

# THE KITCHEN CABINET

Anybody can lead the "simple life" if he has plenty of money and all the modern conveniences.—R. W. Helms.

## FOR THE WHEATLESS DAY.

There are many ways of serving the ordinary cornmeal mush, but few realize the variations which may be carried out with it.

The custom of packing hasty pudding in granite for molding, cutting in slices, and frying it, is so well known and practiced that it need but be mentioned. A batter pudding similar to Yorkshire, but prepared from cornmeal is frequently served with roast pork. Put a cupful of milk, a fourth of a cupful of cornmeal and a half a teaspoonful of salt in a double boiler until the milk and meal has made a thick mixture. Cool and stir in two well-beaten eggs. Grease the gem pan well, allowing to each pan a teaspoonful of the fat from the roast. Bake in a moderate oven, basting occasionally with the fat from the roast.

**Corn Mush With Fruit.**—Wash raisins, dates or figs, and dry in a slow oven. This softens the fruit and dries it of the outside. Add to the hot mush and serve with sugar and cream.

There is no limit to the amount of cheese to be added, and it needs no butter or cream to season it.

**Buttermilk Cornmeal Mush.**—White cornmeal cooked in buttermilk makes a dish which resembles a cottage cheese in flavor. It may be eaten hot, but is especially palatable served cold with cream. In cooking, allow one part of cornmeal to six parts of buttermilk and a teaspoonful of salt to each cupful of cornmeal.

**Cornmeal Mush With Pork.**—Cook a pound of lean pork, part meat, part bone, in a little water until the meat may be easily removed from the bones. Remove the meat, cut in bits, cool the broth and remove the fat. Reduce the broth to a quart, or add water to make this amount, and cook a cupful of cornmeal in it. Add the finely chopped meat, and season well. Pack in a granite pan to cool. Cut in slices to fry. Beef or any kind of meat may be used in place of pork.

A cupful of soaked, shredded codfish added to mush and egg, and made into balls, and fried in deep fat, takes the place of the potato in the balls. Use two cupfuls of mush to one of codfish.

Observation more than books, experience rather than persons, are the prize educators.—A. Bronson Alcott.

## WHAT SHALL WE HAVE FOR BREAKFAST?

To most housekeepers the first meal of the day presents the most perplexing problems. The going without breakfast has much to recommend it, it saves trouble, saves food, and often saves a few more minutes in bed, which few of us need. As the breakfast habit is fairly well established in most homes it behooves us to start the family cheerily on its way well fed and happy. The average American breakfast is a simple one, which is sensible, as few people are hungry in the morning and a hearty breakfast is unwise. It is better far to partake of a meal that has not overtaxed the cook to prepare or the individual to digest. "No dinner however beautifully cooked and served, no fine raiment however costly and becoming, can ever atone, in the memory of man, for the wild and untamed morning which so often prevails in the American household," says Olive Green. The right kind of breakfast begins the day before as all good meals do.

Corn meal mush fried in a little fat is going to be very popular among our patriotic families, it is most nourishing, and will take the place of bread in a large measure. By adding chopped meat to the mush before molding it to cut in slices, it becomes still more valuable as food.

There is no reason that the morning meal should not be varied in its menu, as there are countless ways of serving the common things in uncommon ways. A hot bread will take the place of the toast, waffles and griddle cakes are digested by the active child as well as the older person, but are not wholesome for those who take little exercise. When one feels sluggish and stupid an hour or two after eating breakfast it is advisable to eliminate the offending food. There are those who insist upon meat and potatoes for breakfast, and if the family are active enough to digest such food well, there should be no reason to change the habit, although we all know that meat once a day is plenty for health, and we will be richer in purse as well as health to eat less of the more expensive protein foods.

As most people enjoy and are able to digest fruit well, a dish of seasonable fruit is always a good beginning. A bit of bacon as an appetizer, and some crisp, well-made toast to follow a dish of cereal, a doughnut or a cookie or two will be sufficiently satisfying for most people. Eggs and

omelet are popular as breakfast dishes, are quickly prepared, and when the price is not prohibitive, most commonly served.

"There is no earthly ailment but somewhere God hath an herb for its healing," says a quaint writer. The trouble is that we think the herb has a hard, foreign name. We seek it in far lands, but at last, find it in our own garden plot.

## FIGS FOR DESSERT.

Figs are one of our most valuable fruits and when reasonable in price should often find a place on our tables. As a confection those who are not distressed by the seeds, they are excellent, especially so for people of sedentary habits.

