

THE KITCHEN CABINET

To be honest, to be kind, to earn a little and to spend less, to make up on the whole a family happier for his presence, to renounce when necessary and not be embittered, to keep a few friends, but these without capitulation, above all on the same grim condition to keep friends with himself, here is a task for all that a man has of fortitude and delicacy.—R. L. Stevenson.

MORE GOOD THINGS.

As eggs are high, they may be saved in brooding cutlets or fish or meat. Add two tablespoonfuls of water to an egg; it will go much farther and be equally good.

Boston Brown Bread.—Mix a cupful of coarse bread crumbs, a cupful of cornmeal, a cupful of graham flour, one and a half teaspoonfuls of soda, a half teaspoonful of salt, three-fourths of a cupful of molasses and a cupful of water. Steam two hours.

Cabbage and Walnut Salad.—Take five cupfuls of cabbage and a cupful of walnuts put through a meat chopper, then well mixed. Heat one and a half cupfuls of vinegar with four teaspoonfuls of sugar, add a tablespoonful of butter, two beaten eggs, a teaspoonful each of mustard and flour and a half cupful of milk. Cook until thick, add a dash of cayenne and serve.

Fig Pudding.—Take a cupful of molasses, a half cupful of sweet milk, a half cupful of shortening, one egg, a teaspoonful of soda, a half teaspoonful of cinnamon, a half pound of chopped figs and two and a half cupfuls of flour. Steam three and a half hours. Serve with whipped cream.

Macaroni Salmon.—Mash a half can of salmon with a fork. To a half cupful of rich milk add four tablespoonfuls of fine bread crumbs; when hot add one tablespoonful of butter, two well-beaten eggs, a dash of paper and a half teaspoonful of salt. Mix well. Line buttered cups with cooked macaroni and fill with salmon. Set cups in hot water and bake 20 minutes. Serve hot.

Another Macaroni Dish.—Break in inch pieces a fourth of a package of macaroni and boil with salt to taste. When tender put a layer of macaroni in a buttered dish, a layer of grated cheese and soft bread crumbs. Repeat then pour over a cupful of rich milk which has been mixed with a beaten egg. Bake slowly until nicely browned.

Rhubarb Bread Pudding.—Pour boiling water over a pint of stale bread crumbs and let stand until soft, then drain and add one beaten egg, one tablespoonful of sugar, a grating of nutmeg. Have ready buttered cups, and put into each a half tablespoonful of cooked rhubarb, well sweetened, and put it over the crumb mixture, and bake. Cake crumbs or slices of stale sponge cake may be used and served with whipped cream.

Today is your day and mine
The only day we have.
The day in which we play our part,
What our part may signify in the
great world we may not understand.
But we are here to play it, and now is
our time. —David Starr Jordan.

THE APPETIZING FISH.

When fresh fish are not obtainable there is such a variety of canned fish that one need never be at a loss to find something appetizing for fish days or meatless meals.

Herring Salad.—Cook salt herring 15 minutes in boiling water to cover, drain, cool and shred in flakes. Add an equal quantity of cooked potatoes a half cupful of celery, a tablespoonful of

chopped onion, the chopped whites of two cooked eggs with a good boiled dressing. Cover the yolk of egg put through a ricer.

Codfish With Sour Cream.—Prepare salt codfish as usual and serve it with a sauce made of sour cream thickened with two tablespoonfuls each of flour and butter cooked together with a cupful and a half of sour cream.

Finnan haddie is delicious boiled until tender then served with a drawn butter sauce for a breakfast dish.

Creamed Finnan Haddie.—Cook half a tablespoonful of green onion, a tablespoonful of green pepper, well chopped, with a fourth of a cupful of sweet fat, stirring and cooking for five minutes. Add four tablespoonfuls of flour, a half teaspoonful of salt, a dash of cayenne and paprika. Pour on gradually a cupful of milk and a cupful of cream. Bring to the boiling point and cook three minutes. Reserve half a cupful of this sauce and to the remainder add one and a half cupfuls of flaked finna haddie. When hot fill the center of a rice border with the fish and pour around it the reserved sauce. Garnish with canned pimientos. Add more salt if needed.

Salmon Loaf With Peas.—Season a can of a well-flaked salmon with a teaspoonful of lemon juice, add a beaten egg and a cupful of thick, white sauce. Steam in a mold and serve on a platter surrounded with creamed peas.

Tunny fish is a delicious variety which may be made into salads or served as one does salmon with lemon for garnish.

Wouldst shape a noble life? Then cast No backward glances toward the past. And though somewhat be lost and gone, Yet do thou act as one new-born. What each day needs thou shalt ask. Each day will set its proper task. —Goethe.

