all whole wheat; rather mix the wheat in, as indicated in the above formula. Any one grain fed alone is not sufficiently balanced to produce proper growth, and, on the other hand, is so concentrated in certain food elements as to be detrimental to proper digestion.

MALES FIGHT MORE OR LESS

When Yarded Together There is Sure to Be Some Scrapping—Old Bird Maintains Peace.

When cockerels are yarded together they are sure to fight more or less, especially toward the natural mating and breeding season. If they haven't enough vigor and vim to scrap they aren't of much value as breeders.

On a farm where many game chickens were raised the matured young male birds were kept in small flocks, half a dozen or so in each yard. To prevent any serious injury an old male was confined with the youngsters in each yard. Ordinarily he didn't bother them, but if they started trouble among themselves he was in the midst in a hurry.

He was simply bound to maintain peace among them if he had to fight for it. His action soon frightened them out of their mimic war.

The plan would probably prove as effective with other breeds. If any youngster had the temerity to dispute the "boss" he would probably soon get the conceit knocked out of him.

PULLETS GIVEN FREE RANGE

Although Fowls Will Gather Bugs and Worms They Must Be Given Succulent Green Food.

If the pullets are given free range they will gather bugs, worms and green food and get sufficient exercise to keep them healthy, but it is a serious mistake to think that because a young chicken picks up a great deal while roaming about the farm it does not need other food. Animal foods and succulent green food must be supplemented by some form of grain to produce satisfactory results.

PREPARE DUCKS FOR MARKET

When Fowls Reach Two Pounds in Weight Confine Them and Feed Fattening Rations.

When the ducks reach two pounds in weight or over if you wish to sell them as broilers confine them for a week and feed them all the corn meal mash or wet cracked corn they will eat. One can ship them alive or dressed, as he prefers. Usually more money is realized in selling them dressed.

WOMAN'S PART IN WAR

Shall we say that women contribute only the bandages, the socks and the "kits"? No, they contribute the fighters! What sort of soldiers will the women of the present day contribute to the nation and the world? Can they hope to be capable mothers or efficient wives if they are enfeebled and broken down by the diseases and weaknesses of the sex?

An affection confined to women must have its cause in the womanly nature. There is no doubt that a diseased condition of the delicate womanly organs, is in general responsible for feminine nervousness, and an undermined constitution. The use of Dr. Pierce's Favorite Prescription makes women happy by making them healthy. There are no more crying spells. "Favorite Prescription" is for inflammation and female weakness. It makes weak women strong. Dr. Pierce's Favorite Prescription has been for nearly 50 years the most favorably known herbal tonic for women.

The "Prescription" contains no alcohol, and is sold in tablet or liquid form. Send 10c to Dr. Pierce, Invalids' Hotel, Buffalo, N. Y., for large trial pkg.

Omaha, Nebr.—"As a special tonic I have taken Dr. Pierce's Favorite Prescription and found it to give almost immediate relief in cases of nervousness or a weakened or run-down condition. I have taken this medicine since my earliest girlhood whenever my system seemed to require a tonic, and it has never failed me. I am very glad to recommend the Favorite Prescription to women and young girls who need such a tonic."—Mrs. Mary La Londe, 5301 N. 34th St.



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TYPHOID is no more necessary than Smallpox. Army experience has demonstrated the almost miraculous efficacy, and harmlessness, of Antityphoid Vaccination. Be vaccinated NOW by your physician, you and your family. It is more vital than house insurance. Ask your physician, druggist, or send for "Have You Had Typhoid?" telling of Typhoid Vaccine, results from use, and danger from Typhoid Carriers. Producing Vaccine and Serum under U. S. License The Cutter Laboratory, Berkeley, Cal., Chicago, Ill.

FLORIDA—Get Special Offer on Splendid Seed Year Jan. Respectfully adapted to trucking, fruit and poultry culture. Write Jacksonville Heights Imp. Co., Jacksonville, Fla.

Increased Food Supply.

"I see," said Mrs. Perkins, whose lucubrations appear in the Windsor Magazine, "that Lord What's-his-name 'as been a-writing to the papers to tell people to keep rabbits and grow cabbages in their back yards to keep up the food supply of the nation.

"I only 'ope 'e'll do it 'imself, and I wish 'im joy. I don't want to dash no 'opes, but I tried it myself in a 'umble way, you understand, last summer.

"I gave a pair of Perkins' boots and fourpence for two small rabbits, and that just left room in my garden for a dozen sprouting broccoli.

"For the first three weeks I thought the broccoli was going to die of heart disease; but as soon as they started to sit up and sprout the rabbits broke out of their hutch and ate every blessed one up, and expired next day of internal combustion.

"All I got out of it was the rabbit skins, which I will say make a 'andsome necklet.

"When I wear it on Sundays I 'ear people saying, 'Fancy 'er buyin' them expensive furs in war time!'

"It's 'ard to bear, but I reckon I've done my bit toward increasing the food supply."—Youth's Companion.

His Profession.

"How your patient does keep up, nurse."

"Yes, sir. He's an aviator."

Contrary Advantage.

"How was it that Jones came so rapidly to the front?"

"He had the backing."

Partial.

Poet—That editor shows favoritism—he kicks me twice to Scribblers's once.

"In most cases of Dyspepsia Coffee Does Not Agree"—says a well known authority.

Many who use coffee—not knowing that it aggravates stomach troubles—could still enjoy a delicious hot table beverage and escape coffee's effects by a change to the wholesome, pure cereal drink—

POSTUM

"There's a Reason"