**Stuffed Figs.**—Cut a small slit in the stem end of each fig and work in two or more blanched almonds. Another mixture well liked is a mixture of almond paste, walnut and hickory nuts, to which has been added enough cream or orange juice to hold the mixture together. A portion of the soft meat of the fig is removed, using a pointed spoon or knife, and the fig is filled with the paste. Press the opening together and roll in granulated sugar. This combination will be found especially delicious.

Figs cooked tender in boiling water or fruit juice, a little sugar added just at the end of the cooking, are good served cold with cream. Figs with lemon or orange jelly and whipped cream make a more elaborate dessert.

**Fig Whip.**—Cook four or five figs until soft, then cut in small pieces. Beat the whites of five eggs until dry; gradually beat in three tablespoonfuls of sugar and a half teaspoonful of salt, then fold in the whites of the eggs and the prepared figs. Turn the mixture into a buttered pudding dish and bake 25 minutes. Bake in a dish of hot water with several folds of paper under the baking dish. Two of the yolks may be used with sugar and a pint of milk. To make a custard to eat with the pudding, leaving three yolks to use in some other dish.

**Fig Paste.**—Chop very fine one pound of figs and a half pound of nut meats—a mixture of equal parts of dates, figs and nuts, mix thoroughly, dredge a board with powdered sugar and roll the mixture into a sheet, cut in squares and roll in the sugar. These may be dipped in chocolate, making a most delicious confection. The paste may be packed in layers, in powdered sugar, in a tin box, kept in a cool place for weeks.

We spend our days and dollars on the clothes Our homes and bodies wear. And then we pick up any sort of shabby vulgar thing To clothe our thoughts—although we know That matter is inferior to mind—Although we know that peace and joy Depend upon our thoughts and their expression.

## PIES AND PASTRY.

Good pastry should be flaky, delicate and rich enough to hold its shape. Pastry making is an art and must never be made with a heavy hand. Lard or shortening used should be cold, flour as well as water, so that the crust will be cold when it goes into the oven, giving it more opportunity for expansion. In making pastry use six tablespoonfuls of lard to a cupful and a half of flour, a half teaspoonful of salt, and just enough cold water to handle and roll. If the fat is cut in with two case knives instead of being rubbed in with the fingers, the pastry will be more flaky.

**Sour Cream Pie.**—Mix together one cupful of sugar, one cupful of chopped raisins, one cupful of sour cream, and one egg well beaten, one-half teaspoonful each of cinnamon, nutmeg, and salt, one-fourth of a teaspoonful of cloves and a teaspoonful of vinegar. Bake this filling in two crusts.

**Pecan Pie.**—Cook in a double boiler one cupful of milk, and a cupful of sugar. Thicken with one tablespoonful of flour and the yolks of two eggs, add the juice of a lemon. Bake a crust as for lemon pie, and when done fill with a custard, adding a half cupful of pecan nut meats. Cover with a meringue, using the whites of the eggs and brown in a moderate oven.

**Apple Custard Pie.**—Add a cupful of sugar to a cupful of grated apple, two well-beaten eggs, one cupful of sweet cream, and the grated rind of a lemon. Pour into a pastry-lined tin and bake.

**Date and Apple Pie.**—Line a pie plate with pastry and fill it with a mixture of chopped dates and tart apples. Sprinkle over the fruit three-fourths of a cupful of sugar, a teaspoonful of grated nutmeg, dot with bits of butter and cover with an upper crust. Bake 30 minutes and serve cold with cream.

The hens need a good supply of clean water, and in winter it will be necessary to renew the water four or five times a day. There are devices on the market which the sellers profess will keep the water from freezing, but at present poultry men, both large and small, agree that the best way is to put the water in ordinary utensils and renew the supply with sufficient frequency to prevent the birds going thirsty.

Water supply for poultry in winter it will be necessary to renew four or five times daily—Use Common Utensils.

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Nellie Maxwell

## SAVE FARM MACHINERY

Word is being sent out to farmers over the country to take special pains this fall and winter to protect their machines. Prices have advanced greatly, and care of farm machinery will pay doubly well this year. So the word is going out—To put machines under cover as soon as the season's work with them is over.

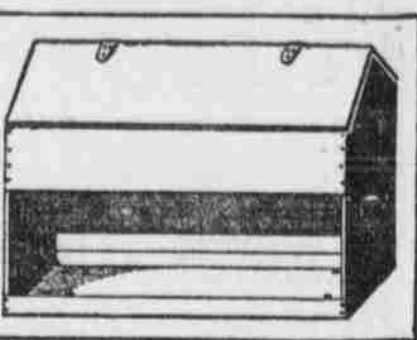
To go over every machine carefully as soon as opportunity will permit, tighten bolts, replacing broken parts, and oiling carefully to prevent rusting.

