

The KITCHEN CABINET

Talk happiness, the world is sad
Without your woe.
No path is wholly rough.
Look for places that are smooth and clear
And speak to these to rest the weary ear
Of earth, so hurt by one continuous strain
Of human discontent and grief and pain.

Oh, what glory doth this world put on
For him who with a fervent heart goes forth
Under the bright and glorious sky, and looks
On duties well performed and days well spent.
—Longfellow.

SOME WHEAT SUBSTITUTES.

The cooking of cereals a long time is mos. important. Different kinds need longer or shorter periods of cooking. Cornmeal, one cupful, takes four cupfuls of boiling water cooked over the direct heat five to ten minutes, then slowly either in a double boiler or fireless cooker; three hours in former, over night in a fireless cooker. Oatmeal, one cupful, takes four cupfuls of water the same length of cooking over heat and six hours double boiler cooking. Rolled oats takes two and a half cupfuls of water the same time over heat and three hours double boiler cooking or fireless all-night cooking. Rice takes three to five cupfuls of water to a cupful of rice and the same cooking as oats. If the cereal is to be cooked in the fireless where there is no evaporation, one-fourth to a half cupful less of water should be used.

Cream of Oats Soup.—Take one cupful of cooked diced potato, a medium-sized onion, minced, browned in two tablespoonfuls of fat. Add one cupful of cooked rolled oats and sufficient boiling water to cover. Simmer until the vegetables are tender; then add two-cupfuls of hot milk, three teaspoonfuls of salt, pepper, celery, salt and parsley.

Cereal Loaf.—Take two cupfuls of hominy grits, a half cupful of chopped meat, two tablespoonfuls of minced onion, two tablespoonfuls of minced celery, salt, paprika and soup stock to shape the mixture into small cakes. Brown in a small amount of hot fat. Serve with tomato or horseradish sauce.

Barley and Meat Casserole.—Take a cupful of finely chopped meat, two cupfuls of cooked barley, one and a half cupfuls of canned tomatoes, two tablespoonfuls of minced pimento, two tablespoonfuls of minced onion and salt and pepper to taste. Combine the ingredients and place them in a well-greased dish. Cover and bake thirty to forty-five minutes in a moderate oven. Hominy grits may be substituted for barley.

Learn to make the most of life,
Lose no happy day;
Time will never bring thee back,
Chances swept away.
—Longfellow.

GOOD THINGS FOR THE TABLE.

Prunes that have been soaked over night, then simmered until tender, make a most appetizing dish. Remove the pits and fill with nicely seasoned cottage cheese. They may be served as a salad on lettuce with a mayonnaise dressing.

Spanish Sauce.—This sauce is good served with boiled tongue, sweetbreads or various meats. Put into a saucepan two tablespoonfuls of butter, one of olive oil, a few dashes of salt, one onion, a clove of garlic, half a green pepper, chopped, and brown all together. When well-browned add a pint of tomatoes that have been strained. Season with paprika, salt, a few drops of tabasco and a teaspoonful of Worcestershire sauce. Serve hot over the heated tongue.

Wartime Pastry.—Grease a pie tin well, then sprinkle thickly with cornmeal, dusting it well up to the sides. Then fill with any desired mixture pumpkin, custard lemon or cream filling; bake as usual. The pie will cut and serve as well as if the regular pastry had been used and it tastes good, too.

Cold boiled rice may be used in the same way in place of pastry or cornmeal, making a most appetizing pie.

Barley Sponge Cake.—Take one and a half cupfuls of barley flour, four eggs, one tablespoonful of lemon juice, one and a half cupfuls of corn sirup, one-fourth of a teaspoonful of salt and two teaspoonfuls of baking powder. Separate the yolks and whites of the eggs, beating each well, stir in the sirup and flour sifted with the dry ingredients. Bake in a moderate oven.

Barley flour does not keep as well as wheat flour, so it should be bought in small quantities. Pastry is better used the same day, when prepared with barley flour. Less shortening is needed when using barley, otherwise it is used just as one does wheat flour.

Nellie Maxwell

Honor the Girl Who Works.
Working girl is a term that is broadening out. Not only does it include an increasing number, but it is becoming a title of respect. As "a lady of leisure" is fast turning into a term of reproach, so to be "a working girl" is becoming the ideal of most high-minded girls.

School Children Claim Attention



It is the children of school age, and the young folks going away to school that claim attention in August. Early in September they begin another year's work and must be outfitted with clothes for the first quarter of the school year, at least, and often for half of it.

The early display of clothing is a great help to those mothers who undertake to have their children's clothes made at home. It is probably quite as economical to buy little cotton dresses ready-made as to make them at home; but in home-made garments individual taste can be brought into play and more handwork and "stitchery" used than can be had in moderately priced frocks bought ready made.