THE TASTY RHUBARB.

Rhubarb is a most valuable spring tonic, being filled with oxalic acid which contains purgative properties which are particularly good for a sluggish liver.

Rhubarb Pudding.—Place slices of buttered bread in a baking dish, heap over them finely cut rhubarb, with sugar, a little water and a dash of nutmeg; bake until the rhubarb has soaked the bread. Serve from the baking dish.

Rhubarb Custard Pie.—Add to two well beaten eggs two tablespoonfuls of cornstarch mixed with a cupful of milk, a half cupful of sugar and a cupful of cooked sweetened rhubarb. Pour this mixture into a pastry-lined plate and bake. Cover with a meringue if so desired, or serve with whipped cream well sweetened.

Rhubarb Whip.—When eggs are more plentiful, try this: Beat the whites of three eggs to a stiff froth, add three tablespoonfuls of powdered sugar and a teaspoonful of lemon juice, then a pint of stewed rhubarb. Sprinkle the top with nuts when serving.

Rhubarb and Raisin Pie.—Add equal amounts of raisins and chopped rhubarb to the crust, as usual. For children, this may be cooked as sauce, making a most tasty one.

Rhubarb Sago Pudding.—Sago or tapioca for this. Soak a cupful of sago in a quart of water, add a teaspoonful of salt. Thin with hot water until like heavy cream, then pour over a dish of cut rhubarb sweetened to taste, and bake one hour. Serve with whipped cream.

The day returns and brings us the petty round of irritating concerns and duties. Help us to play the man, help us to perform them with laughter and with kind faces; let cheerfulness abound with industry.

CORNMEAL DAY.

The following recipes, many of them, call for eggs; try using a tablespoonful of molasses as a substitute for each egg.

Corn Sally Lunn.—Sift together one pint of white flour with a pint of yellow cornmeal, add three teaspoonfuls of baking powder,

two tablespoonfuls of sugar and a level teaspoonful of salt. Add three well-beaten eggs, a pint of sweet milk, two tablespoonfuls of melted shortening. Beat well and bake in well-greased muffin pans 25 minutes.

Johnny Cake.—To one cupful of yellow cornmeal add one cupful of flour, one teaspoonful of salt, one well-beaten egg, one cupful of sour cream, and a teaspoonful of soda, one-half cupful of molasses. Beat well and bake in a well-greased pan in a hot oven.

Indian Apple Pudding.—To one quart of scalded milk add one cupful of cornmeal, cook until smooth and thick. Add a teaspoonful of cinnamon, three-fourths of a cupful of sugar, one tablespoonful of butter, two well-beaten eggs, one-half a teaspoonful of salt and a pint of chopped sweet apples. Mix and bake in a moderate oven two and one-half hours. Serve hot with sauce.

Indian Date Pudding.—Scald a pint of milk, add a fourth of a cupful of cornmeal and cook until thick. Add a teaspoonful of butter, one-fourth of a cupful of sugar, one-half cupful of dates cut in small pieces, two well-beaten eggs and one-fourth of a teaspoonful each of cinnamon and salt. Mix well and bake in a buttered pudding dish in a hot oven until firm. Serve with lemon sauce.

Cornmeal Peach Pudding.—Mix together one cupful each of cornmeal, whole-wheat flour and white flour, add two cupfuls of thick sour milk, a teaspoonful of soda, a half teaspoonful of salt, a half cupful of molasses, one pint of canned peaches cut fine and drained of their juice. Steam three hours and serve with sauce made from the peach juice.

Nellie Maxwell

Compensations.
No one can do really good work without making money along with it, in this day and generation, when good workmen are at a premium. If you are a good workman, working for the love of your work as well as for its money value, you may know that you will find your compensation in it. And it will be more than a money compensation, you may be very sure.

WASHINGTON SIDELIGHTS

Washington Sentries Have Many Amusing Encounters

WASHINGTON.—Contrary to general belief, the sentries guarding Washington's military establishments, bridges and public buildings are not automatons. They can and do saunter, talk, laugh and otherwise act like human beings. But not on duty. But if you can chum up with the chap in khaki at an opportune time, you may be told some funny things—all about strange prowlers seen on the midnight trick, sinister-seeming contrivances discovered under cuiverts, officers whose identity is mistaken and other things.

A few nights since a half-frozen sentry before the side gate of a big military establishment here beheld a solitary and stooping figure creeping along and eying the portal dubiously. This kept up several minutes, and finally the guard thought it time to interpose. He approached the suspect.

"What do you want around here?" he asked after the sad-eyed person had halted, as directed, swaying slightly.

"Wanna go on in house, but the ol' woman ish waitin'," forlornly replied the "suspect."