To paint machines, as painting lengthens the life of a machine. Bridge paint is suggested as best for iron parts.

## BENEFITS OF CHICK FEEDER

Advantages Claimed Are That Birds Are Prevented From Overfeeding and Crowding.

The V-shaped bottom of this feed hopper is made of woven wire and the tray beneath is shallow. The advantages claimed for this arrangement are that the chicks are prevented from overfeeding and crowding.—Wisconsin Agriculturist.



Chick Feeder.

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## BEST PLACE FOR SEED CORN

Well Ventilated Room With Artificial Heat, if Needed, Should Be Had for Curing.

Word is being sent to the farmers of Minnesota to take special pains in drying and storing their seed corn this fall. C. P. Bull, university farm, St. Paul, secretary of the state committee of food production and conservation, says:

"The amount of moisture to be removed from the corn this fall is larger than usual. A well ventilated room with artificial heat, if needed, should be provided for curing. Care should be taken, however, not to dry the corn too rapidly. The temperature of the drying room should be kept somewhere between 60 and 70 degrees. The ears should be hung up by the double string method or should be put on hangers or trees; it should not be dumped in a pile in a bin.

"A double allowance, if it can be had, should be saved, in order to admit of a more rigid selection next spring.

"The present indications are that there will be a good demand for seed corn."

## LAYING HENS REQUIRE LIME

Shell Forming Material Necessary in Egg Production—Oyster Shell Most Suitable.

Lime for shell-forming material is necessary in egg production. Some idea of the extent of the need is obtained from the fact that an average flock of 150 hens will produce 137 pounds of egg shells in a year. The grains fed supply a portion of this lime, but the supply is too small in proportion to the number of eggs a hen should be able to produce.

Oyster shell is most suitable for shell making. Old plaster may be used as a substitute. Egg shell may be saved, broken up fine and fed. Dry bones may be broken up and fed. The habit of egg eating often is caused by a lack of shell-forming food.

## FEED AND WATER FOR COWS

Attention Should Be Given to Taste and Needs of Each Individual in Dairy Herd.

Do not feed the dairy herd as a herd, for cows differ in their food requirements just as human beings do. By feeding all cows in the herd alike, some are sure not to get enough to the greatest profit and others will get more than they can use to advantage.

Cows need much water and should be induced to drink two or three times a day if possible. The average milk cow requires nearly 10 gallons of water a day and more than two-thirds of that must come as drink and the balance from water in the feed.

## WATER SUPPLY FOR POULTRY

In Winter It Will Be Necessary to Renew Four or Five Times Daily—Use Common Utensils.

The hens need a good supply of clean water, and in winter it will be necessary to renew the water four or five times a day. There are devices on the market which the sellers profess will keep the water from freezing, but at present poultry men, both large and small, agree that the best way is to put the water in ordinary utensils and renew the supply with sufficient frequency to prevent the birds going thirsty.

## ROUGHAGE FOR SHEEP

Legume Hays Stand at Forefront in Feeding Value.

Not Only Is Timothy Unpalatable to Animals, but It Causes Serious Cases of Constipation—Much Grain Is Saved.

(Prepared by the United States Department of Agriculture.)

By using the right kind of hay instead of grain, sheep can be wintered successfully and much grain saved for other purposes. Sheep require less concentrated feed during the winter than other live stock. If they are in good condition at the beginning of the winter and if lambs are not expected before the spring pastures come on, the grainless ration is to be advised.

Legume hays stand at the forefront as a roughage for sheep. No other roughages approach them in feeding value. The coarse-stemmed hays, like timothy, red top and blue grass have very few leaves and therefore are poor sheep feeds. Hays having a large amount of timothy in them also are undesirable. Not only is timothy unpalatable to the sheep, but it causes serious cases of constipation. The dry timothy heads work into the wool, causing irritation to the skin, lessening the value of the clip and making shearing difficult. When timothy or other coarse-stemmed hay is fed to sheep in winter quarters it becomes necessary to use some supplementary feed to keep the sheep in condition.

If any nonlegume hay is fed, supplementary protein feed is needed. Linseed meal is good since in addition to furnishing protein it counteracts the constipating effect of timothy hay. From one-quarter to one-half pound of linseed meal per ewe daily should be used, depending on the size and condition of the animal, and the other feed used.