Besides, remodeling is an item in wartime economy that every mother should consider. All woolen frocks that are either remodeled for the children or handed on to some one who can wear them save the consumption of energy, and this is a patriotic service that is worth while.

Blue serge—the never failing—is featured in the new displays. Sometimes it is combined with heavy linen

as in a model showing a plaited, long-waisted blouse of amethyst-colored linen to which a plaited blue serge skirt is buttoned. A broad belt of patent leather slips through crocheted loops of amethyst silk floss that hang from the blouse. They are fastened to it with a few fancy stitches, an inch or so above the buttons so that the belt covers the joining of skirt and blouse.

Heavy linen in natural color makes collars and cuffs and sometimes vests on serge one-piece frocks. Needle work in yarn or silk floss is more used for decoration than anything else. Usually one or two colors in contrast to the frock are used and the designs must be simple. The little frock pictured for the girl of six years is a good model for any sort of material—wool, linen, heavy cotton or plain wash silk. Wool and linen are most worth while, for the stitchery that must be put in by hand.

Collars and cuffs or vests in heavy natural linen are beautiful in combination with blue, brown or green woollens. They are made so that they can be taken out and washed; hence two sets are necessary to each dress.

For Fall Motoring



To shade the eyes or not to shade the eyes, that is the question to be decided when the quest is for auto bonnets for fall motoring. There are several requisites that the successful bonnet or hat or cap must fill. First of all it must stay on; no matter what winds may blow or how much the driver manages to exceed the speed limit. To vibrate about or come off is the unforgivable sin in a piece of motor headwear. Besides this indispensable feature—and equally important—the bonnet must measure up to its wearer's ideas of becomingness.

Comfort in all our apparel is an attribute that (it almost goes without saying) is required of it today. Nearly all the hats and bonnets for motoring have small brims, or visors at the front for shading the eyes, but there are some turbans and caps that are brimless. They are in the minority; so it is evident that if the question of shading the eyes or not were put to the popular vote—the eyes would have it. Nevertheless, the "Blue Devil" tan is so dear to the heart of young Americans that it enters the ranks of fall hats for motoring. It sticks to the head as securely as a French soldier to a Sammy, and withstands shocks of wind and weather without betraying their punishment.

It is for youthful wearers and shading the eyes is not a matter of concern with it. There are veils and goggles for that—if shading is needed. This tan, made of silk, appears at the left of the two pictures.

At the right there is a corduroy bonnet—clearly of Dutch bonnet inspiration. It has a becoming drooping brim all about the face, but a brief brimless space across the back. Here is a bit of strategy which is successful in keeping the bonnet on the head. A short, strong elastic band is set into the base of the crown at this point and its tension makes the bonnet hug the head. The crown is flexible and the bonnet has a soft lining of silk. Everyone knows the enduring quality of corduroy and this model will surely commend itself to motorists. A small chiffon veil, gathered over an elastic cord with snap fasteners at the end, is easy to adjust on it—and easy to take off.

Julie Bottomley

Organdie for Bridesmaids.
Never were bridesmaids more charmingly frocked than in the exquisite organdie dresses introduced this season.

GOOD ROADS

PROTECT ROADS OF COUNTRY

Former Governor Tener Declares It Military Necessity to Keep Highways in Repair.

"It is up to the federal, state and local governments to save our highways," remarked John K. Tener of Pennsylvania, former governor, president of the Permanent Highways corporation of New York. Governor Tener declared that it is a military necessity for the proper authorities to protect the roads. "We must preserve the roads of the country, and particu-



Application of Seal Coat in Progress.

larly we must save the foundations if we are to protect the commerce and industries of the country which are supplying the needs of our men on the battle fronts as well as the taxes of the government and the necessities of the men, women and children who are keeping the wheels going at home.

"The federal government, the manufacturer and the farmer for months have been depending on the highways for the transportation of enormous amounts of materials and supplies by motor trucks. The roads fast are wearing down and hundreds of miles of highways will become useless unless the resurfacing of these roads is encouraged so that the foundations may be saved. In road construction, the principal cost is in the foundations. The top, or road surface, naturally is the first to give way, break and finally grind up and disappear, leaving the foundations exposed.

"Foundations costing hundreds of millions of dollars now are in danger of being ruined forever, when they could be saved by proper resurfacing, but this should be done at once or else the costly foundations will have to be done all over again. In some states and localities there is a disposition to delay work until after the war on the theory that men and materials are more needed in the war work. This is a mistake which should be corrected. Without the highways the business of the country would be crippled. The roads must be preserved both for war purposes and for the safeguarding of our industries, upon which our country's revenues depend. Makeshift surfacing will crumble in a few months and will have to be done all over again. If properly surfaced now, hundreds of millions of dollars will be saved."