"That's Uncle Sam's house, my friend," replied the sentry, seeing he had a "stew" and not a spy.

"Sh my house," insisted the one with the "merry mullage." "Can tell it by front gate."

It took ten minutes to persuade him that he was wrong.

There is a famous bridge near Washington where several months ago a man leaped down to his death. It is closely guarded, for it carries a big water main. Not long after the tragic occurrence, a night wanderer on the bridge came near losing his liberty when a guard saw him stop and commence searching carefully on the sidewalk.

"Whaddye want, a good place to jump from or to put a bum?" queried the man in uniform.

"I want my fountain pen I dropped; got a match?" was the answer.

The pen was found soon, but remembering tales of explosive pens discovered in abandoned German trenches, the guard nearly wrecked the ink-spiller before satisfied it was not full of T. N. T.

New Rules for Stenographers in One War Office

ONE office of the war department doesn't believe in instructions favoring ONE of red tape. So regulations have been evolved for stenographers. Greatly increased efficiency is expected to result. Here are the rules to be followed:

- 1—Conserve air by eliminating some of the unnecessary conversation.
- 2—Conserve shoe leather by remaining at your desk; remember you are supposed to be a stenographer, not a floorwalker.
- 3—If you're hungry, go out and get something to eat; don't hang around chewing the rag.
- 4—We have wheelless and meatless days; let's have feetless days. Keep your feet on the floor, not on your desk.
- 5—Don't acquire the saving habit to such an extent that you go home with your pockets full of paper clips every night. Just because you write shorthand, don't think you have got to be light-fingered.
- 6—If you feel that you must whistle during office hours, please whistle something German, so that the rest of the office will have an excuse for dropping a typewriter on your head.
- 7—Any person or persons having as a part of their lunch hamburger cheese will kindly adjourn to the roof until the ordeal is over. There is a strong reason for this.
- 8—If you feel that you must take home a typewriter now and then, please leave the desk. We can get new typewriters, but desks are hard to get.
- 9—Just because they are using a lot of ammunition in Europe, don't think that you have to powder your nose every ten minutes.
- 10—Make the world safe for democracy; stop throwing milk bottles out of the windows.
- 11—As Abraham Lincoln said in his famous Gettysburg speech: "Eight Hours a day for the man who works, Seven hours a day for the government clerks."
- 12—Save a loaf a week. Just because you have a crust, don't say you can loaf around this office, even if you are well bred. Don't come in here with a bun on, either.

Her Darling Boy Was Only a "Mexican Fish Hound"

"OH, THERE'S my darling boy!" Fairly yelping these words, a woman standing on Tenth street, just north of F street, made for the latter thoroughfare as fast as her feet would carry her. She had a companion with her, and this woman, too, set a hot pace in the direction of the afternoon promenade.

When a woman suddenly yells out on a crowded thoroughfare, "Oh, there's my darling boy," you sort of get interested in the darling one.

When the two women got to F street they stepped across the sidewalk to the curb. There was an automobile standing there, with a young man and a dog on the front seat.

The woman in search of her darling boy threw her arms around the neck of the dog and said: "Oh, you darling thing! You're the prettiest dog in town." The woman had a good eye for dogs.

"What kind of a dog is he?" asked the woman.

The chauffeur winked at the dog and replied calmly: "Mexican fish hound."

Mrs. Hoover's Cook Becomes an Ardent Hooverizer

IN ALL the land no housewife follows more closely the rulings of the United States food administration than does Mrs. Herbert C. Hoover, wife of the food administrator. The Hoover cook, who has a wide reputation in most exclusive circles of Washington, was one of the first converts to the conservation of food, and one of the most ardent.

A prominent Washington woman remarked soon after the Hoover household was established in the national capital:

"You needn't tell me the Hoovers save food. I know the cook, and she couldn't be induced to economize."

Nevertheless, after a time of sorrow and of stress of wounded professional pride the cook became under the direction and persuasion of Mrs. Hoover, an enthusiastic over producer delicious meals with the least possible outlay of wheat, meat, sugar and fats as the strictest "Hooverite" could wish.

Almost every day is meatless day with the Hoovers, poultry, sea food or occasionally game replacing the beef or other meats that may be shipped across the sea. The servants, of course, have to have meat often, but for the family perhaps once a week, generally less frequently, there is a roast for dinner and what is left over is carefully utilized in some form for luncheon the next day. Sometimes a chop is provided at that meal for the ten-year-old son, who is recovering from a recent illness. Meat is never bought for soups, which are made from vegetables or the parts of poultry not served—the wing tips, feet, neck and gizzard.