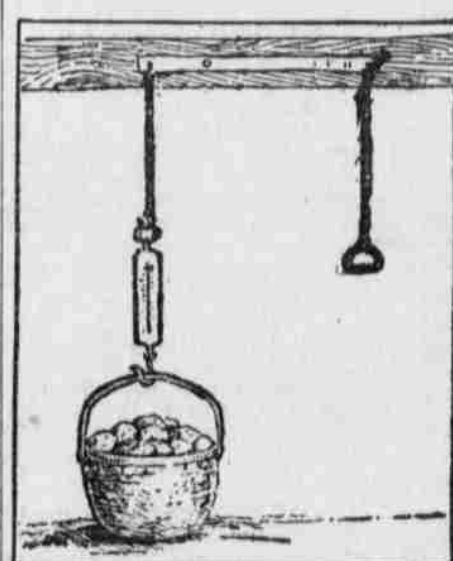
In an experiment conducted at the Missouri station and reported in bulletin No. 120, the relative values of clover and timothy hays for wintering ewes were determined.

Fifteen ewes fed 2.9 pounds timothy hay and 0.35 pounds grain per head daily lost 7.9 pounds each during the same time that another lot receiving the same weight of grain and clover hay gained 6.5 pounds. The 14 ewes fed clover hay dropped 16 strong lambs, while those fed timothy dropped 11 strong and 5 weak lambs. The lambs from the ewes fed clover hay gained more rapidly during the first 30 days than did those from the ewes fed timothy hay.

## WEIGHING DEVICE IS HANDY

Farmer Enabled to Read Record at His Leisure and Comfort—Burden Taken From Hands.

Many times farmers weigh heavy articles by holding the scales and their load by one or both hands, while try-



Weighing Convenience.

ing to read the wavering record on the face—a burden at arms length. Note the easier way. As one holds the lever down he reads at leisure, and with comfort, the weight which the scales show. The "bean-and-pea" scales can be used in the same way.—Orange Judd Farmer.

## MUCH INJURY IS DONE SOIL

Live Stock Crush Particles Together, Drive Air Away and Induce Formation of Clods.

A great injury is done every soil when live stock is given liberty and freedom over it, and especially when fall, winter and spring are on with wetness and cold. They crush the soil particles together, drive the air away, induce the formation of clods and holes, and deaden the soil and drive life away.

Cattle have no place in fields, cultivated or grass lands, when the soil conditions are such that they tramp the fields. Place stock during such periods in feeding lots.

## TIME FOR MAKING REPAIRS

List of Jobs Required Should Be Made and Work Completed Before Cold Weather Sets In.

Are there repairs that ought to be made in the dairy barn before winter? Better spend a half-hour making a list of them; and then fix each one as quickly as possible. This will save time and trouble later on.

# FOR BETTER ROADS

## HAULING CROPS TO MARKET

Average Farmer Must Haul His Products Six and One-Half Miles—Other Points.

How far must the average farmer in the United States haul his crop to market? Exactly six and a half miles, it can be answered, for the bureau of crop estimates of the department of agriculture has completed an inquiry into the whole matter of farm hauling throughout the country. Incidentally, the results of the inquiry show that if only one wagon were available to haul crops it would require about 15,747,000 days for it to complete the job for only the marketed portion of three most prominent farm products—wheat, corn and cotton.

The investigation shows that it requires about half a day for the average farmer to make a round trip to market, and about two-thirds of a day on the average for the farmers farthest from market to make a similar trip. That market distances are growing shorter is shown by the fact that in 1906 it required almost 50 per cent more time for the average round trip. One reason for the improved conditions, it is pointed out, is that since 1903 the steam railroad mileage in the United States has increased 15 per cent and that many new freight-carrying electric lines have been built.

Another point brought out by the inquiry is that there has been marked improvement in public roads since the



Concrete Road in Mississippi.

bureau's investigations in 1906, for the size of the average load hauled has nearly doubled since then. A day's haul of wheat in 1906 was 56 bushels; now it is 112 bushels. In 1906 1,700 pounds of cotton was hauled in a day; now the average daily haul is 3,000 pounds.

The inquiry developed the fact that the loads hauled in the cotton country are the smallest but the most valuable. Thus the average value of a load of cotton was found to be \$183, wheat \$43 and corn \$28. The longest hauls were found to be in the Rocky mountain states, where Nevada holds the record with an average haul for all farmers of 18 miles. The shortest hauls were shown to be in the middle West, Ohio at the bottom of the list with four miles.