BOOST FOR GOOD ROADS IDEA

Highway Magazine Does It by Asking Four Questions—Delivery Facilities Increased.

Four questions which every American is requested to put to himself are suggested by the Dixie Highway, the good roads publication of the Dixie Highway association.

Do you ever stop to consider that every bale of cotton the farmer can add to his wagonload makes his profits that much greater?

And that every pound of merchandise which can be added to the truckload makes truck haulage that much more reasonable?

And that every foot of good road over which these wagons and trucks travel increases the nation's delivery facilities?

And that every inch of bad road—of fair-weather-only road—makes hauling that much more expensive; makes the farmer's profit that much less than it should be?

Width of Earth Roads.
The width of the earth road will depend on the traffic. As a rule, 25 or 30 feet from ditch to ditch is sufficient if the road is properly crowned. Ordinarily the only ditches needed are those made with the road machine, which are wide and shallow.

When Highways Are Wet.
When the roads are wet and heavy the farmer can haul but one-eighth of the load to town that he could haul if a first-rate road were available.

Big Cost of Poor Roads.
The United States office of public roads estimates the national excess bill for hauling because of poor roads at \$200,000,000 annually.

Using Convict Labor.
Military roads are being built in Ohio by the aid of convict labor.

A NERVOUS BREAKDOWN

Miss Kelly Tells How Lydia E. Pinkham's Vegetable Compound Restored Her Health.

Newark, N. J.—"For about three years I suffered from nervous breakdown and got so weak I could hardly stand, and had headaches every day. I tried everything I could think of and was under a physician's care for two years. A girl friend had used Lydia E. Pinkham's Vegetable Compound and she told me about it. From the first day I took it I began to feel better and now I am well and able to do most any kind of work. I have been recommending the Compound ever since and give you my permission to publish this letter."—Miss FLO KELLY, 476 So. 14th St., Newark, N. J.

The reason this famous root and herb remedy, Lydia E. Pinkham's Vegetable Compound, was so successful in Miss Kelly's case was because it went to the root of her trouble, restored her to a normal healthy condition and as a result her nervousness disappeared.

Free Government Land, Colorado and All Under Irrigation

Secure 100-acre farm; chance lifetime. Best soil; raised 40-60 bushels wheat, oats, 75c barley; finest timothy, clover, alfalfa, mastic hay, vegetables, fruit; new ditch, 2 miles long; foot wide; advanced water for irrigation; railroad town 5 miles; churches, schools; every business represented. Higher price, less available. Send for Colorado map and full particulars to C. W. Curtis, U.S. Land Office, Denver, Colo.

PARKER'S HAIR BALM
A toilet preparation which helps to eradicate dandruff. For Restoring Color and Beauty to Gray or Faded Hair. 50c and \$1.00 at Druggists.

FOR SALE OR LEASE, CHEAP—135 barrel four mill, turning every day. W. A. Wright, Dallas, Texas.

The Usual Symptom.
Convalescent—Nurse, I—I love you! Nurse (experienced)—Yes; but you'll get over that when you're really well.

Why Bald So Young?
Dandruff and dry scalp usually the cause and Cuticura the remedy. Rub the Ointment into scalp. Follow with hot shampoo of Cuticura Soap. For free sample address, "Cuticura, Dept. K, Boston. At druggists and by mail, Soap 25, Ointment 25 and 50.—Adv.

Knew What He Wanted.
In the Seventh avenue district one of the first requisites for satisfactory existence is to learn the language. Seventh avenue has a language of its own and the great difficulty of mastering it is that it is so much like English that it becomes unusually confusing. A roughly dressed boy of twelve wandered into a drug store at Thirty-fourth street and approached the soda fountain. There was a crowd about it, but he forced his way through and ordered "bonnell" soda. The clerk, after some delay, provided it, but the boy immediately objected that the drink was not for him. "I meant 't'ell yuh," he explained, "I wanted it in a sanctuary container. It's for me kid sister out in the pernamberator."—New York Herald.

Every Precaution.
He wore whiskers in profusion and evidently was from the country. The hotel bellboy had shown him to his room. Pointing to a coil of rope near the window the stranger asked: "What is that for?"

"Fire escape. In case of fire, you let yourself down from the window," explained Buttons.

"And this, what is that thing for?" "Oh, that's a gas mask for use in case you blow out the gas."

Consulting His Taste.
"Don't you generally have a homely when your minister dines with you?" "Oh, no; he doesn't eat it."

Children Like
the attractive flavor of the healthy cereal drink

POSTUM

And it's fine for them too, for it contains nothing harmful—only the goodness of wheat and pure molasses.

POSTUM is now regularly used in place of tea and coffee in many of the best of families.

Wholesome economical and healthful.

"There's a Reason"