Lukewarm Lover.
It was an Eighth avenue car. He was holding her hand in a desultory fashion, while looking across the way to read the headlines of a late pink extra. She became pouty at his negligence, and he noticed it with a yawn.
"Gee, kid, I love you. I don't believe I could get along without you"—and he stifled another yawn.
Her eyes blazed. "You poor seed," she snapped. "You have all the passion of an infatuated clam. What do you think you're doing, asking the conductor for a transfer?"
And everybody laughed and the young man blushed and the car rolled on and on.—New York Times.

RECIPE FOR GRAY HAIR.

To half pint of water add 1 oz. Bay Rum, a small box of Barbo Compound, and 3/4 oz. of glycerine. Any druggist can put this up or you can mix it at home at very little cost. Full directions for making and use come in each box of Barbo Compound. It will gradually darken streaked, faded gray hair, and make it soft and glossy. It will not color the scalp, is not sticky or greasy, and does not rub off. Adv.

Illuminated Title.

An attractive young lady entered a New York book shop the other day and told the clerk that there was one title missing from her red leather set of O. Henry.

"Which one?" he asked.

"Let me see," she replied, in evident embarrassment. To help her out he named over a few titles.

Brightening, the lady said, "Oh, now I have it. It is 'The Light That Failed.'"

It was now the clerk's turn to look the other way. Finally, lending her to a sheet containing the set, he asked her which of the books she wanted.

"Ah, here it is," she said.

She wanted "The Trimmed Lamp."

LIQUID BLUE?

No, Mr. Grocer, that's mostly water. Since the war started it's more nearly all water than ever. Give me Red Cross Blue, that's a two-ounce package of real goodness. You should see my clothes. I just can't keep from smiling out loud.—Adv.

Easily Explained.

The minister had called in the home of one of his parishioners. There was a bald-headed baby in the house, also another child with beautiful brown eyes and soft golden curls. The minister was struck with the beauty of the little one and said: "Where did you get your big brown eyes, and your pretty curly hair?" The child looked at him in wonder and said: "I had my eyes when I come, and my hair grew."

Skin Troubles That Itch

Burn and disfigure quickly soothed and healed by hot baths with Cuticura Soap and gentle anointments of Cuticura Ointment. For free samples, address, "Cuticura, Dept. X, Boston." Sold by druggists and by mail. Soap 25, Ointment 25 and 50.—Adv. *

Unnecessary Fears.

Of course the eloping couple's roller-skate of a car had no chance against the old man's high-powered roadster. He soon came up with them.

"Do not take her back," pleaded the young man with tears in his eyes.

"Take her back?" echoed the stern parent. "Why, I have come to bring her knitting outfit and chewing gum so she would never have an excuse to come back."—Boston Transcript.

Garfield Tea, taken regularly, will correct both liver and kidney disorders. Adv.

Up to Date.
"Come, my pet, let us travel into Slumberland." "All right, daddy dear. Shall we take a sleeper?"

The manufacture of glycerine from sugar is a war triumph.

Save 9%
By Buying
Ever Reliable
CASCARA QUININE
No advance in price for this 20-year-old remedy—25c for 24 tablets—Some cold tablets now 30c for 21 tablets—Figured on proportionate cost per tablet, you save 9% when you buy
Bills—Cure Colds, dizziness and other ailments in 24 hours—grip in 3 days—Money back if it fails.
24 Tablets for 25c.
At any Drug Store

An Eye to Trade.
He had been fishing patiently for several hours without a bite when a small urchin strolled up.
"Any luck, mister?" he called out.
"Run away, boy," growled the angler, in gruff tones.
"No offense, sir," said the boy, as he walked away, "only I just wanted to say that my father keeps a fish shop down to the right, sir."—Pittsburgh Chronicle-Telegraph.

A gasoline engine has been built that uses only a twentieth of a drop of fuel at a time.

"Blue" and Worried?
"Blue" worried, half-sick people should find out the cause of their troubles. Often it is merely faulty kidney action, which allows the blood to get loaded up with poisons that irritate the nerves. Backache, headaches, dizziness and annoying bladder troubles are added proofs that the kidneys need help. Use Doan's Kidney Pills. Thousands thank them for relief from just such troubles.

A Nebraska Case
Mrs. HARRIET "Baby Picture Tells a Story" Stump, McLane and Seventeenth Sts., Falls City, Neb., says: "I suffer terribly with kidney trouble for years. There was lameness in my back and sides and the trouble developed into rheumatic pains. It kept getting worse. I tried Doan's Kidney Pills and after using three boxes I was entirely cured. My limbs which had been swollen were again their normal size and all the soreness had disappeared from my joints. The trouble has never returned."
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