## BIG GOOD ROADS DIVIDENDS

Motorists of Massachusetts Spent \$25,000,000 Last Season, as Result of Good Roads.

Motorists spent \$25,000,000 in Massachusetts last season, largely as a result of the good roads of that state. Rather a fine dividend!

Great progress has been made in improving the roads in Minnesota, but there are communities which as yet, apparently, see but one side to the good roads question, and that is, capital going out and no dividends coming back. While the returns from motor travel are indirect, nevertheless they are certain. It is obvious that any town is at least indirectly benefited by having such good roads that motorists delight in making it an objective on their week-end tours.

Any district that has bad roads becomes just as well known, but of course adversely. Unfortunately, too many specific cases might be given.—Minneapolis Journal.

## Greatly Improve Road.

By keeping a road drag and dragging the road along one's land after heavy rains the road may be greatly improved. It is an easy matter to have an agreement so each farmer will drag the road in front of his farm. This would maintain the road till the regular hands could be called out at stated intervals or till the commissioner could make the repairs.

Sixteen-Foot Roadway. Maintain at least a 16-foot roadway.

Stop That Cold At Once  
CASCARA QUININE  
The old family remedy—in tablets form—safe, sure, easy to take. No opiates—no unpleasant after effects. Cures colds in 24 hours—Cripes in 3 days. Money back if it fails. Get the genuine box with Red Top and Mr. Hill's picture on it 24 Tablets for 25c. At Any Drug Store.

Every Woman Wants  
Paxtine  
ANTISEPTIC POWDER  
FOR PERSONAL HYGIENE  
Dissolved in water for douches stops pelvic catarrh, ulceration and inflammation. Recommended by Lydia E. Pinkham Med. Co. for ten years. A healing wonder for nasal catarrh, sore throat and sore eyes. Economical. Has extraordinary cleansing and germicidal power. Sample Free. Ship all orders, or postpaid by Mail. The Paxtine Food Company, Boston, Mass.

W. N. U., OMAHA, NO. 47-1917.

## No More Light Cooking.

A socket for electric lamps has been put on the market which makes it impossible to install electric light bulbs or to use the socket for any purpose which the owner does not intend. The new sockets will be a blow to those who live in furnished rooms and secrete an electric toaster or an electric iron in the bottom of their trunks to use when the landlady is asleep. The safety socket is so made that you can screw in any lamp or attachment plug, but once in, it cannot be removed. The socket only works one way.

## \$100 Reward, \$100

Catarrh is a local disease greatly influenced by constitutional conditions. It therefore requires constitutional treatment. HALL'S CATARRH MEDICINE is taken internally and acts through the blood on the mucous surfaces of the system. HALL'S CATARRH MEDICINE destroys the foundation of the disease, gives the patient strength by improving the general health and assists nature in doing its work. \$100.00 for any case of Catarrh that HALL'S CATARRH MEDICINE fails to cure. Druggists Sell. Testimonials free. F. J. Cheney & Co., Toledo, Ohio.

## Recognized His Sermon.

Two of England's most famous actresses are "daughters of the manse," and Matheson Lang is the brother of the archbishop of York. Rt. Rev. Cosmo Lang, Barnaby Williams, who represents the characters of Dickens to the life, was educated for the church and was only a youth when he became attached as a preacher to a mission at Bow. So successful was he, writes a correspondent, that many of his sermons were sold at a penny a copy. He tells a good story of one of them. "Mene, Mene, Tekel, Upharsin" ("Thou are weighed in the balance and found wanting") was my text," he says, "and as I delivered the sermon with all the dramatic fervor at my command I created a sensation. Some years later I went to a certain church. The preacher was a well-known church dignitary. When he read out his text I pricked up my ears. Still higher did I prick them, till they nearly fell off my head, when, as the preacher read his sermon, I recognized my own juvenile effort."

## Delicatessen Joke.

"There are German's pies in this house."  
"The deuce you say—German spies in this house?"  
"Sure—we got 'em from the delicatessen store around the corner."

## All the Same.

First Neighbor—My daughter is very patriotic. She isn't going to play any more German music.  
Second Neighbor—I'm afraid that won't help any. She will probably play something else in place of it—Judge.



Two Great World Grains are combined in the perfected ready-cooked cereal—

# Grape-Nuts

This appetizing blend of Wheat and Barley is over 98% Food.

ECONOMICAL  
HEALTHFUL  
DELIGHTFUL